

# HELP YOUR CHILD LIVE HAPPY AND HEALTHY

## PREVENTION POCKET GUIDE FOR PARENTS & GUARDIANS



### WHY IS PREVENTION IMPORTANT?

Most individuals who use tobacco or nicotine products begin **before the age of 18.**<sup>(1)</sup> Research suggests that the average age of initiation in the United States is **13 years old.**<sup>(2)</sup> These alarming statistics emphasize the importance of early prevention education as the caregiver of your child.

### HOW DO I TALK TO MY CHILD ABOUT E-CIGARETTE USE?

Talking with your child about e-cigarette use may seem difficult, but it doesn't have to be! There are several important steps in establishing open communication with your child about a sensitive topic like nicotine use. In addition to the below tips, scan the QR code to watch a quick video example of how to begin the conversation.

- Educate yourself beforehand. Learn about e-cigarette basics using online information sources such as this [CDC guide for parents](#).
- Ask your child if they have heard of vaping and if so, what they know about it. Take some time to explain what vaping is to your child and how vapes contain harmful chemicals.
- Talk to your child about peer pressure and help them come up with ways to say no to vaping. This could be making an excuse to leave the situation or coming up with responses to turn down a vape.
- Talk to your child about flavored vapes. Make sure to emphasize that fruity or candy flavors do not make vapes healthy or harmless and are used to appeal to youth.
- Reassure your child that they can come to you if they feel pressured to vape or ever struggle with vaping.



### WHAT ELSE CAN I DO TODAY?

- Implement a policy within your home regarding e-cigarette or other nicotine product use. Establishing **clear expectations** promotes mutual understanding between you and your child and has been found to reduce the likelihood of initiation compared to homes absent of expectations.<sup>(3)</sup>
- Ask your child's teachers and school administration about implementing evidence-based prevention curricula, such as [CATCH My Breath](#) or [#iCANendthetrend](#).