

EDUCATE YOURSELF ABOUT VAPING AND HAVE A CONVERSATION WITH YOUR KIDS

HOW TO START A CONVERSATION (4)

If you're waiting for the right moment, it will never come. In using the resources provided here, you'll be ready to start at any moment.

- Say something if you see someone vaping or if you see a vape advertisement. Ask your child if they've seen vapes at their schools.
- Ask if they've seen vape videos pop up while they're on social media.
- Be curious and don't feel like you need to have all the answers in the beginning.

SAMPLE CONVERSATION STARTERS AND RESPONSES (5)

If you're struggling to find the words for how to address vaping with your kids use these common conversation and sample responses to get the conversation going. These tips are provided by Protect Kids Fight Flavored E-Cigs.

GETTING A CONVERSATION STARTED

Open the conversation with a question to gauge how much your child knows

- I saw something on Facebook about vaping. Do you know what vaping is?
- Do you think some kids pressure other kids to convince them to vape?
- I heard that a parent at school found a vaping device, and it made me wonder: Do you know what an e-cigarette looks like?

Your child may then kick off what will be the heart of the conversation. Below are some possible responses.



A Smoke Free Paso del Norte is an Initiative of the Paso del Norte Health Foundation. If you need help quitting tobacco or smoking/vaping please call 914-534-QUIT(7848).

Visit www.smokefreepdn.org for more information.

DISCUSSION GUIDE FOR PARENTS

THEIR FRIENDS HAVE ASKED THEM TO TRY VAPING

- If your child tells you that their friends are asking them to try vaping, you could respond by saying:
- Thank you for sharing that with me. It is normal to want to feel like you fit in.
- You can try being firm: “No thanks, I’m good.” But I know that is sometimes easier said than done.
- It helps if you’re not alone. So if you can find someone else in your group to take the stand with you that would help.
- Tell them it’s also okay to just get themselves out of the situation if they’re feeling pressured.

THEY SAY THAT VAPING ISN’T THAT BAD

- If your child says that they think vaping isn’t bad for you, share a few facts with them:
- This isn’t just harmless water vapor. It’s an aerosol of nicotine, propylene glycol, solvents, chemical flavorings, and more. They’re not well-regulated, so we actually don’t even know everything that’s in them. Putting unknown chemicals and particles deep into your lungs is not safe or healthy.
- E-cigarettes contain nicotine just like regular cigarettes, which is why they’re highly addictive.
- One pod often contains as much nicotine as an entire pack of cigarettes – or more. (2)
- Nicotine harms your brain. It can affect your memory and concentration. And it trains your brain to be more easily addicted to other drugs.

VAPES ARE HARMLESS AND COME IN CANDY FLAVORS

If your child points out that e-cigarettes seem harmless because they come in candy flavors, let them know:

- That’s because the tobacco/e-cigarette companies are using flavors that appeal to kids so they’ll try them and get addicted.
- Tobacco companies have been luring kids with all kinds of flavored products for decades. Flavors just make it easier to start.

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DISCUSSION GUIDE FOR PARENTS

IF THEY SAY, “YOU SMOKE / SMOKED , WHY SHOULDN’T I?” POSSIBLE RESPONSES MIGHT BE:

- I’ve made plenty of mistakes and I’m learning from them every day. I’m hoping you won’t make those same mistakes.
- I should have never started smoking. Quitting was really hard, and I don’t want you to go through that. And I’m afraid of what kind of damage I’ve done to my body.
- Quitting is really hard and I haven’t been able to do it. I don’t want you to have to go through that someday.

THEY SAY THEY’VE TRIED ALCOHOL

If your child tells you that they’ve tried alcohol, here are some facts to know:

- Alcohol is the most used drug among youth in El Paso. It’s more common than tobacco or any other drug.
- The most recent studies have shown that two-thirds of Texas High School students reported having tried alcohol, and one-in-five reported binge drinking (5+ drinks on one occasion) at least once in the past month.
- Among those youth who reported binge drinking. More than half said they had ridden with a driver who had been drinking, and 1-in-4 indicated they had driven after drinking.

GUIDING THE CONVERSATION (7)

- As you continue your conversations with your child start offering more guidance and information.
- Share what you’ve learned about vaping, like the dangers of nicotine addiction and the harmful chemicals. Voice your concerns about how vaping companies target kids with their advertising.
- Ask your child what they would do if someone asked them to vape and offer suggestions on how to say no.
- Always encourage them to be their own person, make their own decisions, and not cave-in to peer pressure. Remind them that all decisions have consequences.



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DISCUSSION GUIDE FOR PARENTS

CONTINUING THE CONVERSATION

- Now that you understand more about vaping look for more opportunities to bring it up in conversation. Your conversations should be ongoing... as long as e-cigarettes and vapes are still available on the market.
- Share new information as you hear about it and encourage them to make the decision based on all the reasons you've talked about.
- And always find ways to build their confidence by highlighting their skills and personal strengths.

CITATIONS

1. Paso del Norte Health Foundation Vaping Among Pre-Teen and Teen Audiences in the Paso del Norte Region.
2. From <https://www.lung.org/quit-smoking/vape-talk>
3. 2018 DSHS Texas Youth Tobacco Survey 24.7% and New Mexico Youth Risk and Resiliency Survey
4. Adapted from <https://www.lung.org/quit-smoking/vape-talk>
5. From <https://fightflavoredcigs.org/tips-on-talking-to-your-kids>
6. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2017. Morbidity and Mortality Weekly Report. June 15, 2018;67(SS-08).
7. Paso del Norte Health Foundation Vaping Among Pre-Teen and Teen Audiences in the Paso del Norte Region.

A Smoke Free Paso del Norte is an initiative of the Paso del Norte Foundation that uses a comprehensive and coordinated approach to prevent youth vaping or tobacco use as well as providing help for tobacco users to quit.



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