



PAVe EDUCATES: TALKING WITH YOUR CHILD ABOUT VAPING



Speaking with your child about vaping may be daunting, as we at PAVe know very well! But it's important that parents and caretakers feel prepared and comfortable having ongoing conversations about vaping, in a way that helps your child feel comfortable being honest with you.

LOGISTICS

- Start early--as young as age 9, or earlier if you think your child is seeing vaping.
- This is not a one-time conversation or a lecture. Be persistent and know that this is something you'll have to revisit over time. Aim to keep the conversation going.
- Find the right time. Consider your child's privacy, as this may be a sensitive topic that they're not comfortable discussing in front of others.
- You may be opportunistic and use situations in which you see vaping together, for example on TV, on social media, or on the street.

PREP YOURSELF

- Come with the right mindset. Remember that our kids were targeted. They may not believe vaping is harmful, because it's highly normalized and is made to seem harmless through marketing.
- Do your homework. Understand the health risks yourself before trying to talk to your child about them.
- Aim for open communication tactics: talk "with" your child, not "at" them. Rather than directly confronting their own behavior, because denial is likely, ask questions about what they see and understand. Listen and try to understand their experience.



APPROACH

- Speak to facts. Talk about health effects, and don't exaggerate them (you don't need to)! Avoid scare tactics that undermine your credibility. Speak instead to your genuine concerns, which come from your care for your child.
- Be clear that you disapprove. Just because you are not accusing them or focusing on their own behavior, does not mean you shouldn't make it very clear that you don't think they should vape.
- If it may resonate with your child, explain that they have been targeted by Big Tobacco for profit. Suggest they do their own research on the industry's history of marketing and lies.
- There's no one approach that will work for everyone. You are the expert on your child and relationship. Don't be afraid to get expert help if it seems necessary, from your pediatrician, an addiction specialist or therapist.

FURTHER RESOURCES

Please visit our website (www.ParentsAgainstVaping.org) for more resources.

For further tools for
parents, scan here:



To watch free educational
webinars from PAVE:



Sources

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