

# START the CONVERSATION

## E-cigarette & Vaping Information for Parents

Parents, learn what e-cigarettes and vaping are all about. Know what to look for to see if your child is vaping. Learn how to talk to your kids about the dangers of vaping and stay up-to-date on the research. And if your child is vaping, learn about ways to help them quit. Use these resources below to start the conversation with your kids. It's never too early, or too late.



### Partnership for Drug-Free Kids

<https://drugfree.org/>

*How to Talk to Your Kids About Vaping*

<https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>

*Vaping- What You Need to Know and How to Talk with Your Kids About Vaping*

Downloadable comprehensive resource guide reviewing what vaping is, dangers of use, and what parents should know

<https://drugfree.org/newsroom/news-item/partnership-for-drug-free-kids-launches-vaping-resource-for-parents/>

### Flavors Hook Kids

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<https://www.flavorhookkids.org/>

*How to Identify Flavored Products*

<https://www.flavorhookkids.org/#product-cards>



### YouTube

*Complex News Presents Vape Nation: How Juul Created Next Gen Addicts: E-cigarette retailer and youth provide testimonials on e-cigarette epidemic*

<https://www.youtube.com/watch?v=t3SGiaDcZQA>

*How Juul made nicotine go viral*

[https://www.youtube.com/watch?time\\_continue=1&v=AF0poKBUyok](https://www.youtube.com/watch?time_continue=1&v=AF0poKBUyok)



### American Cancer Society

<https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/e-cigarettes.html>



### Surgeon General Reports

<https://e-cigarettes.surgeongeneral.gov/>

*Talk with Your Teen About E-Cigarettes: A Tip Sheet for Parents*

Offers tips on how to start the conversation and how to respond to difficult questions

[https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipsheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf)

*E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*

Reviews data trends of e-cigarette use among youth as a public health issue

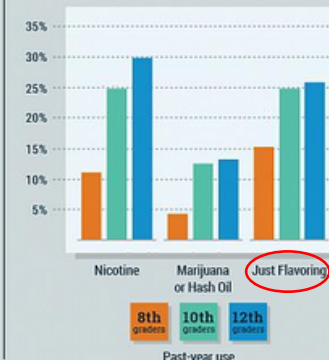
[https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Fact\\_Sheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf)

### TEENS USING VAPING DEVICES IN RECORD NUMBERS

#### PAST-YEAR VAPING



#### WHAT DO TEENS SAY THEY ARE VAPING?



even e-cigarette brands that claim to be nicotine-free have been found to contain nicotine