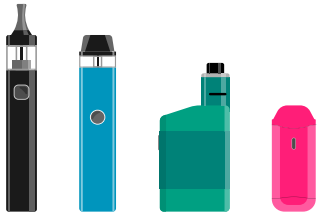


YOUR CHILD IS VAPING. NOW WHAT?

Tips For Parents & Caregivers



Vaping and nicotine are not safe. It's not just water vapor.

Nicotine impacts the development of young brains. Use of nicotine can lead to addiction and put your child at risk for developing other addictive behaviors (e.g. social media addiction, gambling, alcohol, and other drugs). **Vaping can also impact academic performance, sleep, and mental health.**

Vape aerosol also contains heavy metals (lead, nickel, cadmium, tin), cancer causing agents (acetaldehyde and formaldehyde), food additives not meant for inhalation (flavorings, propylene glycol, vegetable glycerin), and other substances that inflammation and lung damage (acrolein, diacetyl, diethylene glycol). **Empower yourself and your child to protect their health and well-being.**



Is Your Child Smoking or Vaping? Recognize the Signs

- Frequent visits to the bathroom.
- Persistent different scents in their bedroom or the use of air fresheners to mask smells.
- Keeping the bedroom door locked.
- Reluctance to let you touch their belongings.
- Odd devices or plastic parts laying around.
- Unusual coughing.
- Mood swings without a specific reason.
- Sudden changes in the amount of spending money.



Initiating the Conversation: How to Talk with Your Child

- Choose a calm and non-confrontational setting.
- Be open and non-judgmental.
- Ask open-ended questions to encourage communication.
- Share your concerns and observations.
- Listen actively to your child's perspective.
- Understand that this is a common situation and stay calm.
- Be willing to offer and find professional help.



Seeking Help: Assisting Your Child in Stopping

- Be supportive and understanding rather than punitive.
- Explore professional resources such as counselors or support groups.
- Encourage the involvement of a healthcare professional.
- Reinforce positive alternatives to cope with stress or anxiety.
- Emphasize the importance of their overall well-being.
- Talk to your doctor. They can help create a plan and help determine if a nicotine replacement treatment is needed.



Leading by Example: Stopping Smoking or Vaping

- If you smoke or vape, know that your behavior affects your children's choices.
- Tobacco and nicotine use and mental health are related. Smoking and vaping don't help relieve stress. They actually make it worse.
- Demonstrate commitment to a healthy lifestyle.
- Set a stop date and create a plan to help you manage urges.
- Talk with your doctor or pharmacist.



Positive Alternatives to Cope with Stress or Anxiety

- Prioritize self-care.
- Get more physical activity.
- Eat a balanced diet.
- Minimize phone use and screen time.
- Practice deep breathing and mindfulness.
- Spend time in nature.
- Take a yoga class.
- Spend time with friends and family.
- Spend time with a pet.
- Engage in healthy hobbies, arts, crafts, music, reading, gardening, etc.

ACCESS SUPPORT & TREATMENT

Call **1-800-QUIT-NOW** (14 years old+)

- Coaching & Nicotine Patches
- Telephonic & In-Person Support
- Anonymous & Free

Visit **mylifemyquit.com** (14-17 years old)

- Text-Based Support

This is Quitting — Text **DITCHVAPE to 88709**

