

TALK TO YOUR KIDS ABOUT

# DRUGS & ALCOHOL

HOW TO PREPARE

LOOK *up*<sup>®</sup>



**Choose an informal setting.**

It doesn't work well to have a "family meeting where we're going to talk about drugs." Kids don't respond well to that. Instead, try to bring up the subject when your kids are relaxed and you're just enjoying each other's company, such as in the car or when you're shopping or exercising together.

**Don't have just one conversation.**

Many short talks are better than one long one. Keep talking about drugs and alcohol as your kids get older.

**Clearly state what you expect.**

Don't be vague. Your kids should know exactly what the family rules are and what the consequences will be if those rules are broken. They should also understand why you're making those rules.

**Support. Don't accuse.**

Your kids should come away from these conversations feeling like you're always there for them, not that you suspect them of doing something wrong.

**Don't lie.**

If your kids ask if you drank or tried drugs when you were their age, and you did—be honest. Acknowledge it was risky and emphasize that more is known about drinking and drugs now than back then. Most importantly, don't let your past hold you back from talking to your kids. Being a good role model doesn't mean you have to have a perfect past.

**Set a good example.**

If you're currently doing the things you tell your kids not to do, they won't put much weight in what you say. If you need help, don't try to hide it. Get the assistance you need.

Learn more at [WorthTheEffort.org](http://WorthTheEffort.org)



TALK TO YOUR KIDS ABOUT

# VAPING

A TIP SHEET FOR PARENTS

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## **Think before you speak**

Having conversations with your kids about vaping is worth the effort. But it's good to prepare. Consider beforehand how you'll bring up the topic and what you'll say. The information below can help you.

### **The Basics**

- Vaping is another word for using an e-cigarette. "JUULing" is another term, which refers to a common brand, JUUL.
- It involves heating a liquid to create an aerosol, which is then inhaled into the lungs.
- The liquid used in vaping typically contains nicotine. Marijuana can also be vaped.
- Flavorings are available to make the taste more appealing.

### **The Facts**

- Vaping is on the rise among teens. From 2017 to 2018, current e-cigarette use (vaping at least one day in the past month) by high school students increased 78%.<sup>1</sup>
- Because vaping is still fairly new, the long-term effects are still unknown. However, nicotine is usually involved in vaping and the harmful consequences of it are well documented, including addiction, heart disease, cancer and death.
- In 2019, the CDC and FDA opened an investigation into 193 potential cases of severe lung illness associated with e-cigarette use. Most of the patients were teens or young adults.<sup>2</sup>

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TYPES OF VAPE PENS

# THE QUESTIONS

# & THE ANSWERS



These are some common questions teens might ask about the subject and ideas for how to respond. Your kids want you to be genuine. So don't memorize the answers—just talk to them heart-to-heart. Remember, too, your teens may ask different questions. Think about your kids' own personalities and what they may wonder, and then use that to guide your conversation.

## “Isn't vaping safer than smoking?”

Smoking tobacco is very dangerous. And so is vaping. Cigarettes contain nicotine—and most vape liquids do, too. Plus, there's a lot we don't know about vaping. The dangers of smoking have been studied for 100 years. Vaping has only been popular for about 10 years.

## “Don't people vape as a way to quit smoking?”

That's what people who make vaping products say. But it's just a way for them to sell more. Doctors say vaping isn't a good way to quit smoking. The World Health Organization says there's no scientific evidence to confirm it's safe or effective at helping people give up cigarettes,<sup>3</sup> and it's not approved by the Federal Drug Administration as a quit-smoking aid.<sup>4</sup>

## “What if I just vape nicotine-free liquid?”

Some e-cigarette products marketed as zero percent nicotine have been found to contain nicotine. Plus, there are many other chemicals in the vaping liquid that can damage the lungs.<sup>5</sup>

<sup>1</sup> <https://www.fda.gov/tobacco-products/youth-and-tobacco/2018-nyts-data-startling-rise-youth-e-cigarette-use> <sup>2</sup> <https://www.cdc.gov/media/releases/2019/s0821-cdc-fda-states-e-cigarettes.html> <sup>3</sup> <https://www.who.int/mediacentre/news/releases/2008/pr34/en/> <sup>4</sup> [https://www.cdc.gov/tobacco/data\\_statistics/sgr/2020-smoking-cessation/fact-sheets/adult-smoking-cessation-e-cigarettes-use/index.html](https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/fact-sheets/adult-smoking-cessation-e-cigarettes-use/index.html) <sup>5</sup> [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)

