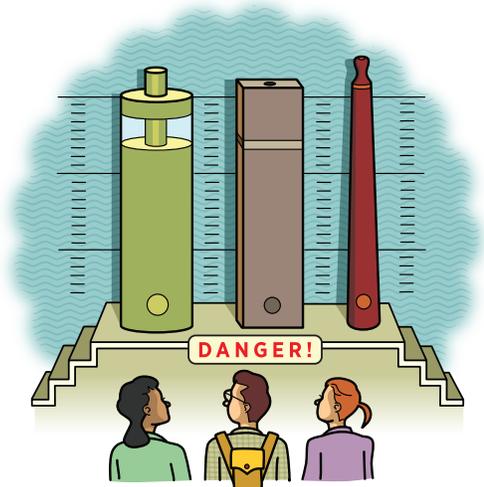


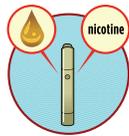
# How to Talk to Kids About Vaping Risks

Use this guide to start an honest conversation at home about e-cigarettes and addiction.

**Y**outh vaping remains a public health crisis. Today, about 1 in 36 middle school students currently use e-cigarettes, and the majority of kids have seen them used at school. Many kids think vaping is harmless, but it can have serious health consequences. Given the right tools and information, parents, educators, and other influential adults can make a profound difference in the lives of their children and students by sharing the facts and tips to help them stay safe.



## Facts About Teen Vaping



Most **e-cigarettes, including the popular Juul brand, contain nicotine**, the same highly addictive chemical in regular cigarettes.

Nearly  
**80%**  
of **current middle school** e-cigarette users report using a flavored product.



**Teens are more susceptible to nicotine addiction** than adults because their **brains are still developing.**



Many e-cigarettes used by teens are **shaped like USB sticks, pens, or even watches**, which makes them **easy for students to hide at school.**

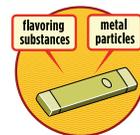


Despite what some kids think, **vaping is not safe.** In fact, one Juul pod contains **as much nicotine as a whole pack of cigarettes.**

**Kids who vape are more likely to start smoking cigarettes.**



A 2019 outbreak of **serious lung illnesses** linked to **vaping products**, including e-cigarettes, has affected thousands of people, including healthy teens and young adults.

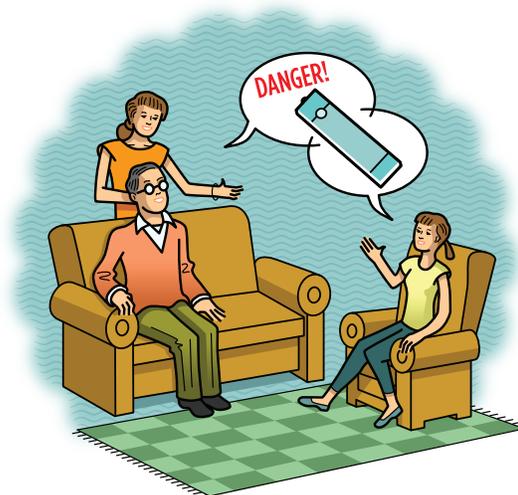


Some e-cigarette aerosols contain **chemicals, such as formaldehyde**, that can **cause cancer.**

## Practice Ways to Say No

Ask your child if they've ever felt pressure to try vaping. Then strategize what they can say or do if another kid offers them an e-cigarette, and have them practice by responding to different situations.

- **Say a simple "No, thanks," or "Nah, that's not my thing."**
- **Change the topic ("Hey, are you going to band practice today?").**
- **Walk away and do something else.**
- **Talk with a friend, parent, or trusted adult.**



## Healthy Habits at Home

The environment in your home plays a big role in your child's decisions. Keep it healthy to help kids avoid harmful habits.

- **If you smoke or vape, try quitting.** Teens report that one of the top reasons they try e-cigarettes is that a friend or family member uses them. Share the reasons why you want to quit, and ask your family for their support as you start your journey.
- **Establish a tobacco-free home.** Don't allow smoking or vaping in your home. Make sure to ban smoking and vaping in your car too.
- **Steer clear of smoking and vaping in public places.** Avoid restaurants, parks, and other locations that allow people to smoke or vape.
- **Set family health goals each week.** Take a walk together around the neighborhood, try a new vegetable each week at dinner, do one-minute yoga stretches together, or challenge everyone to drink more water. Working as a team keeps it fun!



## Resources

Teens may not know the signs of nicotine addiction. If you think your child is vaping, talk to them about why it is harmful. Ask for support from others. Remember: It's never too late to get help.

### Signs of Addiction

- Cravings to use e-cigarettes or other tobacco products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to get e-cigarettes

### Getting Help

- Talk to your family doctor about treatment options
- [smokefree.gov](http://smokefree.gov)
- CDC Quitline:  
**1-800-QUIT-NOW**
- For Young People:  
**Text "DITCHJUUL" to 88709**
- For Families Helping Young People:  
**Text "QUIT" to 202-899-7550**