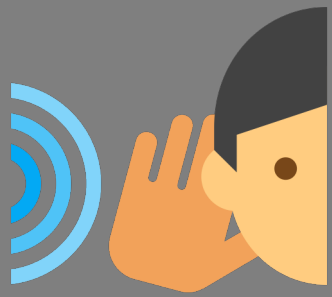


Tackling Vaping as a Family



Be An Active Listener

Avoid lecturing and instead ask your young person what they know about vaping and what they've heard about it from friends, social media, and other sources.



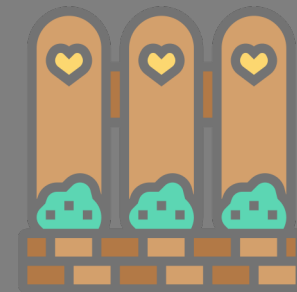
Start the Conversation Early

Research shows that if a young person feels comfortable talking to you about their problems, and you respect their feelings and opinions, they will be less likely to turn to drugs.



Discuss the Risks, Dispel the Myths

Talk about the risks of vaping and clear up any misinformation or misperceptions that your young person may hold about this issue.



Set High Expectations and Clear Limits

Parental monitoring and supervision are critical. This includes rule-setting, monitoring activities, praising appropriate behavior, and enforcing moderate, consistent discipline based on defined family rules.



Participate in Prevention Efforts

Become involved in drug prevention programs in your community or your young person's school. Find a program that the both of you can participate in together.



Monitor Your Own Behavior

Is there smoking, vaping or cannabis use happening at home? Does your young person see you use it? Your use may increase your young person's risk of using and having favorable views.