

KIDS LISTEN MORE THAN YOU THINK, SO LET'S TALK ABOUT VAPING

Caring adults have an important role to play in helping kids make decisions about their health such as vaping. Teens say their parents are **THE BIGGEST** influence in their lives.

Vaping is not harmless. Some risks for kids include:

- Addiction to nicotine
- Difficulty learning and reduced impulse control
- Increased anxiety and stress
- Lung damage and changes to how the brain grows and develops

YOUNG PEOPLE WHO VAPE ARE MORE LIKELY TO START SMOKING CIGARETTES AND TRY OTHER DRUGS.

Signs of vaping



FRUITY
SMELL



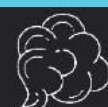
USB LIKE
DEVICE



BLOODSHOT
EYES



CONCEAL
UP SLEEVE



WHITE
SMOKE

Talking early and often is one of the best ways to keep kids vape-free.

HERE ARE SOME TIPS:

Timing is important. Look for opportunities when you have their attention. E.g., When picking them up from school, "I've noticed quite a few kids vaping out front lately – what's up with that?"

Keep checking in. Kids' experiences and pressures are always changing so keep talking. E.g., "I've heard that kids are vaping more since COVID started. Have you noticed any change since returning to school?"

Create a safe space. Be open, non-judgmental, caring and understanding. E.g., "Of course, I hope you avoid vaping, nicotine addiction is hard and I don't want that for you; but that would never change the way I feel about you."
"You are independent and make good decisions every day; I trust you."

You don't have to be an expert. Be honest if there's something you don't know and take opportunities to learn together. E.g., "I don't even know how much nicotine is in vapes; we'll have to google that."

Ask questions and listen more than you talk. Ask open ended questions and restate what you hear. E.g., "What do you think about vaping?"
"So it sounds to me like..."

Practice skills. Plan and practice what they could say to their friends. E.g., "I'm sure there will be kids vaping at this party; have you thought about how you might avoid that pressure?"

Adapted from [Drug Free Kids Canada](#)



QUIT HELP



MORE INFO

[NotAnExperiment.ca](https://www.NotAnExperiment.ca)

Youth say they vape to deal with stress, but the truth is vaping causes MORE STRESS!

How? The HIGH levels of nicotine in a vape affect the developing brain leading to feelings of stress, anxiety and depression.

NICOTINE ADDICTION



INCREASED STRESS HORMONES



CAN CREATE STRESS...

IN RELATIONSHIPS



AT SCHOOL



WITH MONEY



Hiding vaping behaviour from family & friends can cause stress.

Nicotine impacts memory, concentration & the ability to learn.

The amount of money spent on vaping products can cause stress.

Help keep your kids vape free! Talk about how to deal with stress and ways to resist the pressure to vape.

WAYS TO DEAL WITH STRESS:

- Listen to music.
- Talk with a friend or other trusted person.
- Go for a walk or choose your favourite way to get moving.
- Have a shower or bath to relax.

TIPS TO RESIST THE PRESSURE TO VAPE:

- Delay answering: "Can't right now, I'll meet up with you later."
- Suggest something else: "I don't want to right now, wanna play some ball?"
- Make a joke: "Thanks, but I'm already addicted to air!"



MENTAL HEALTH

For more information and ideas, check out the
MENTAL HEALTH & RESIST pages at NotAnExperiment.ca.



RESIST