

# VAPING

## Conversation Tips By Age

Having open and non-judgmental discussions with your children about vaping is crucial. WY We Talk is here to provide valuable insights, guidance, resources, and support to help you navigate these conversations effectively. It's important for parents to address the pressures surrounding vaping and provide accurate information about its risks. As a parent, you play a vital role in guiding your children towards healthier choices. Creating a supportive and non-judgmental environment, fostering open dialogue, and emphasizing the importance of informed decision-making can help your child resist the temptation to vape.

## HIGH SCHOOL

During high school, it's important to prioritize discussions about the dangers of vaping. Engaging in ongoing conversations about vaping prevention becomes essential, as teenagers often face peer pressure and are constantly exposed to vaping. As parents, it is vital to approach these conversations with a non-judgmental attitude, establishing a safe and open space for dialogue. By offering understanding and providing accurate information, we can effectively support our teenagers and help them navigate the challenges they may encounter. If you have immediate concerns or if your child expresses involvement in vaping or addiction, it is crucial to seek professional help promptly. Here are some talking points to consider when discussing the risks of vaping:

- 1 Are you aware of the potential health risks associated with vaping? What do you think those risks might be?
- 2 What role do you think peer pressure plays in the decision to try vaping?
- 3 What substances do you think are commonly used in vaping devices?
- 4 Have you ever had the urge to try vaping?
- 5 What role do you feel social media plays in regards to vaping?
- 6 Have you noticed any changes in your friends' or classmates' behaviors or moods that worry you when they vape? Why do you think this happens?
- 7 Have you ever been in a situation where someone was pushing you to try vaping? How did you feel?
- 8 Do you think schools should implement stricter policies or consequences for students caught vaping? Why or why not?

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- 9 Do you think there is a difference between vaping and smoking cigarettes? Why or why not?
- 10 Are there any misconceptions or myths about vaping that you've come across? How do you think we can address those misconceptions?
- 11 What role do you think parents and schools should play in educating young people about vaping?
- 12 What are some alternatives or healthier activities that you think could replace the urge to vape?
- 13 Can you explain the appeal of vaping to me? What do you think makes it popular among young people?