How to talk to young people about vaping.

Equipping Parents to Start the Conversation



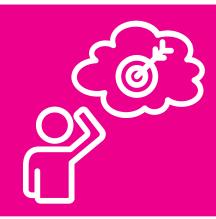
Information

- Look at <u>websites</u> and obtain as much knowledge as you can about vaping. The harmful chemicals and risk of addiction.
- This 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 <u>potential impact</u> on

adolescent brain development.



