

Remember to...

- **Keep the Conversation Open**-Try to keep the talk friendly. If you seem upset or judge them, they might not want to listen. Instead, be calm and ask questions. Listen to what they say and show that you care.
- **Stay Calm**-If you see your parents vaping or if they seem upset, stay calm. Just because they're vaping doesn't mean you can't talk about it. Take a deep breath and start the conversation gently.
- **Pick a Good Time**-Choose a time when your parents are not busy or stressed. Maybe when you're having dinner together or during a quiet moment. Look for a time when you can talk without distractions and there aren't a lot of other people around.
- **Keep It Short & Simple**-Instead of having one big talk, try to bring it up in small, simple talks. It's easier than having a long, serious conversation all at once. If the conversation becomes unproductive or tense, stop for now.
- **Find a Natural Moment**-Look for a time when vaping comes up in everyday life. If you see something about it on TV or hear about it at school, use that as a way to start talking about it.
- **It's Okay Not to Know Everything**-You don't need to have all the answers about vaping. It's okay to say you're both learning about it and figuring things out together.

Quick Facts About Vaping

- **Nicotine is the Most Addictive Substance:** Nicotine is extremely addictive and hard to quit.
- **Not Just "Harmless Water Vapor."** Vapes contain thousands of toxic chemicals, not just water vapor. (Lead, Formaldehyde, Arsenic, etc.)
- **Safer Doesn't Mean Safe:** Vapes are not a safe alternative to cigarettes and can cause serious health issues.
- **Health Risks:** Vaping can lead to lung diseases, heart problems and mental health issues.
- **Youth Concerns:** The human brain doesn't stop developing until the age of 25. The nicotine industry targets kids, because we're more likely to become addicted.



allianceforyouth.org/substance-abuse-prevention-alliance



CascadeCountySAPA@gmail.com



[CascadeCountySAPA](#)

Dad, I learned vaping is dangerous. What do you know about it?



HOW TO TALK TO YOUR PARENTS ABOUT THEIR VAPING



A KID'S GUIDE



Remember, you can't change how someone else acts, but you can talk to them about what's worrying you. So, take a deep breath and try talking to them. Your parents care about you and this conversation can help everyone make better choices.

If you're thinking about talking to your parents about their vaping, it can feel a bit tricky. But don't worry! Here are some simple tips to help you have a good conversation with them.

Begin with a question

- "I noticed you've been vaping a lot. Can we talk about it?"
- "Is there a reason why you choose to vape? Can you help me understand?"
- "I learned about vaping and it might not be good for you. What do you think about that?"
- "I heard that vaping can be bad for you. What do you know about it?"



IF THEY SAY VAPING IS BETTER THAN SMOKING

- "It's true that vaping might seem safer than smoking, but it's still not safe. There are still risks to think about."
- "I know vaping might seem better than smoking, but there are still some things about it that could be bad for you."

IF THEY SAY VAPING ISN'T A BIG DEAL

- "I learned that vaping isn't just harmless water vapor. It has things like nicotine and other poisons that can be bad for you."
- "I learned that one vape pod can have as much nicotine as 4 packs of cigarettes. Does that worry you?"
- "Nicotine can hurt your brain and make it easier to get addicted to other things. What do you think about that?"

IF THEY SAY VAPING HELPS THEM RELAX

- "I know you might use vaping to relax, but there might be other ways to help you feel better that are healthier."
- "There are other ways to deal with stress. Maybe we can find some new ways to relax together?"

IF THEY SAY IT'S JUST A HABIT

- "I understand that vaping is a habit for you, but habits can change. What if we found some new habits together?"
- "It's okay to have habits, but maybe it's time to think about whether this one is good for you."



Scan the QR code below to instantly access 'Escape the Vape,' an essential presentation that educates youth on the dangers of vaping and is also valuable for parents seeking to support healthier choices.

