

## Tips for parents on vaping

Major points for parents to continue the conversations schools are having with children about vaping and other harmful devices of substance use. Children need the discussion at home and surrounding environments.

1. Vaping and similar tools used to deliver unknown substances including nicotine and harmful drugs are made to deceive adults. Chances are most parents/guardians will not readily be able to detect the abuse of these substances until too late when child is addicted.

\*\*Watch for behavior changes, changes in friends, frequent nose bleeds or prolonged upper respiratory symptoms mimicking common cold or viruses.

### 2. KEEP THE CONVERSATION GOING!

Know the Facts. Be patient and READY to LISTEN! Set a positive example by being Tobacco-free (visit [smokefree.gov](http://smokefree.gov) or call 1-800-Quit-NOW).

A recent survey of KY teens found that children "just didn't know" (see [ijustdidntknow.org](http://ijustdidntknow.org)).

"But my child is straight A's and will never do this." Survey finds alarming rates of vape use by all students and surrounding them in all environments.

Even children who are likely to steer away from vaping don't know what to say to their friends nor do they know what to say when confronted with peers vaping. Help your child by stimulating natural open discussions with hypothetical situations. Discuss how they would respond. Help to redirect their actions or what to say. Keep these discussions daily and frequent but natural. Try texting your messages.

### 3. Read the Parent Tip Sheet to know how to:

- Connect and Encourage your children
- Remind and Repeat
- Share Facts and Resources