



CONVERSATION GUIDE

HOW TO ANSWER YOUR TEEN'S QUESTIONS ABOUT VAPING

✓ THINGS TO REMEMBER:

- ✓ Be prepared with facts and resources
- ✓ Ask open-ended questions
- ✓ Listen, don't lecture
- ✓ Make your expectations clear

"EVERYONE DOES IT."

"It may seem like everyone does it because of what you see online or in school, but the reality is that most teens don't vape. It might be popular, but that doesn't mean it's safe."

"YOU SMOKE/VAPE, WHY CAN'T I?"

"You're right. I've tried quitting and wish I had never started."

OR

"You're right, and I want to quit. Let's work on that together."

"I DON'T KNOW WHAT TO SAY WHEN MY FRIENDS ASK ME TO VAPE."

"Let's figure out a response you're comfortable with together. It's best to be direct and assertive about your choices."

"ISN'T VAPING SAFER THAN CIGARETTES?"

"There are different ingredients in e-juice, but vaping is still risky and can cause serious health problems."

"IT'S LEGAL, SO WHY WORRY?"

Vaping is not legal for anyone under age 18. Just because something is legal doesn't make it safe. Alcohol and cigarettes are legal, but lead to serious health consequences.