

# TALKING TO YOUR KIDS ABOUT VAPING

More and more kids are using e-cigarettes at alarming rates, and more often than ever before. Start the conversation and talk to your kids about vaping.

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## KNOW THE FACTS

Learn what vaping products look like, how they function, how they are marketed towards adolescents, and where they are sold



## CONVERSE, NOT LECTURE

Facilitate an open conversation with your kids by avoiding criticism and asking open ended questions, like "What's your take on vaping?" or "What do you know about vaping?"



## **FORGET PERFECTION**

There is no perfect time or perfect way to talk about vaping. You may try starting the conversation in the car or when you see someone vaping. Keep it casual but remember its importance.



## **BE HONEST**

Share what you know, but also don't be afraid to share what you DON'T know. Make it a learning experience for you both. You may be surprised what your kids already know about vaping.

## **SHARE YOUR CONCERN**

Tell them your take on vaping. You can say, "Vaping is harmful. I care about your health and I hope you'll make decisions that care for your body."

