



Vaping Prevention and Intervention Resources for Caring Adults

At Prevention Action Alliance, we believe everyone has a role in prevention, and we know that parents and caregivers play a huge role in the prevention of substance misuse among our youth, and believe it or not, you are still one of the biggest influences in your teen's life. Even though you may feel your teen starting to pull away, ready to conquer the world on their own, deep down they still want and need you to be involved in their lives.

With youth vaping rates on the rise, we feel there's never been a more important time for parents and caregivers to talk to their children and teens about the risk of vaping. We've put together some resources below to help you find out how to start the conversation, how to keep it going, and where to find help if you feel your child may need help to quit vaping.

For more tips to help prevent substance misuse among youth, check out our "Everyday Prevention" tips at <https://preventionactionalliance.org/learn/everydayprevention/>. These tips were designed to help you support a happy, healthy, safe, and drug-free family, home, and community.

Facts For Parents & Caregivers About E-Cigarettes & Vaping

Curated by the [American Academy of Pediatrics](#), this fact sheet provides bulleted, easy-to-scan information about vaping and e-cigarette use among teenagers. The organization also provides links to other resources for parents seeking additional information on how to talk to their children about their health.

Know the Risks: E-cigarettes & Young People

After releasing an official advisory on e-cigarette use among youth in 2018, the [U.S. Surgeon General](#) partnered with the [Centers for Disease Control and Prevention](#) to create this comprehensive informational website for parents and teenagers. Its resources aim to help families get the facts, know the risks, and take action to prevent e-cigarette use and support teenagers who want to quit vaping.

E-Cigarettes: Talk to Youth About the Risks

This information page created by the [Centers for Disease Control and Prevention](#) provides an overview about the health effects and risks associated with adolescents using e-cigarettes. Available in both English and Spanish, this resource can serve as a starting point for adults who want to talk to teenagers about this topic.

The Vape Talk

Is there a difference between an e-cigarette and a vape pen? For parents who are looking for information that starts with an explanation of vaping products and continues with more in-depth information on health concerns and guidance on how to support their children in avoiding or quitting vaping, this website created by [The American Lung Association](#) is a beneficial tool.

Quitlogix

Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Ohio's Free, Convenient, Safe & Secure Tobacco Quit Line can help you with each step of the way.

Helping Teens Quit Smoking and Vaping

**Quitting vaping is a process that requires support from friends and loved ones. This resource page from the [American Lung Association](#) focuses specifically on how parents can help teenagers quit using nicotine products, including tobacco cigarettes, and vaping products.

***If you find that your child/teen cannot stop vaping on their own, or with the help of your support, they may be addicted, and will need professional help to stop. We recommend talking to your pediatrician, or consulting an outpatient behavioral health center for adolescents, to see what treatment options are available.*

ABOUT PREVENTION ACTION ALLIANCE

PAA is a nonprofit that helps prevent substance misuse and promote mental health and wellness. We provide resources and technical assistance to individuals, families, and communities to help educate, empower and advocate.

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