

Tips for Talking with Teens

Listen

Even if your kids haven't tried vaping, it's important to talk to them about it. You can use these questions to get the conversation started:

Do you have friends who vape? Are you curious about it?
Have you been offered a vape? Have you tried it?
If so, what made you say yes?
If not, what made you say no?

Have regular, open talks with your kids as they get older. Sharing your own experiences, like if you ever felt pressured to smoke and how hard it was to quit, can be more effective than a lecture.

Blame Flavors

Flavors are a main reason vaping has grown so fast. They make vaping seem harmless to kids, but the chemicals used for flavoring may damage their lungs and even increase addiction by affecting the brain's "feel-good" chemical, dopamine. By getting kids hooked on flavors, including menthol, the tobacco industry profits.

Talk Science

Nicotine is highly addictive, but it's also a "brain poison." It changes how a teen's brain develops, making it harder to learn and focus. Nicotine can also increase anxiety, mood swings, and irritability. Additionally, nicotine addiction can put kids at a higher risk for addiction to other substances.

Learn more:

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Talking with Teens

Kids are getting a ton of misinformation about vaping online. Here's how parents can respond to some common excuses.

Youth:

It's not mine.

Youth:

Vaping is safer than smoking

Youth:

Nicotine's just a little buzz.

Youth:

It's just water and vapor.

Adult:

I hope it's not yours, but I get that you might be tempted to try vaping. I'm worried because vaping can be addictive and can change the way your brain works. Plus, I know the tobacco industry makes vapes easy to hide. It's not that I don't trust you, but because I care about your well-being.

Adult:

There's actually nothing safe about vaping. It's not water vapor like some people think. The vapor is an aerosol that contains metals, particulates, and toxic chemicals. And many vapes use nicotine salts rather than regular nicotine. Salts are inhaled more easily and absorbed faster than regular nicotine.

Adult:

Nicotine does release a chemical called dopamine in the brain, which might make you feel good temporarily. But don't be tricked. Nicotine is a poison that affects the brain. When you're young and your brain is still developing, nicotine can do long term damage

Adult:

It's not obvious to kids, or even grownups, that something that tastes minty, fruity, or sweet is actually an addictive drug that can have long-term effects on a kid's developing brain. The chemicals the tobacco industry uses to create those flavors may damage your lungs, too.



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