

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, the Live Vape Free Course 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.

MAINE QUIT VAPING & SUPPORT SERVICES



YOUTH TEXTING PROGRAM: TEXT [MAINE TO 88709](tel:88709)

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



MAINE VAPING QUIT SUPPORT LINE: CALL [1-844-9NO-VAPE](tel:18449NOVAPE)

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.



MAINE QUITLINK: CONNECT AT [1-800-QUIT-NOW](tel:1800QUITNOW) OR MAINEQUITLINK.COM

Anyone, youth or adult, who uses e-cigarettes exclusively or uses both electronic and combustible products can use the Maine QuitLink services and work with a Quit Coach who will assist them in creating a personalized quit plan.

