How to talk to young people about vaping

Know the facts, right moment, have a conversation, paitent and listen, convey your values

**Know the facts.** The Vaping Facts www.vapingfacts.health.nz website has easy to understand information about vaping, and the most up-to-date, relevant research about vaping and smoking in New Zealand.

**Find the right moment.** Take advantage of situations where you can talk about vaping. Opportunities may present themselves, for example when you:

see someone vaping, get information from school about vaping, see advertisements, walk past a vape shop, hear or read a media item on vaping.

**Have conversations.** Ask open ended questions. It shows you are interested in them, it helps them talk, express themselves, and figure stuff out, and it helps you know how to help them. There are some examples questions in the link below that you could adjust according to the situation, the age of the teen, and the relationship you have with them.

**Be patient and prepared to listen.** Ask what they know about vaping, clear up any misconceptions they might have, and offer the information you read on the [Vaping Facts](http://www.vapingfacts.health.nz/) website. Talk about the different factors that might entice teens to try it, for example, wanting to fit in, curiosity, stress. Talk through, and practise together, effective ways to respond if they ever feel pressured to try it. If your teen is vaping, try to understand why they are vaping by asking questions like “What do you enjoy about vaping?” Or “How does vaping make you feel?” Understanding this might help you to understand their needs and discuss other ways to meet those needs.

**Convey your expectations.** Let them know your understanding of the risks, but also why a person might vape. If your child is vaping or has vaped, find out why. Discuss options for dealing with the factors that motivated them to vape.

Share why you don’t want your child to vape. Talk about the risks of vaping and the negative impacts of [nicotine addiction](https://www.vapingfacts.health.nz/the-facts-of-vaping/what-is-vaping/nicotine-and-vaping.html) on their health, finances, and relationships.

Let them know you care about them and their health and wellbeing. The risks associated with long-term vaping are unknown. While vaping is less harmful than smoking it is unlikely to be totally harm free. Ideally, smokers who are vaping to quit should look to eventually stop vaping too. If your child isn’t a smoker wanting to quit, it is unwise for them to start vaping.

**Useful websites**

Louisa Woods is a New Zealand high school teacher and counsellor and a mother of three. She knows teenagers. She shares her [advice on getting your teenage child to open up in this blog post](https://thespinoff.co.nz/parenting/20-11-2017/how-to-get-your-teenager-to-open-up-to-you/) https://thespinoff.co.nz/parenting/20-11-2017/how-to-get-your-teenager-to-open-up-to-you

[Parent help.](Parent%20help.%20)  https://www.parenthelp.org.nzsupports parents with all parenting challenges. Free Helpline 0800 568 856.

Risks of Nicotine. <https://www.vapingfacts.health.nz/the-facts-of-vaping/what-is-vaping/nicotine-and-vaping.html>

Vaping Facts. <https://www.vapingfacts.health.nz>

Good questions to start conversations at vaping. <https://developingminds.net.au/blog/2017/7/6/useful-questions-to-ask-sadworriedmad-kids-and-teens> Source [www.hpa.org.nz/programme/education/young-people-vaping](http://www.hpa.org.nz/programme/education/young-people-vaping)