



Nicotine Fast Facts

Most tobacco products contain nicotine, which is **highly addictive**. Nicotine can harm the parts of an adolescent's brain that control attention, learning, mood, and impulse control. **Many vapes have enough nicotine to equal that of 500 traditional cigarettes, meaning that people (and especially adolescents) can become addicted much faster.**



Vapes also contain many dangerous chemicals, including volatile organic compounds, cancer-causing chemicals, heavy metals such as nickel, tin, and lead, harmful ultrafine particles that can imbed in the lungs, and flavorings responsible for lung damage.



Family history/influence, peer pressure, and managing stress are some of the main reasons that kids start vaping. And as kids learn about how it makes them feel, they become addicted and often use it to cope with stress, anxiety or social situations.

Other common factors:

- Boredom
- Rebelliousness/independence
- Misinformation
- Social media influence
- The flavors they come in
- Smoke tricks



Online Resources:

Talk. They Hear You. - Caregiver resources, info/data, conversation guides

American Lung Association: Talk About Vaping - Caregiver resources, info/data, conversation guides

The truth Initiative - FAQs, data/statistics, health effects, reduction/cessation resources



Tips for Tough Talks

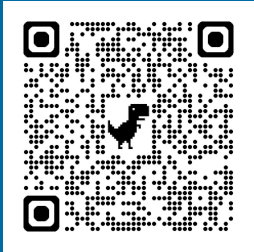
A Conversation Guide On Nicotine and Other Drugs & Substances.





Before The Talk

Get the facts - The best conversations are informed conversations! Scan the QR code for our quick fact sheet with further reading:



Put yourself in your child's shoes -

Consider your kid's viewpoint: imagine the obstacles, pressures and social environment before you address your concerns.

Find the right time and place -

Pick a calm moment that is distraction free. Asking your child about vaping when it is already top of the mind gives you a non-confrontational way to learn about your child's awareness, interest and involvement without defensiveness.

Take time to practice -

For important and potentially difficult conversations like these, it's helpful to know exactly what you'd like to say before you say it.

During The Talk

Take an open & calm approach - An open conversation that doesn't feel like a lecture will provide a relaxed environment to discuss ideas without making them feel like they are being blamed or in trouble.

Acknowledge their independence - Your children make good decisions every day. Thank them for their responsibility and appeal to their good judgment.

Ask for their perspective - Hear their side of the story first. Ask them open-ended questions rather than yes or no questions. This will help them open up, be engaged and be less defensive.

Be ready to hear that they may have used drugs/substances - Make sure to start by thanking them for being honest and trusting you. Explain that your motivation is protecting and caring for them.

Avoid scare tactics - It's good to share your concerns, but don't make the mistake of losing your child's attention with dramatic claims.

Connect with what they care about - Explain how vaping takes an invisible toll on their physical health, mood, memory and attention span, impacting academic or career goals.

After The Talk

Thank them - Let your child know that you appreciate them for listening, for their honesty, and for continuing to make the right decisions. Ending the conversation on a note of trust will make it easier for them to talk to you when they have questions or need advice.

Follow up & have frequent check-ins - This isn't a one-time conversation. Make sure to leave lines of communication open. Talk to your child about any larger concerns or pressures they may be feeling. Make sure they have healthy outlets for relief and a community of support.

Help manage peer-pressure - One of the largest motivating factors of youth drug use is influence from friends or classmates. Teach them how to say no in different ways or offer some quick facts or an anecdote that they may feel comfortable sharing.

Stay up to date & share resources - This is an ever-evolving issue and keeping your child protected means staying informed. Sharing this and similar resources with other families helps dismantle taboos, fight impacts of marketing & misinformation, and can decrease pressuring coming from your child's peers.