

# CRANSTOUN

Empowering People, Empowering Change

## Talking with your Teen About Vaping -

### A Guide for Parents and Guardians

This guide offers practical advice and information for parents, guardians and carers of teens around vaping and e-cigarettes. Including tips and tricks for before, during and after the conversation



# Before the Conversation

## Know the facts.

- Get credible information about e-cigarettes and young people.
- You can find number of helpful resources at the end of this pack.

## Be patient and ready to listen.

- Prepare to possibly hear some information which you are not comfortable with. Make sure you have a plan in place with a friend, family member or professional to be able to discuss things after your conversations with your teen.
- Remember, your goal is to have an equal conversation ... not to deliver a lecture.
- It is more than okay for your conversation to take time, you may need breaks and possibly have part of the conversation that you then come back to.

## Set a positive example.

- If you use any tobacco product, it can be harder for your teen to understand why they may be asked to make any changes.
- Its never too late to quit, you can contact SmokeFreeLife, Berkshire for support: [www.smokefreelifeberkshire.com](http://www.smokefreelifeberkshire.com) or text QUIT to 66777

# During the Conversation

## Find the right moment.

- Finding the right moment to have this discussion can be hard, however, having a more natural and neutral discussion will increase the likelihood of it being a positive experience for everyone. Conversation starters like "we need to talk" can often increase anxiety about a conversation and therefore everyone starts off in the wrong head-space.
- Instead use real-world situations to prompt the discussion such as:
  - Seeing someone use an e-cigarette in person or a video
  - Pass an e-cigarette shop when you are walking or driving.
  - Seeing an e-cigarette advert in a shop.

## Answer their questions.

Making sure you are ready to answer questions your teen has can be really helpful, here are some examples of questions they could ask and some hints on how to respond.

### Why don't you want me to vape?

- Science shows that vaping with liquid that contains nicotine is addictive and could harm you.
- Right now, your brain is still developing. This means that you might be more vulnerable to addictions. Many vapes contain nicotine, and using this can change your brain to make you crave more nicotine. It can also affect memory & concentration!
- Vapes also can contain chemicals that are harmful. When people use these, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from vapes can also expose you to chemicals that are not safe to breathe.

### What's the big deal about nicotine?

- Your brain is still developing and continues until about 25. Nicotine is well researched to be harmful to brain development and is highly addictive.
- Using nicotine at your age may make it harder for you to concentrate, learn and control your impulses.
- Nicotine has even been shown to train your brain to be more easily addicted to other drugs.

**Aren't vapes safer than normal cigarettes?**

- Because your brain is still developing, scientific studies show that it is harmful to you to use any products containing nicotine.

- Whether you get nicotine from a vape or a cigarette it is still nicotine & therefore not safe.

- Due to the vast range of vapes available, there have been instances where vape batteries have exploded and hurt people.

**You used to smoke or vape, so why shouldn't I?**

- This comes down to again our ages. As my brain is no longer developing in the same way the impact nicotine has on my brain is different.

- Quitting is hard. If I had a choice again, I wouldn't be a smoker of any description.

**I thought vapes didn't have nicotine - just water and flavouring?**

- Many vapes do have nicotine in them, even in small amounts. Many disposable vapes are likely to have nicotine already included.

**I (or friend) have tried vaping, it was no big deal.**

- Thank you for telling me and being honest. Why did you/they want to try vaping?

- I appreciate your honesty. how did it make you feel?

- It's great you've told me this. Would you do it again?

- Thank you for letting me know. Did you want to speak to someone else about this?



# After the Conversation

## Keep the conversation going.

- One of the biggest things you can now do is make sure this isn't the last conversation you have with your teen about vaping or any substances.
- There are a lot of resources out there about vaping so try and encourage them to go to reputable and reliable sources.

## Other considerations.

- It is illegal for those under 18's to buy any vaping products, including the liquid.
- Refillable vapes have been used to also smoke THC, the psychoactive substance in cannabis. However, there have been a number of instances where this has caused serious effects including seizures in young people. You can read more about this here: [Vaping Cannabis Oils: News Alert | FRANK \(talktofrank.com\)](#)
- There are restrictions on the amount of nicotine in e-liquid, 20ml pr ml (2%)

## Helpful resources.

- For 18+ information on how to stop smoking go to [Stop Smoking Berkshire | Smokefreelife Berkshire](#)
- For information about the impact of nicotine on a teen, brain go to [Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults | CDC](#)

## Want to speak to someone?

If you would like further information or support, please speak to your school nurse.

This guide was produced by Cranstoun.  
[www.cranstoun.org](http://www.cranstoun.org)

