



SIGNS OF VAPE USE

- A faint scent of flavoring in your house that you can't locate or identify
- An increase in your teen's thirst level
- A rise in the number and frequency of nosebleeds your teen experiences
- A decrease in your teen's caffeine consumption

WAYS TO SAY NO

Ask your child if they've ever felt pressure to try vaping. Then strategize what they can say or do if another kid offers them a vape, and have them practice by responding to different situations.

- Say a simple "No, thanks," or "Nah, that's not my thing."
- Change the topic ("Hey, are you going to band practice today?")
- Walk away and do something else
- Talk with a friend or parent

RESOURCES

- Talk to your family doctor about treatment options
- Visit [smokefree.gov](https://www.smokefree.gov)
- CDC Quitline: 1.800.QUIT.NOW
- For Young People: Text DITCHJUUL to 88709
- For Families Helping Young People: Text "QUIT" to 202.899.7550

SIGNS OF ADDICTION

- Cravings to use vapes or other nicotine or cannabis products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to use the vape or planning one's day around use

TIPS FOR TALKING WITH YOUR CHILD

- Check in frequently to see how they are doing
- Choose informal times to talk, such as in the car, during dinner, or while watching TV
- Be clear and consistent about your expectations regarding vaping and other substance use
- Establish family agreements together for social and extracurricular activities
- Let them know you care and are always there for them
- Continue talking with your teens as they get older.
- Help your teen create a plan for saying NO.



[https:// www.samhsa.gov/.../TTHY Vaping-Broch-2020.pdf](https://www.samhsa.gov/.../TTHY Vaping-Broch-2020.pdf)

Vaping Information, Solutions & Interventions Toolkit | Stanford Medicine

Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents ([surgeongeneral.gov](https://www.surgeongeneral.gov))