

TALKING WITH TEENS ABOUT VAPING

Adapted from "How to Talk with Teenagers About Vaping" by Lisa Damour - New York Times



Accept that facts don't go far.

We (adults included) routinely do things we know to be unhealthy. Work with the facts to get the conversation started- but don't assume it gets the job done.



Get their perspective.

Start with genuine curiosity and set judgement aside. "Do you know kids who are vaping" or "What's your take on vaping?" Finding out what they already know not only shapes how the exchange might go, but may also increase the odds that they want to hear what you know too.



Ask why before suggesting why not.

If adults only address the downsides to risky temptations, it makes it easier for teens to dismiss us. Appreciating the appeal of vaping and other risky things can sometimes open the door for adults to say their piece.



Share your concerns.

Acknowledge and understand that not all hazards are equal. We keep our teen's trust when we are up front about what we know and what remains unclear.



Concede the limits of your power.

Trying to make a stance that doesn't overestimate the adult's control and underestimate the teen's independence. Voicing high expectations while acknowledging the adult's limited power can help teens remember to make good decisions for themselves.