



## Supporting Teens Through Vape-Free Choices

It can be hard to talk to teens about their choices. Use kindness and an understanding approach with open arms, not anger.

Some ways to support your teens include:

### **1. Provide education**

- a. Educate teens about the negative health impacts of vaping
- b. Share information about how long-term effects have not yet been studied

### **2. Encourage new friends/ support networks**

- a. Suggest they talk to friends who support their healthy habits
- b. Recommend joining peer group activities, clubs, or sports

### **3. Help them to set healthy goals**

- a. Encourage small steps of quitting, like limited usage
- b. Celebrate the milestones (1 day, 1 week, 1 month, etc.)

### **4. Teach Coping Strategies**

- a. Use distraction techniques when the cravings hit
- b. Find healthy alternatives such as exercise, hobbies, drawing to reduce stress and boredom

### **5. Model Healthy Behavior**

- a. Avoid participating in unhealthy habits yourself
- b. Share success stories of those who have quit

### **6. Providing Positive Reinforcement**

- a. Praise efforts for continued attempts
- b. Provide encouragement to remind them of their progress and strengths

### **7. Use professional resources**

- a. Have the teen meet with the guidance counselor, or other professional individuals for guidance
- b. Use nicotine replacement therapies
- c. Access the internet for several websites designed to help teens quit vaping
  - i. <https://teen.smokefree.gov/>
  - ii. <http://teen.smokefree.gov/txt-teen>
  - iii. <https://notforme.org/>
  - iv. <https://truthinitiative.org/thisisquitting>
  - v. tel:1-800-784-8669

ITAC's mission is to *prevent* youth substance use by *empowering* our community with conversations, education, and access to *support*.