



TIP SHEET:

TALKING TO TEENS

ADVICE FOR PARENTS, TEACHERS, COACHES AND MORE

Sometimes it may feel like youth aren't listening to what you say but research shows adults can have a big influence on their behavior. What you think matters to the young people in your life. As an adult they trust, you can impact their choices. What you say, and the example you set, make a difference. The following tips can help you get talking.

LISTEN

Make them feel heard. Consider their opinions and keep the conversation going. Even if you've talked about this topic before, their issues and opinions change all the time. Plus, as youth get older, they can feel more pressure from friends and classmates.

SET CLEAR RULES

Make family, school and sports team rules clear and stick to them. Let them know what will happen if they don't follow them.

FOCUS ON POSITIVE MESSAGES

Encourage them to make choices that help them achieve their goals.

LEARN HOW TEENS ARE VAPING

Because of the wide array of discreet vape devices, it is easier than ever to hide them and vape at school or during school activities. Get a sense of what vaping devices look like.

REMIND THEM WHAT CAN HAPPEN FOR BREAKING THE RULES

Teens that break school or school activity rules can be suspended or kicked off a team.

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LET THEM KNOW: THEY COULD LOSE CONTROL

Most vapes contain nicotine, even many that say “nicotine free” on the label. Most teens start out thinking they can stop whenever they want and won’t ever become addicted. And lots more start smoking cigarettes, a product that kills half its users. In fact, a teen who vapes is four times more likely to start smoking.

REMIND THEM THEY’RE ROLE MODELS TO OTHER YOUTH

Let them know that younger students and siblings look up to them as examples. How would they feel if a younger sibling got addicted to vaping?

NOT EVERYONE IS DOING IT

It is easier for youth to say “no” to peer pressure if they know not everyone is doing it. Let them know that more than half of high school and middle school students have never vaped, so they’re in good company.

SHARE THE SCIENCE

Despite what teens may hear, vaping is not just “harmless water vapor.” Most vapes contain nicotine, artificial flavoring and other chemicals. Stress the fact that teens who JUUL or vape nicotine or THC may have trouble learning and memory issues, as both nicotine and THC have negative effects on adolescent brain development.