

HOW TO TALK TO YOUR KIDS ABOUT VAPING

AGES 5-10

It's never too early to start talking to your kids about the dangers of tobacco.

- The next time you see someone vaping in public, discuss with them the way it harms your body; your heart, lungs, etc.
- Be direct: Tell them you don't want them using tobacco products.
- Be clear and consistent about the risks.
- Encourage them to share and ask questions.

AGES 11-14

This is when many kids try tobacco for the first time.

- Explain the way tobacco affects appearance: wrinkles and yellow teeth.
- Find out if they have friends vaping. Talk about peer pressure and ways to say no.
- Explain the dangers of vaping.
- If friends or relatives have health effects from tobacco products, tell them about it.
- Have your kid made a pledge to stay away from tobacco products.

AGES 15-18

The older they get, the more exposed to tobacco they become.

- Discuss the many ways tobacco is harmful to them.
- If you catch your teen vaping, avoid threats and ultimatums. Ask questions. Then discuss with them what can be done to stop.
- Always keep the line of dialogue open. If you don't know the answer to one of their questions, research it together.
- Assure them that tobacco isn't as common or "cool" as they think. Most people don't use tobacco products.
- Educate them on vaping and that these products are deceptive, addictive, and dangerous - no matter what friends are telling them.

Vape companies know that flavored vapes are tempting. In fact, most young people who have ever tried vaping say it was because of the flavors.

Vapes have much higher levels of nicotine than cigarettes. Even vapes that claim to be "nicotine-free" have been found to still have nicotine in them!

Set a good example: If you are using any tobacco products, think about quitting. City-County Health District has a registered nurse and tobacco cessation specialist who can support you. Call 845-8518.



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