

How to talk to young people about vaping.

Equipping Parents to Start the Conversation



Information

- Look at websites and obtain as much knowledge as you can about vaping. The harmful chemicals and risk of addiction.
- Think about the questions you might be asked and how you will respond.

Starting the conversation

- Choose the right time and place for a relaxed chat.
- Be a good listener: Let them express themselves.
- Use open-ended questions to encourage discussion.
- You might want to use something you saw in a TV show or on the news as a chance to bring up the issue.



Avoid Assumptions

- Don't assume they have vaped or tried vaping previously.
- Refrain from jumping to conclusions or looking through belongings. You want to maintain trust.

Practice Empathy and Open Ended Questions

- Steer clear of passing judgment or delivering lectures.
- Prioritise listening to their perspective, fostering a two-way conversation.
- Maintain a respectful tone and body language.
- If they have tried vaping, try asking questions like: 'what made you want to try?' and 'how did it make you feel?'



Be Honest, Avoid Exaggeration

- Maintain honesty in your discussions about potential harms and steer clear of making exaggerated claims.

Focus on health and expressing your concerns

- Focus on your genuine concern for their well-being.
- For example, if they're using nicotine, express your worry about its potential impact on adolescent brain development.

