

Tell your children about Vaping.

Facts about vaping:

- ❖ The vaping targeted audience are predominantly teenagers. It is highly addictive, and it can be smoked nearly anywhere. 23% of students from 7-12 grade have tried e-cigarette.
- ❖ Vaping comes in many shapes and rarely smells like tobacco, but one of its most predominant features it has is the amount of smoke that is released from the user and the variation of juice flavors that one can smoke.
- ❖ Vape came to the market unregulated as a way for adults to quit smoking. The research has shown that this has been proven inconsistent and thus unhelpful. Most teens start smoking cigarettes after vaping.
- ❖ It is marketed as vaping and not smoking. They call it e-cigarette and not cigarette. This is a way for teenagers to not associate it with smoking, although it contains the equivalent or sometimes even more amount of nicotine and other poisonous substances.
- ❖ The vaping legal age is 19 years old, yet many high schoolers have e-cigarettes. Teenagers are mostly purchasing the vape and its juices online.

Risks associated with vaping:

1. Exposure to nicotine
2. Release number of potentially toxic substance
3. Dependence that can lead to withdrawal symptoms
4. Increase risk of smoking cigarettes and other products
5. Injuries and poisonings have resulted from e-liquids
6. Coughing, wheezing and asthma

Signs of vaping:

- Presence of vaping equipment or related product packaging
- Unusual online purchases
- Unusual breath scent
- Increase thirst and/or nose bleeds
- Decrease caffeine use
- Vaping talk/messages with friends/social media
- Appearance or behavior change. More agitated, going out more often...

What are the right steps to take with your children about vaping?

1. Set an example: you are a powerful influence in your child's life
2. Be equipped with facts: Many don't know what they are smoking. It is very important for you to know about vaping beforehand for validation of your advice.
3. Brain: Mention how their brain is still not fully involved. Nicotine is associated with cognitive problems and poor impulse control.
4. Start talking: Ask them "what do you think about vaping?" Give them praise and validation that they don't smoke, but be empathetic. Mention how important this is for you and why it is bad to vape.
5. Short and precise: A long speech is not as effective as various short but precise conversation with teenagers. Their attention span isn't very long.
6. Encourage your teen to share their concerns: Find out the reason for why they are tempted. Pinpoint what factors are leading them towards vaping, for example, stress, peer-pressure or other influences. Focus on the reason and find healthy replacement strategies for them.
7. Show support: Having a conversation instead of being authoritarian gives the best results, show empathy on how hard it is to not fall in peer pressure, but that it shows authenticity. Giving personal stories helps create a connection.
8. Convey your expectations: if you set consequences be sure to follow through, while reinforcing healthier choices.
9. Reinforce healthy choices: Put your children in sports and motivate them to find other healthy techniques for them to enjoy more.
10. Make it personal: It is encouraged that you share your own stories and make a connection with your child by humanizing yourself.