Go Easy on Yourself

Parents and caregivers seeking to prevent vaping are working against strong forces.

The combination of limited government regulation, millions spent on advertising and marketing, and young people's natural tendency to try risky things presents a significant challenge.

Kids of all backgrounds, and many who have never before used an addictive substance, have been lured into vaping.

With patience, love, and the right interventions, you can help your child quit and get back to living a healthier life.

whQn
A Drug Free Community Coalition

Helping Kids Quit Vaping

Vaping presents serious health risks to users. Nearly all vaping products contain nicotine, a highly addictive drug, and the negative health effects are broad and can be serious. The vast majority of people with nicotine addiction started using a nicotine product before age 21. If you believe your child has tried vaping or is vaping regularly, it is unquestionably a health issue worth addressing.

TAKE A HEALTH APPROACH

If you discover that your teen is vaping, address it as you would any other risk to your child's health. Resist the urge to lecture, yell, or punish your child. Maintain open communicaiton, show your concern for their health and safety, keep discussions productive, and avoid a useless standoff.

WITHDRAWAL SYMPTOMS

It's important to think of youth vaping as a health rather than a discipline problem. It is very difficult to quit vaping, and youth are especially vulnerable to the addictive pull of nicotine. While some may be able to quit unaided, many young people who try to quit will experience withdrawal symptoms, including anxiety, irritability, difficulty concentrating, and loss of appetite.

DON'T GO IT ALONE

Counseling, family, and peer support can help kids quit. Addressing any underlying mental or emotional problems that may contribute to the desire to vape or use addictive substances is also important.

If you suspect your child is addicted, contact your pediatrician. Physicians may prescribe medication to decrease nicotine cravings or replacement therapy to decrease withdrawal symptoms.

SCAN ME

Teen Resources

Scan the QR code for quick access to **free resources to help teens quit** including teen.smokefree.gov.

SCAN ME

Parent Resources

Scan the QR code for quick access to **free parent resources** from drug-free.org and becomeanex.org.

Vaping is new and constantly evolving. Make it your business to stay informed. WHEN's monthly newsletter makes it easy. Sign up here: **whendfcc.org/subscribe**. More information at **WHENdfcc.org**.

Adapted from *Vaping Guide for Families*
by Partnership to End Addiction, see original at: bit.ly/PTEAvaping