

HAVING THE TALK ABOUT VAPING

When teens start vaping, many believe it's safe—and safer than smoking cigarettes—which is far from the truth. The nicotine in one vape pod is equal to what's in 30 cigarettes. Plus vapes contain more than 31 chemicals and produce aerosol. A few of those chemicals are formaldehyde (used to preserve dead animals), hydrogen cyanide (found in pesticides), and acetone (a nail polish remover).

More than 5,700 teens start vaping every day! Almost 40% of kids have vaped at least once, so chances are your teen has already tried it or will soon. Don't let marketing, peer pressure, and misconceptions be the only messages your teen gets about vaping. Talking with teens about difficult subjects can be awkward, but they do care about what their parents and other adults have to say, especially when also willing to listen.

To help you start the conversation, we have tips and handouts that you can share with your teen so they understand the dangers of vaping. Our goal is to help them put down their vapes—or keep them from ever picking one up.

As parents, caregivers, and educators it's important for you to take the right approach. **MyLifeMyQuit.com** has great courses and materials to help you talk to teens about vaping.

Tips for your talk

- Be open-minded and listen to their point of view. Listening and empathy will be key to a successful discussion.
- Find the right time to start the conversation. Select a time of day when you both are relaxed and have the chance to truly focus on your discussion.
- Help them understand misperceptions and risks by sharing information from this packet, which can also be found at **dshs.texas.gov/vaping**.
It includes:
 - Tips for quitting.
 - Are you addicted?
 - Test your vaping knowledge: a quiz.
 - Myths and facts of vaping.
- As teens begin their quit journey, let them know that you'll be there through the entire process. For most, it will take multiple tries to successfully quit. Your support and encouragement will be critical to their success.