Use these tips to talk with your teen:

- Check in frequently to see how they are doing;
- Choose informal times to talk, such as in the car, during dinner, or while watching TV;
- Be clear and consistent about your expectations regarding vaping and other substance use;
- Establish family agreements together for social and extracurricular activities;
- Let them know you care and are always there for them; and
- Continue talking with your teens as they get older.

Help your teen create an “exit plan” in case he or she is offered an e-cigarette or faced with a difficult decision about vaping (such as texting a code word to a family member). Peer pressure can be powerful, so coming up with realistic action steps and practicing them together in a safe environment will prepare and empower your teen to make good choices when it matters.

Research suggests that one of the most influential factors when a teen is growing up is a strong, open relationship with a parent or caregiver.

For more information about how to talk with your teen about vaping, visit www.underagedrinking.samhsa.gov and www.samhsa.gov.
It's never too late to start talking with your teen about the risks of vaping. As teens age, they make more decisions on their own and face greater temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns. It's important you help them understand what e-cigarettes and other vaping products are, and why they should use them.

WHAT IS VAPING?

The term vaping refers to the action or practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device. While teens may inhale several different substances through these devices, the most concerning are the chemicals that come in many different flavors, such as apple pie or vanilla.

WHY ARE YOUNG PEOPLE VAPING?

Teens and young adults vape for many reasons. Vaping is becoming increasingly popular among teens and young adults. In 2018, 37 percent of 12th graders reported vaping—a 9 percent increase from 2017. This is why it's important to talk with your teen to ensure he or she understands what vaping is and what the risks are.

KNOW THE RISKS AND HARMs

There is a common misconception that vaping is completely harmless. The truth is, vaping is not safe, especially for teens and young adults. Vaping is becoming increasingly popular among teens, who may not understand that these chemicals can significantly harm their lungs.

Make sure you know the risks and are prepared to talk with your teen about them.