

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.

MIDDLE SCHOOL

Initiating conversations about the risks associated with vaping among middle schoolers is extremely important. This particular phase of their lives is characterized not only by physical changes but also by exposure to various influences and new experiences, requiring a proactive approach to address this topic. The goal is to engage in these discussions before any indications of vaping or its detrimental effects become a significant concern. Remember, these conversations should be ongoing and tailored to suit the needs and maturity level of your middle schooler. Encourage them to ask questions and provide a secure and supportive environment for open dialogue. 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 Have you heard of vaping before? What do you know about it?
- 2 What are some reasons why you think kids might try vaping?
- 3 Have you ever witnessed someone vaping at your school or around you and your friends? How did it make you feel?
- 4 Do you think there is a difference between vaping and smoking cigarettes? Why or why not?
- 5 Have you ever been curious to try vaping? And what role do you think peer pressure could make in wanting to try vaping?
- 6 What do you think are some effective ways to support and encourage your friends or classmates to make healthy choices and avoid vaping?
- 7 If you had the opportunity to speak with someone who vapes, what questions would you ask them?