THE DO'S AND DON'TS OF TALKING TO TEENS ABOUT VAPING

CONVERSATION STARTERS:
- "Would it be okay if we talked about vaping?"
- "Tell me what you know about vaping."
- "Why do you vape?" AND "What do you not like about vaping?"
- If providing factual information, ask, "What do you make of that?"
  - For example: "Youth who vape are more likely to go on and smoke cigarettes. What do you make of that?"

DO:
- Listen twice as much as you speak, use three reflections for every question.
- Encourage an open dialogue.
- Ask open-ended questions and reflect on those responses, make the teen feel heard.

DON'T:
- Criticize or try to instill guilt.
- Turn the conversation into a lecture.
  - Focusing on facts is less effective and can lead to teens digging in their heels.
- Use scare tactics
- Try to answer questions you don't know the answer to, look the answer up together!
Give back the autonomy:

- “At the end of the day, the decision of whether or not to vape is up to you. Only you can make that decision. I’m here for you.”
- Schedule a time later to talk more about resources, follow up on how the student is doing, & discuss possibilities of parent notification.
  - “Do you mind if we share this flyer with your parent?”

Youth Tobacco Cessation Resources:

The My Life, My Quit™ program is the free and confidential service for teens who want help quitting all forms of tobacco including vape. By enrolling, teens receive one on one coaching sessions with a tobacco treatment specialist trained in adolescent cognitive development.

Not-On-Tobacco (N-O-T) was created by the American Lung Association that is a group program designed for 14-19 year olds who are daily smokers/vapers and who demonstrate motivation to quit. Consists of 10 weekly 50 minute sessions plus 4 booster sessions, conducted in a school or community setting, with 10-12 participants per group.

This is Quitting is a free mobile program from the Truth Initiative designed to help young people quit vaping. A text messaging program incorporates messages from other young people who have attempted to, or successfully quit e-cigarettes. Participants also receive evidence-based tips and strategies to quit and stay quit. Tailored based on age, between 13 and 24 years old.

To learn more about what you can do to prevent teen tobacco use, visit our website at https://www.kdheks.gov/tobacco/vape_free_schools.htm