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. Requests can also be made online at www.azag.gov
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RESOURCES

- Office of the Arizona Attorney General
  - www.azag.gov/outreach/vaping
- National Institute on Drug Abuse
  - https://www.drugabuse.gov/
- Center on Addiction
- Arizona Department of Health Services
- 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
- U.S. Food and Drug Administration
  - 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