



CATCH[®]
MY BREATH

Parent Toolkit

Section 4

MIDDLE AND HIGH SCHOOL

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Common Roadblocks to Having the Talk about Tobacco & Vaping

<p>“I feel like a hypocrite.”</p>	<p>“They already know not to smoke or vape.”</p>
<ul style="list-style-type: none"> • Be clear that, even though you use tobacco, it’s not ok for someone their age and why. • It’s never too late to quit. It usually takes many attempts to quit for good. Call 1-800-QUIT-NOW (1-800-784-8669) to make an attempt. • If you don’t intend to quit, it’s even more important to have that conversation. 	<ul style="list-style-type: none"> • That’s great! Your child probably knows that smoking and vaping are dangerous, but research shows they need to hear clear expectations from you. • New information is coming out every single day. You can keep looking for new facts to share with your child by searching, “CDC: Know the Facts” on the internet.
<p>“I don’t know how to start the conversation.”</p>	<p>“My kids won’t listen to me.”</p>
<ul style="list-style-type: none"> • Before talking with your child, you want to learn all you can. Check out links on the bottom of these pages to get more information. • Practice what you might say and how you would respond to questions. • Use a natural opportunity to bring up tobacco and vaping like seeing an e-cigarette advertisement or someone smoking. 	<ul style="list-style-type: none"> • Not true! While they may be hearing new opinions from peers and social media, what you say will always matter. • Despite how it feels, research shows us that parents actually have the biggest influence when it comes to tobacco and e-cigarette use.
<p>“My child is too young to be talking about tobacco or vaping.”</p>	<p>“It’ll be uncomfortable.”</p>
<ul style="list-style-type: none"> • Vaping and smoking are everywhere—on social media, TV, movies, and at school— even elementary school! • Children of any age need to know the truth about tobacco products and vaping. • Younger children don’t need all the details, but they do need to know that tobacco products are dangerous, and you disapprove of children using them. Keep the conversation short and direct. 	<ul style="list-style-type: none"> • You’re not alone! Most parents feel uncomfortable talking about substance abuse and addiction with their children. • It’s true that some children resist ‘serious’ talks but they’re still listening despite the eye-rolling. • If a few minutes could save your child from forming an addiction or getting in trouble at school, isn’t it worth it?

For adults: If you are ready to quit tobacco, call the Quitline at 1-800-QUIT-NOW (1-800-784-8669) for help.

For children: To help your child quit vaping, have them text DITCHJUUL to 88709.

The Surgeon General: e-cigarettes.surgeongeneral.gov

The Centers for Disease Control and Prevention: cdc.gov/tobacco/basic_information/e-cigarettes/index.htm