

Report  
to **PARENTS**

# Stop Youth Addiction Before It Starts

## Signs of Vaping to Look For

**Notice whether your kid is spending more time alone** than usual or coming up with excuses to frequently step-away. They might be early warning signs.

**Look for changes in behavior** that indicate addiction, like changes in appearance, mood, sleeping patterns or even impulse control. E-cigarettes can also deliver huge doses of nicotine that can quickly addict kids.

**Pay attention to the smell.** With e-cigarettes you might only notice a faint, but sweet scent like a whiff of bubble gum or strawberry cheesecake. E-cigarettes come in thousands of flavors, many like candy or fruit or mint.

**Watch for an unexplained cough** or an increase in thirst.

## How to Talk to Your Kid

**Educate yourself** before talking with kids about e-cigarettes. Don't lecture them. Kids appreciate a frank and honest discussion.

**Keep the touch points quick and avoid the big "sit-down."** Quick, frequent conversations can be more effective. There's often too much pressure in a serious sit-down.

**Remember that it's fine to not have all the answers.** Whether it's about vaping or how to combat peer pressure, you're not all-powerful. Admit that you're in this journey together, and that you can figure it out together.



**Set a good example** by not using any tobacco products, including e-cigarettes, and by keeping your home and vehicles tobacco-free.

## Resources for Help

- Get help from your pediatrician or medical provider if you think your child is using e-cigarettes—especially if they are showing signs of nicotine addiction.
- Help your teens get information on quitting e-cigarettes at [teen.smokefree.gov](http://teen.smokefree.gov) or [truthinitiative.org/thisisquitting](http://truthinitiative.org/thisisquitting), which has a text program to help youth vapers quit.
- Find resources at [tobaccofreekids.org](http://tobaccofreekids.org).
- Educate other parents and youth about this public health crisis by sharing information on social networks and contacting elected officials so they know that you want them to help protect our kids by eliminating all flavored e-cigarettes.

## Share Your Story

If smoking, vaping, or tobacco use affected you or your family, school, or community, we want to hear about it. Tell us your story on [takedowntobacco.org/share-your-story](http://takedowntobacco.org/share-your-story).