

Name: _____ Date: _____

Talking to Teens About Smoking/Vaping

Peer pressure can be a major reason why teens try smoking or vaping. Often this pressure comes from a close friend or someone they trust. As a parent, you want to let your teen know that you understand it can be hard to say “no” to a friend. Talk to them about the ways smoking/vaping impacts their health, their finances, and the health of people around them.

Here are some facts about smoking and vaping that you can use when you talk to your teen.

- Nicotine is the chemical in tobacco products that makes you addicted. It puts you at risk for being a lifelong tobacco user.
- Chemicals in tobacco products cause cancer and can hurt almost every organ in your body.
- Teen brains are still developing. Using tobacco (smoking/vaping/chewing) can affect your brain development. This makes it harder for you to learn and concentrate.
- Most e-cigarettes have nicotine and many other harmful chemicals.
- E-cigarette flavored juice (e-juice) can be fatal if even a little bit is swallowed. It is very dangerous around young children who may think it is candy.



You have probably been in a situation where you felt pressured to do something you did not want to do. Reflect on how you felt and how you handled the situation below.



When might be a good time to have these conversations?



Write down how you will start the conversation and some key points you want to go over with your teen.

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.