

HONEST Talk with Your Child

Approximately 1 in 3 high schoolers say they use some kind of tobacco product and 1 in 5 report they vape.

Talking to your child about tobacco use - including vaping - is important and can be intimidating.

Try these tips to promote honest, calm conversations.





HEAR YOUR CHILD.

Let them lead the conversation and talk about what interests them the most. Listen without interrupting to ensure they feel prioritized and heard.





OPEN DIALOGUE AND OPEN-ENDED QUESTIONS ARE KEY.

Encourage your child to tell you how they feel about what you're discussing and try to avoid yes/no questions.





NEVER DISMISS YOUR CHILD'S FEELINGS.

Empathize with the potential pressures they might be experiencing from their peers or environment.





ENSURE YOU REGULATE YOUR OWN EMOTIONS.

Take a breath and remember you want to continue the discussion.





SHARE REASONS TO NOT USE TOBACCO PRODUCTS.

Highlight the dangers you've learned and ask what they've heard about why it's harmful and addictive.





TRUST AND RESPECT THEIR PERSPECTIVE.

Avoid lecturing them and make every conversation a win-win experience.

Is your child already using tobacco products?

Help them find their motivation to quit. It's important to understand why they are using them in the first place. Ask them what the pros and cons of continuing to use them are? What are the pros and cons of quitting? Hopefully this will allow for a more balanced discussion to help them find their 'why' to quit.

Children ages 13+ who are ready to **quit vaping** can receive free support by texting **HEART** to **88709**.

Children ages 13+ who want to join the movement to **END tobacco use** and vaping can find more information at **tobaccoendgame.org**.