



TALK TO KIDS

ABOUT THE RISKS OF VAPING

Use this guide at home



Youth vaping remains a public health concern. Many teens vape on a regular basis, and most choose flavored e-cigarettes. Many kids think vaping is harmless, but it can have serious health consequences. Given the right tools and information, parents, educators, and other influential adults can make a profound difference in the lives of their children and students by sharing the facts and tips to help them stay safe.

Facts About Teen Vaping

Use this guide to start an honest conversation at home about e-cigarettes and addiction.

Most e-cigarettes

CONTAIN NICOTINE,

the same highly addictive chemical in regular cigarettes.

Many e-cigarettes are shaped like

USB STICKS, PENS, AND WATCHES,

which makes them easy to hide at school.

The data show that kids who vape are

MORE LIKELY TO START SMOKING

cigarettes.

Vapes get their flavors from chemicals.

INHALING FLAVOR CHEMICALS

can harm kids' lungs.

Because their brains are still developing, teens are more

SUSCEPTIBLE TO NICOTINE

addiction than adults.

Vaping is not safe. In fact, some vapes contain

AS MUCH NICOTINE AS A WHOLE PACK

of cigarettes.

Some e-cigarette aerosols contain chemicals,

SUCH AS FORMALDEHYDE,

that can cause cancer.

HEALTHY HABITS AT HOME

The environment in your home plays a big role in your child's decisions. Keep it healthy to help kids avoid harmful habits.

■ If you smoke or vape, try quitting.

Teens report that one of the top reasons they try e-cigarettes is that a friend or family member uses them. Share the reasons why you want to quit, and ask your family for their support as you start your journey.

■ Establish a tobacco-free home.

Don't allow smoking or vaping in your home. Make sure to ban smoking and vaping in your car too.

■ Steer clear of smoking and vaping in public places.

Avoid restaurants, parks, and other locations that allow people to smoke or vape.

■ Set family health goals each week.

Take a walk together around the neighborhood, try a new vegetable each week at dinner, do one-minute yoga stretches together, or challenge everyone to drink more water. Working as a team keeps it fun!



PRACTICE WAYS TO SAY NO

Ask your child if they've ever felt pressure to try vaping. Then strategize what they can say or do if another kid offers them an e-cigarette, and have them practice by responding to different situations.

- Say a simple "No, thanks," or "Nah, that's not my thing."
- Change the topic ("Hey, are you going to band practice today?").
- Walk away and do something else.
- Talk with a friend, parent, or trusted adult.

RESOURCES

Teens may not know the signs of nicotine addiction. If you think your child is vaping, talk to them about why it is harmful. Ask for support from others. Remember: It's never too late to get help.

Signs of Addiction

- Cravings to use e-cigarettes or other tobacco products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to get e-cigarettes

Getting Help

- Talk to your family doctor about treatment options
- Visit [smokefree.gov](https://www.smokefree.gov)
- CDC Quitline:
1.800.QUIT.NOW
- For Young People:
Text DITCHVAPE to 88709
- For Families Helping Young People:
Text "QUIT" to 202.899.7550