TIPS FOR TALKING TO TEENS ABOUT VAPING

E-CIGARETTE USE, COMMONLY REFERRED TO AS VAPING, BY MAINE YOUTH HAS SIGNIFICANTLY INCREASED OVER THE PAST FEW YEARS, WITH 29% OF HIGH SCHOOL STUDENTS REPORTING THEY CURRENTLY USE THESE PRODUCTS.

TALKING TO YOUTH ABOUT VAPING CAN HELP KEEP THEM FROM STARTING OR ASSIST IN CONNECTING THEM TO TREATMENT SERVICES.



KNOW THE FACTS

Research information about e-cigarettes and youth, this could include the US Surgeon General Website or community presentations.



BE A GOOD LISTENER

Remember, your goal is to have a conversation, not to deliver a lecture. Gently correct misperceptions after they have finished speaking.



HAVE OPEN AND HONEST CONVERSATIONS

Ask what they think. Maintain a balance of information, positive reinforcement and negative reinforcement.



SET A GOOD EXAMPLE

Be a positive example by remaining tobacco-free, if you need support contact 1-800-QUIT-NOW or MaineQuitLink.com.

MAINE QUIT VAPING & SUPPORT SERVICES

SUPPORT FOR 13-17 YEAR OLDS: MY LIFE, MY QUIT

ACCESS AT MYLIFEMYQUIT.COM, 1-855-891-9989, AND BY TEXTING "START MY QUIT" TO 36072

My Life My Quit is a free and confidential service for teens who want help quitting all forms of tobacco including smoking, vaping, or chewing. Tailored quit coaching is available via text, web chat and phone.

SUPPORT FOR ADULTS (18+): MAINE QUITLINK

ACCESS AT 1-800-QUIT-NOW AND MAINEQUITLINK.COM

Anyone who uses e-cigarettes exclusively or uses both electronic and combustible products can use the Maine QuitLink services and work with a Quit Coach who will assist them in creating a personalized quit plan.