



STARTING A CONVERSATION ABOUT VAPING

We know that addressing the epidemic of youth vaping starts with talking. When the opportunity presents itself, it is important to initiate a conversation about vaping to help screen for use, recognize the risks and encourage discussion about fostering healthy choices.

Following are potential “conversation starters” based on validated screeners for other substances and current vaping prevention strategies:

Raise the Subject	Build Rapport: Explore how things are going in life beyond just substance use. Elicit likes, strengths, community connections, goals, support networks and resiliency skills.
	Ask Permission: “Would It Be OK to talk about what makes me worried about what you just shared?”
Provide Feedback	Summarize what they have shared. Reinforce positive choices: “It sounds like some of your close friends vape, and it’s great to hear that you don’t always join in. I worry about the risks we know occur even with occasional use. What makes you sometimes not vape?”
	Provide feedback: “Vaping can be dangerous for many reasons, including the way nicotine rewires the way our brains respond, and chemicals that we know are harmful.”
	Recommend (or reinforce) abstinence: “You’re making a really smart and adult-like decision to keep yourself healthy by saying “no” to vaping. As your doctor/teacher/coach/mom AND as someone who cares about you – I totally agree with that important choice. That’s really impressive. I’m wondering if you can use your strategies in saying “no” sometimes to say “no” more often?”
	Elicit Feedback: “What do you think as you hear me say that?”
Enhance Motivation	Explore Pros and Cons: “What do you like about vaping?” “What are some of the not so good things about vaping?”
	Explore Readiness to Change: “On a scale where 0 is <i>not at all</i> and 10 is <i>very ready</i> , how ready are you to stop vaping?” Respond: “What made you choose X and not a lower number?”
	Reasons to Change: “What are some of the best reasons you can think of to avoid vaping?”
Negotiate and Advise	Reinforce Autonomy: “What you choose to do is ultimately up to you.” Elicit Input: “What next steps would you like to take and how can I help?”
	Negotiate a Goal: Focus on small, achievable goals to build self-efficacy and advance their level of readiness.
	Harm Reduction: No dabbing; no vaping before sports; etc.
	Assist with Developing a Plan: Help them think through/problem solve potential obstacles. Address co-occurring mental health or other issues.
	Arrange Follow-Up Plan: How soon depends on level of risk and/or goals. Plan should provide accountability and support progress.
	Thank Them.

RESOURCES FOR CAREGIVERS & FAMILIES

- CDC Tip sheet for parents:
[e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf](https://www.e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf)
- NYT “How to Talk to your teen about Vaping”:
www.nytimes.com/2018/02/14/well/family/how-to-talk-with-teenagers-about-vaping.html
- AAP info for parents:
www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx
- Campaign for Tobacco Free:
youthengagementalliance.org/wp-content/uploads/2016/08/JUUL-Fact-Sheet-2-5-18.pdf

QUIT RESOURCES FOR TEENS & YOUNG ADULTS



TALK TO YOUR DOCTOR: Develop a quit plan with support from your doctor along the way. Ask about nicotine replacement therapy and medications, if appropriate.

ADOLESCENTS WHO VAPE ARE MORE LIKELY TO...



Move onto cigarettes



Move onto marijuana



Binge drink alcohol



Use other illicit drugs



For more information, please visit:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>