

# 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



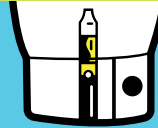
Fruity smell



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?”**

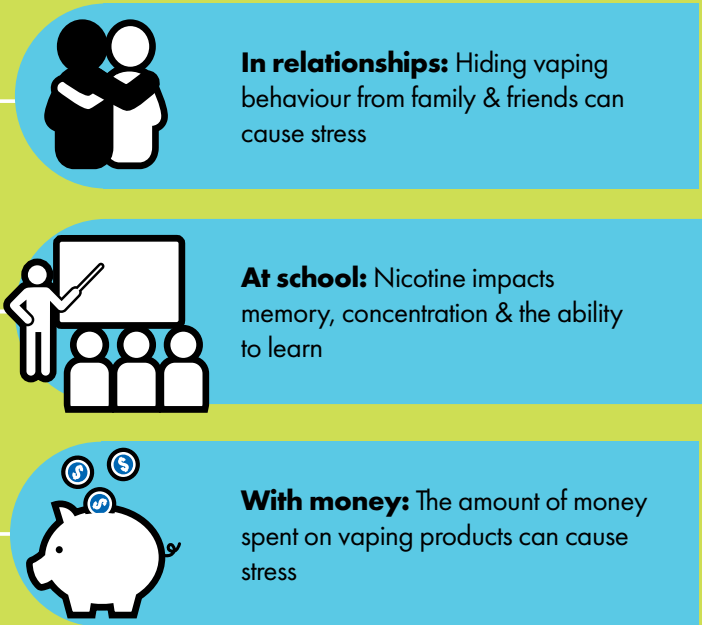
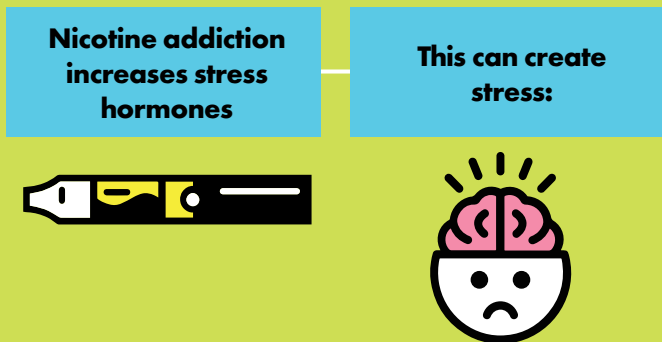
Adapted from Drug Free Kids Canada

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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.



## 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!"



For more information and ideas, visit

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