

VAPING

Action Checklist

The consequences of vaping have both long term and short term effects. Not only does it expose adolescents to highly addictive substances, but it also poses serious health risks, including lung damage, cardiovascular problems, and other potential long-term effects yet to be fully understood. It's important for parents to address the pressures surrounding vaping and provide accurate information about its risks.

- Know warning signs and behaviors
- Know the risk factors
- Encourage compassionate and empathetic conversation
- Foster a comfortable environment for your child to feel safe talking to you
- Make sure the timing is right, and make it a priority
- Note what questions you are going to ask your child, to include your “pulse check” question
- Think through the objections your child may have and what positive responses you could offer
- Know what resources are available in your area in case they are needed