

# How to Talk to Teens about Vaping

- Use the correct terminology
  - Most youth don't consider vaping to be a form of "smoking"
  - Most youth don't use the term e-cigarettes either
  - Often youth refer to e-cigarette devices by the product name (i.e. JUUL, "Juuling", PuffBar)
  - Use whatever term the patient uses to refer to their device and behavior

- Do not use judgmental statements or leading questions such as "I hope you don't vape." or "You don't use e-cigarettes, do you?"
- Ask open-ended questions such as:
  - What do you already know about [vapes, Juuling, etc]
  - What experiences, if any, have you had with using [vapes, PuffBars, etc]
  - What questions, if any, do you have about using [SMOK, melatonin vapes, etc]

- When you don't know the answer to a question
  - Don't guess at an answer
  - Use it as an opportunity to try and find the answer together
  - Let them know you are going to look into it and talk to them about it at their next visit
- Youth are excellent at detecting insincerity, so it's more helpful to build trust than it is to try to have all the answers