

HELPING KIDS AND PARENTS NAVIGATE VAPING

With vaping on the rise among youth, early conversations can make a lasting impact. Parents and caregivers play a key role in helping youth understand the risks, build confidence, and make healthy choices.

60%

of parents do not know their child is vaping.

5.9%

U.S. middle and high school students report current vaping use

Source: HHS

CONVERSATION STARTERS & TIPS

Open the Conversation: “I know vaping is something a lot of people are talking about right now. Have you seen or heard anything about it from friends or social media? Have you felt pressured to vape?”

Address Social Pressures: “Sometimes you might feel pressure to try things like vaping, even if you don’t want to. Do you feel ready to handle situations like that?”

Talk About Handling Stress: “Sometimes, when school gets tough, it’s easy to want to escape or cope in unhealthy ways. Let’s figure out ways to manage that stress together. You don’t have to turn to vaping.”

Emphasize Healthy Coping: “When things get overwhelming, what’s your plan? I want you to feel confident about saying no to anything that might get in the way, such as vaping.”

Reinforce Trust and Support: “If you ever find yourself in a situation where people are vaping and you’re unsure what to do, you can always talk to me.”



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