

# LET'S TALK ABOUT IT

**“Questions are the segway to conversations”  
-Unknown**

## **PARENTS, ASK YOURSELF THESE QUESTIONS:**

- Do you know about vaping and its health risks?
- Are you aware of the latest vaping products like JUUL?
- Have you asked your young person about vaping? If not, ask yourself why not.
- If your young person says they vape or have vaped before, how will you react?
- What kind of relationship do you have with your young person?
- Do you think they would be comfortable coming to you about smoking or the desire to quit smoking?
- Are you prepared for this conversation?

## **Use these conversation starters to help you navigate this conversation.**

- I've been hearing a lot about vaping and e-cigarettes; can you tell me about this new trend?
- When I was a kid, we didn't have these things; do you know why they are so popular among your generation?
- Do you know anyone that vapes?
- Have you ever tried one of these vaping things before? (Reassure they won't be in trouble for admitting the truth). If yes, how did it make you feel? Do you think you would use it again?
- Where does someone under 21 even get one of these vaping devices?
- Do you know about the health risks of vaping?

NEED MORE HELP?

[WWW.LUNG.ORG/QUIT-SMOKING/HELPING-TEENS-QUIT/TALK-ABOUT-VAPING/VAPING-FACTS](http://WWW.LUNG.ORG/QUIT-SMOKING/HELPING-TEENS-QUIT/TALK-ABOUT-VAPING/VAPING-FACTS)

OR EMAIL US!  
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## Need More Help?

**"It's not always easy to engage our teenagers about the dangers they face. But adolescents care what their parents think and take fewer risks when we keep the lines of communication open."**

**-Dr. Lisa Damour, PhD**

### People Who Can Help:

**School Counselors**

**Family Resource &  
Youth Services Center  
Coordinators (FRYSC)**

**A Quitting Hotline:  
800-QUIT-NOW  
(800-784-8669)**

**National Helpline:  
1-800-662-HELP (4357)**

**CONTACT US. WE'RE HERE TO HELP!**

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