

**It's important that your child learns the negative health impact of vaping and skills to make themselves more likely to say "No" to negative peer pressure.**

**Here are some tips to help support your child's health!**

## **01 Learn**

Before talking to your child it is a good idea to do some research on your own, but here are a few important facts to start:

- Most e-cigarettes contain nicotine
- Nicotine is highly addictive and can harm brain development
- The majority of young people are NOT using vape products

## **02 Ask Questions**

Finding out what your child already knows is a great starting point for a conversation. Understanding what they know and do not know is important. Make sure when you ask questions you are actively listening to their answers, not thinking of how to respond.

## **03 Encourage Healthy Activities**

Young people who engage in activities that make them happy and bring them satisfaction are less likely to look for an "escape" in substances. A great way to encourage healthy activities is to model doing things like not using nicotine products and coping with stress in a positive way.

## **04 Practice Saying "No"**

Help your child create a few responses they could give if someone asks them to vape and practice saying them. Giving your child an opportunity to practice will help them become more comfortable with being assertive.

## **05 Keep the Conversation Going**

Make sure your child knows you are available to talk whenever they have questions. If they have a question you can't answer, look it up together!



**Looking for additional resources about  
nicotine or other substances? Visit  
[www.BridgesCouncil.org](http://www.BridgesCouncil.org)**