

TALKING TO YOUR CHILD ABOUT QUITTING VAPING

With a growing number of young people starting to use vaping products, you may be thinking of talking to your child or teen about vaping. But how do you have that conversation? And what do you do if your child tells you they are vaping?



STEP 1: GET THE FACTS

Before you start this conversation with your child, it's important to educate yourself. Learn more about vaping so that you can talk to your child and answer questions they may have. Research shows that young people want to know more about the health risks of vaping and want the facts.

HERE ARE SOME RESOURCES TO HELP YOU LEARN MORE ABOUT VAPING:

- **Learn About Vaping:** Information for Parents and Caregivers
- **BC Lung Foundation Vaping Toolkit** – Information for Families
- Health Risks of Vaping
- Learn About Vaping



STEP 2: APPROACH THE CONVERSATION CALMLY AND WITHOUT JUDGEMENT

When you start a conversation with your child about vaping, it's important to create an open and judgement-free environment where they feel safe to ask questions and share with you. One way to do this is by keeping it casual: rather than sitting down to talk about vaping, ask them what they know about vaping next time you pass a vape shop or see someone vaping while you're walking around.

EXPLAIN WHY VAPING IS ADDICTIVE

Most vapes contain nicotine, which is highly addictive and can harm your brain development. When you're young and your brain is still developing, it's easier for you to get addicted to nicotine.

Nicotine damages the parts of the brain that control attention, memory, and learning.

TALK OPENLY AND HONESTLY ABOUT THE RISKS AND CONSEQUENCES OF VAPING

Examples may include: a lifelong addiction, poorer performance in their favourite sport, weaker immune system (more colds and flus), spending lots of money on vaping.

SHARE SOME FACTS OR STATISTICS

E.g., Vaping can increase your exposure to harmful chemicals.

E.g., Vaping can increase your risk of developing lung diseases like asthma by as much as 30%.



TALK ABOUT WHY PEOPLE VAPE

Some people vape because they're curious, but nicotine is addictive and trying it a few times could get you hooked.

Some people vape when they are stressed, but there are healthier ways to cope with stress.

ASK QUESTIONS ABOUT WHAT YOUR CHILD IS HEARING, SEEING, OR HAS LEARNED ABOUT VAPING



MYTH

vs

FACTS



Vapes only produce water vapour.

Vapes produce an aerosol that contains many harmful chemicals, including nicotine, which is highly addictive. These chemicals can damage your lungs and some can cause cancer.

Vaping won't damage my lungs.

Breathing in anything other than fresh air is harmful to your lungs. Just like smoking, vaping weakens your lungs and causes inflammation. This increases your risk of lung diseases like asthma and pneumonia. Vaping for just 30 days can cause wheezing, shortness of breath, and bronchitis.

I won't get addicted.

Most vapes contain nicotine, which is very addictive. It's easier to get addicted when you are young, and your brain is still developing.

Be prepared to provide answers in a way that that's easy to understand. If you don't know the answer, offer to find it together.

IF YOUR CHILD TELLS YOU THEY HAVE TRIED VAPING:

- 1 TRY TO STAY CALM**
It's normal to feel upset, disappointed, or angry when your child tells you they have been vaping. It can be scary to hear that they've been experimenting with substances. But, try to react calmly rather than with anger. A calm conversation will help your child feel supported and safe in asking for your help.
- 2 ASK QUESTIONS AND LET THEM TALK**
Listen to your child talk about how they started vaping, who they are vaping with, and why they are vaping. Are they feeling peer pressure from friends? Are they vaping to cope with stress? Ask what you can do to support them.
- 3 OFFER YOUR SUPPORT AND PROVIDE THEM WITH INFORMATION**
Then offer to share some information about the risks of vaping and discuss the benefits of being smoke- and vape-free. It may take some time for your child to feel ready to quit or reduce vaping. Nicotine addiction is strong, and it can be scary or overwhelming to think about quitting.



Rather than pressuring them to quit right now, help them understand the reasons they're vaping. Support them in healing or developing coping skills for those things. Once those are in place, quitting will feel much more manageable. For example, if they express that they vape because they feel stressed or overwhelmed, work with them to help manage their responsibilities and find stress-busting activities that work for them (e.g., meditation, exercise, journaling).

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EXPRESS YOUR WILLINGNESS TO SUPPORT THEM IN QUITTING OR REDUCING.

Even if they're not ready yet, let them know you are there for them whenever they are ready and that you can make a plan together. Keep the lines of communication open.

STEP 3:

SHOW THAT YOU ARE HERE TO SUPPORT THEM




IF YOUR CHILD EXPRESSES THAT THEY ARE INTERESTED IN QUITTING OR REDUCING VAPING:

- Talk about available supports. What kinds of supports are they interested in?
 - **Talk to their doctor or other health care provider.**
 - They may suggest medications—varenicline and Nicotine Replacement Therapy are safe for young people and may be helpful for quitting vaping.
 - **Talk to one of QuitNow's Quit Coaches** by phone or live chat—behavioural coaching is the #1 recommendation to help young people quit tobacco or vaping.
 - **QuitNow's Text Program** provides encouraging text messages as you quit.
 - **Online support at quitnow.ca** (personalized quit plan, peer support).






HELP THEM FIND ALTERNATIVES TO VAPING:

THINGS TO DO WHEN THEY ARE STRESSED OR BORED

-  Distraction tools such as fidget toys or games on their phone
-  A new hobby like crochet or guitar
-  Physical activity/sports

WAYS TO MANAGE THEIR MOOD WITHOUT VAPING

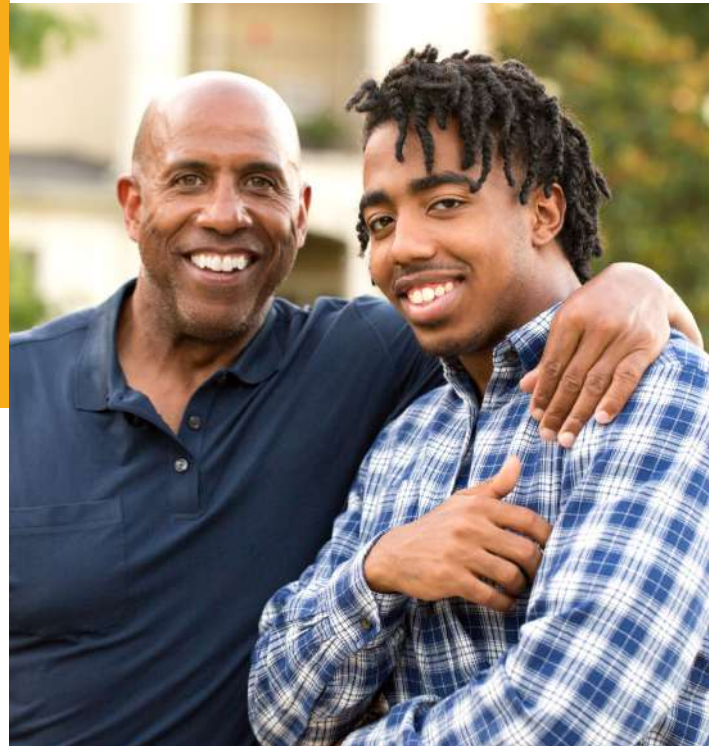
-  Deep breathing exercises
-  Journaling
-  Talking it out

HELP THEM BUILD THE SKILLS THEY NEED TO GO VAPE-FREE. TRY BRAINSTORMING WITH THEM OR ROLE-PLAYING DIFFERENT SCENARIOS THEY MAY BE NERVOUS ABOUT, FOR EXAMPLE:

- Withstanding peer pressure to vape.
- Navigating social situations where others are vaping.
- Managing uncomfortable withdrawal symptoms without vaping.

**MAKE A PLAN
FOR QUITTING OR
REDUCING TOGETHER
QUITNOW.CA IS A
GREAT PLACE
TO START**

Book the appointment, sign up for the text program, etc... together! And then keep the momentum going. Your support will be invaluable to your child as they go through the ups and downs of quitting. Let your child know there are options to quit and they can always ask for help.



**REACH OUT TO A QUIT COACH FOR MORE SUPPORT
IN HELPING YOUR CHILD ON THEIR JOURNEY AWAY
FROM VAPING. GET STARTED NOW AT QUITNOW.CA**



**Talk to a Quit Coach
at 1-877-455-2233**



**Live Chat with a Quit Coach
to create a personalized Plan**



**Support via Text
Message at quitnow.ca**