

# Tips for Talking to Teens About Vaping

E-cigarette use, commonly referred to as vaping, by Maine youth has significantly increased over the past few years, with 29% of high school students reporting they currently use these products.

Talking to youth about vaping can help keep them from starting or assist in connecting them to treatment services.



## Know the Facts

Research information about e-cigarettes and youth, this could include the US Surgeon General Website or community presentations.



## Be a Good Listener

Remember, your goal is to have a conversation, not to deliver a lecture. Gently correct misperceptions after they have finished speaking.



## Have Open and Honest Conversations

Ask what they think. Maintain a balance of information, positive reinforcement and negative reinforcement.



## Set a Good Example

Be a positive example by remaining tobacco-free, if you need support contact 1-800-QUIT-NOW or [MaineQuitLink.com](http://MaineQuitLink.com).

# Maine Quit Vaping & Support Services



## Youth Texting Program: Text **MAINE** to **88709**

This is Quitting is a free, confidential texting program with evidence-based tips to help 13-24 year olds quit vaping.

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## Vaping Support: **1-844-9NO-VAPE** or **NoVape@TheQuitLink.com**

Through the Maine QuitLink any adult or youth resident can receive services to assist those who vape and want to quit, those needing assistance in how to support a loved one who vapes, and anyone with a general question about vaping.

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## Maine QuitLink: **1-800-QUIT-NOW** or **MaineQuitLink.com**

Phone and web-based quit services to support youth and adults with evidence-based treatment for tobacco use, including vaping, that is free and confidential.

