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KNOW! TO HELP YOUTH QUIT VAPING

If a young person in your life is vaping, now is the time to think about how you can support them in quitting. Nearly two-thirds of students who use tobacco products are seriously considering quitting—but it's a challenging journey to take alone. As a caring adult, you can play a key role by providing encouragement and resources.

Even if they're not ready to quit yet, starting the conversation can make a big difference. Talking about vaping isn't always easy, but it's essential to treat it as a serious health concern while keeping the discussion open and empathetic. The tips below can help you navigate this important conversation and support your loved one in their quitting journey.

BEFORE YOU TALK...

Know the Facts

Understanding the dangers of vaping equips you to have informed conversations with a young person. Vapes are harmful: nicotine is highly addictive, and the aerosol from vaping contains carcinogens, toxic chemicals, and potentially harmful metal nanoparticles from the device itself.

Consider Their Perspective

Put yourself in their shoes. Young people face unique pressures, obstacles, and social influences. By approaching them with empathy and understanding, you can offer better support during their quitting journey.

Take It Seriously

Vaping is a serious concern. Nearly all vaping products contain nicotine, a highly addictive substance. Most people who develop nicotine addiction start before age 21. It's important to address youth vaping thoughtfully and promptly.

Prepare for the Conversation

Talking to a young person about vaping can be challenging. Instead of acting immediately, take time to prepare. Practice what you want to say and think through potential questions or reactions. Rehearsing with a friend or in front of a mirror can help you feel more confident and ready.

Be Kind to Yourself

Quitting vaping is tough, and supporting someone through their journey can be just as challenging. Setbacks and obstacles are part of the process, so be patient with your loved one—and yourself—as you help them work toward a healthier lifestyle.

WHEN YOU TALK...

Focus on Health

Prevent your conversation from becoming a confrontation by approaching vaping as a health issue, rather than a behavioral one. Show your concern for their health and well-being, and avoid lecturing and yelling.

Acknowledge the Pressures

Teens face significant pressure from friends, social media, and targeted marketing by the tobacco industry. Let them know you understand these influences and want to help them navigate the mixed messages they've received to make healthier decisions.

Let Them Lead

Encourage your loved one to share their thoughts and feelings about vaping. Practice active listening—let them speak freely and pause before responding. A good rule of thumb is to let them say three things for every one thing you say, ensuring the conversation stays balanced and focused on their perspective.

Notice Their Needs

For many, vaping is a way to cope with stress or emotional challenges. Explore whether vaping is fulfilling an unmet need and discuss healthier alternatives. Help them identify underlying issues and work together to build positive coping strategies.

Help Them Find Their “Why”

Quitting isn't about your reasons; it's about helping them find their own motivation. Ask open-ended questions to understand their thoughts on vaping and their vision for the future. Encourage them to connect their reasons for quitting with the things they care most about.

RESOURCES

- [Quit Smoking, Vaping, and Tobacco With EX - EX Program](#)
- [How to Quit Vaping | Smokefree Teen](#)
- [Lung HelpLine | American Lung Association](#)
- [quitSTART | Smokefree](#)
- [SmokefreeTXT for Teens | Smokefree Teen](#)
- [Tobacco Use Prevention and Cessation Program | Ohio Department of Health](#)

AFTER YOU TALK...

Show Appreciation

Acknowledge that this was a tough discussion—likely even harder for your loved one than for you. Thank them for being open and willing to talk.

Stay Positive and Supportive

Quitting nicotine is challenging and often requires multiple attempts. Let them know you're proud of their efforts and offer ongoing encouragement. Ask how you can support them and celebrate their progress along the way.

Understand The Challenges

Quitting can be especially tough for young people due to nicotine's addictive nature. Withdrawal symptoms like anxiety, irritability, difficulty concentrating, and appetite changes are common. Counseling, family support, and peer encouragement are the most effective tools for success. Young people may also benefit from joining the Truth Initiative's free [Ex Program](#), which offers daily text support to anyone looking to quit nicotine.

Follow up

Quitting vaping isn't a one-time conversation—it's an ongoing process. Regularly check in to see how they're doing, offer support, and revisit the topic as needed. Even if they aren't ready to quit now, you've planted an important seed. With your commitment and follow-through, you can help them navigate this challenging journey.



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