

LET'S TALK ABOUT VAPING

Kids listen more than you think. Caring adults have an important role to play in helping kids make decisions about their health such as vaping. Teens say parents are the biggest influence in their lives.

VAPING IS NOT HARMLESS

Some risks for kids:

- Addiction to nicotine
- Difficulty learning and reduced impulse control
- Increased anxiety and stress
- Lung damage and changes to how the brain grows and develops

Young people who vape are more likely to start smoking cigarettes and try other drugs.

SIGNS OF VAPING



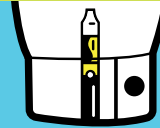
Fruity smell



USB-like device



Bloodshot eyes



Conceal up sleeve



White smoke

TALKING EARLY AND OFTEN IS ONE OF THE BEST WAYS TO KEEP KIDS VAPE-FREE

TIPS FOR TALKING ABOUT VAPING

Ask questions and listen more than you talk

Ask open-ended questions and restate what you hear. Ask:

“What do you think about vaping?” or “So it sounds to me like...”

Create a safe space

Be open, non-judgmental, caring and understanding. Say something like:

“Of course, I hope you avoid vaping, nicotine addiction is hard and I don’t want that for you; but that would never change the way I feel about you.”

You don’t have to be an expert.

Be honest if there’s something you don’t know and take opportunities to learn together. Say something like,

“I don’t even know how much nicotine is in vapes; we’ll have to Google that.”

Practice skills

Plan and practice what they could say to their friends. They could say:

“I’m sure there will be kids vaping at this party; have you thought about how you might avoid that pressure?”

Keep checking in

Kids’ experiences and pressures are always changing, so keep talking. For example:

“I’ve heard that kids are vaping more since COVID started. Have you noticed any change since returning to school?”

Timing is important

Look for opportunities when you have their attention. For example when picking them up from school:

“I’ve noticed quite a few kids vaping out front lately – what’s up with that?”

Adapted from Drug Free Kids Canada

NotAnExperiment.ca


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WHY YOUTH VAPE

YOUTH SAY THEY VAPE TO DEAL WITH STRESS, BUT THE TRUTH IS VAPING CAUSES MORE STRESS!

The high levels of nicotine in a vape affect the developing brain leading to feelings of stress, anxiety and depression.

Nicotine addiction increases stress hormones



This can create stress:



In relationships: Hiding vaping behaviour from family & friends can cause stress



At school: Nicotine impacts memory, concentration & the ability to learn



With money: The amount of money spent on vaping products can cause stress

HELP YOUR KIDS BE VAPE FREE! TALK ABOUT HOW TO DEAL WITH STRESS AND WAYS TO RESIST THE PRESSURE TO VAPE.

WAYS TO DEAL WITH STRESS



- Listen to music.
- Talk with a friend or other trusted person.
- Go for a walk or choose your favourite way to get moving.
- Have a shower or bath to relax.

HOW TO RESIST THE PRESSURE TO VAPE

Delay answering:

“Can’t right now, I’ll meet up with you later.”

Suggest something else:

“I don’t want to right now, wanna play some ball?”

Make a joke:

“Thanks, but I’m already addicted to air!”



QUIT HELP



MORE INFO



MENTAL HEALTH



RESIST

For more information and ideas, visit

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