

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. Vape liquid contains a ton of toxic chemicals that can harm your teen's physical and mental health. Studies have shown almost half of teens that use e-cigarettes have reported feeling moderate-to-severe depression and anxiety. Vaping also causes brain fog, which hurts your teen's ability to focus, make decisions, and manage their mood.

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. Visit vapesdown.yesquit.org for more resources 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.



Texas Department of State
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