

# Talk Early, Talk Often.

## HOW TO TALK TO YOUR KIDS ABOUT E-CIGARETTES/VAPING

### Before the talk:

- Get credible information about e-cigarettes.
- Be patient and ready to listen. Remember, your goal is to have a conversation, not to make them feel as if they've done something wrong.
- Set a positive example by being tobacco-free.

### Things to say to start the conversation:

- Have you seen anyone at school vape?
- Do any of your friends have e-cigarettes?
- What do you think of e-cigarettes?
- Do you think they're safe?
- Have you ever been offered an e-cigarette?

### Other basic tools to help you talk to your kids:

- Establish an open dialogue by asking questions to find what kind of pressure they're experiencing.
- Help your kids practice saying "no".
- Stay informed with the latest news on e-cigarettes and share the facts and resources with them.
- If needed, get help. Text "DitchVape" to 88709.
- Remind them what you've both learned together and continue to have discussions with your kids often.



To schedule a presentation, please contact us at (602) 542 -2123 or [CommunityOutreach@azag.gov](mailto:CommunityOutreach@azag.gov). Requests can also be made online at [www.azag.gov](http://www.azag.gov)

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### RESOURCES

- Office of the Arizona Attorney General
  - [www.azag.gov/outreach/vaping](http://www.azag.gov/outreach/vaping)
- National Institute on Drug Abuse
  - <https://www.drugabuse.gov/>
- Center on Addiction
  - [www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes](http://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes)
- Arizona Department of Health Services
  - [www.azdhs.gov/prevention/tobacco-chronic-disease/tobacco-vape-e-cigarettes/index.php](http://www.azdhs.gov/prevention/tobacco-chronic-disease/tobacco-vape-e-cigarettes/index.php)
- American Lung Association
  - <https://www.lung.org/quit-smoking/e-cigarettes-vaping>
- Centers for Disease Control and Prevention
  - [www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)
- U.S. Food and Drug Administration
  - [www.fda.gov/tobacco-products/youth-and-tobacco/youth-tobacco-use-results-national-youth-](http://www.fda.gov/tobacco-products/youth-and-tobacco/youth-tobacco-use-results-national-youth-)

### DID YOU KNOW:

According to the  
Arizona Department of  
Health Services,

# 51%

of Arizona high school  
students have tried  
electronic cigarettes.

Source: Arizona Department of Health Services

