



# KNOW THE RISKS OF VAPING

---

Talking to your child about  
e-cigarettes



---

As a parent, you can be very **influential** in what your child does and doesn't do. You can help them make the decision to not vape or to stop if they have already started. Before you get started talking to your child about this important topic, look for the right moment to have a calm and reasonable conversation.

---



[www.well-beingsafetyassessments.com](http://www.well-beingsafetyassessments.com)

# IS MY CHILD VAPING?

## PREPARE FOR THE DISCUSSION

---

- Make sure you are knowledgeable about the subject before you start talking to your child. Go to: <https://e-cigarettes.surgeongeneral.gov/> to learn more.
- Promote an open discussion about vaping. This is not the time to lecture your child or be condescending.
- Listen to what your child has to say about the topic. Kids are often very curious about vaping because of the fun flavors and cool vape tricks that can be done. This is the best place to start the discussion.
- This is not a conversational race. Take time to discuss the topic over several days or months. There is no rush.
- Do not ridicule or talk down to your child but instead encourage them to talk about how they feel about vaping.
- Be a good role model and do not smoke or vape in the presence of your child. To learn more about quitting go to: <http://smokefree.gov>



## STARTING OFF ON THE RIGHT FOOT



No one, including your child wants to hear..."We need to have a talk." Instead, wait till you oversee someone smoking, see a commercial or advertisement or pass a shop selling e-cigarettes. This is a perfect time to start a real conversation.



### ASK FOR HELP IF YOU NEED IT

You are a parent, not a superhero and sometimes you just need help. It is okay to ask for support, advice or suggestions from trusted adults, such as relatives, teachers and faith leaders. These individuals along with your child's pediatrician can reinforce the risks of vaping.

# HOW DO I RESPOND?

Try to understand why your child wants to vape.  
Why can't I vape?



Doctors tell us that vaping can be very addictive and the ingredients can be harmful to our body.



Use open-ended questions to keep the conversation going.  
Why is vaping so bad?



The e-cigarette contains nicotine and it can affect your memory and concentration



Establish clear expectations.

Lots of people do it.



You are right, but these electronic cigarettes contain chemicals that will hurt your lungs.



# THE REAL FACTS ABOUT VAPING

---

1

Because you are young and your brain is still developing, doctors feel it isn't safe to use any kind of cigarettes because they contain nicotine.

2

Nicotine is highly addictive and can train your brain. When it is used it can lead to being addicted to other drugs like meth and cocaine.

3

E-cigarettes don't just contain water and flavoring. Many contain harmful chemicals that can really damage your lungs.

4

E-cigarette batteries have exploded and have harmed people.







# CLUES TO DETERMINE IF YOUR CHILD IS VAPING



- You will find devices that look like a flash drives (USB), e-juice bottles, pod cartridges, or packaging for these devices.
- You will catch the smell of particular flavors, such as bubble gum when the child is not chewing gum or chocolate cake when there is no dessert.
- Some of the chemicals used in the e-juices will leave a child's mouth or nose very dry. Look for an increase in drinking or nosebleeds.
- Watch for vaping- slang being used: "Atty" refers to atomizer, "VG" means vegetable glycerin which is found in the e-juice, "sauce" is also referring to the e-juice. "Getting Nicked" means the high associated with the increase doses of nicotine. Feeling "nic sick" indicates the child is having heart palpitations or is nauseated or vomiting.
- Pay attention to the child's behavior. Increased levels of nicotine will make the person irritable, anxious, have poor concentration and have a minimal appetite.

**[www.well-beingsafetyassessments.com](http://www.well-beingsafetyassessments.com)**

# HOW CAN WSA HELP?

-  Anger Management/Violence focused Online Counseling Sessions
-  Depression/Self-harm focused Online Counseling Sessions
-  Social-Emotional Learning Online Classes (after 5pm)
-  Drug/alcohol focused Online Class (pre-recorded)



**STRUGGLING WITH A CHILD OR TEEN WHO HAS ANGER ISSUES?**



[HTTPS://WWW.WELL-BEINGSAFETYASSESSMENTS.COM/SERVICES](https://www.well-beingsafetyassessments.com/services)

[HTTPS://WWW.WELL-BEINGSAFETYASSESSMENTS.COM/SELONLINECLASSES](https://www.well-beingsafetyassessments.com/sonlineclasses)



**STRUGGLING WITH A CHILD OR TEEN WHO IS DEPRESSED OR  
HAVING THOUGHTS OF SELF-HARM?**



[HTTPS://WWW.WELL-BEINGSAFETYASSESSMENTS.COM/SERVICES](https://www.well-beingsafetyassessments.com/services)

[HTTPS://WWW.WELL-BEINGSAFETYASSESSMENTS.COM/SELONLINECLASSES](https://www.well-beingsafetyassessments.com/sonlineclasses)



**STRUGGLING WITH A CHILD OR TEEN WHO IS ABUSING  
DRUGS/ALCOHOL?**



[/HTTPS://WWW.WELL-BEINGSAFETYASSESSMENTS.COM/VIOLA](https://www.well-beingsafetyassessments.com/viola)