

e-cigarettes and vaping

Parents Are Most Important

Vaping is on the rise, and our youth are at risk.
Parents and caregivers, you can help.
Think your teens aren't listening? Studies show they are.



DID YOU KNOW?

- Close to half of Wisconsin students in grades 9-12 have tried vaping. One in five has vaped in the past 30 days.*
- Until about age 25, the brain is still growing. Nicotine exposure during adolescence can harm brain development and cause addiction.

TIPS FOR A HEALTHY DISCUSSION

- Know the facts
- Choose the right time and place
- Compliment youth's good judgment
- Ask open-ended questions

Conversation Tips

bit.ly/VapeConversationTips

Conversation Guide

bit.ly/VapeTalk

GET THE FACTS KNOW THE RISKS

General Resources

<https://e-cigarettes.surgeongeneral.gov> or
bit.ly/VapeGeneralResources

Native American Traditions

bit.ly/VapeNativeAmerican

Latino Youth Information

bit.ly/VapeLatinoYouth

LGBTQ Youth Information

bit.ly/VapeLGBTQYouth

KNOW THE SIGNS

Look for vape products, unexplained sweet scent, increased thirst, craving changes, nosebleeds, skin irritation, sleep disturbance, passing on caffeine, and changes in emotional state including irritability.

Learn the Products

bit.ly/VapeLearnTheProducts

Visual Dictionary

bit.ly/VapeVisualDictionary



PARENT SUPPORTS

Support Line: Text QUIT to 202-899-7550

Advocacy and Change:

<https://www.parentsagainstvaping.org/>

*2019 Youth Risk Behavior Survey, <https://dpi.wi.gov/sspw/yrb>



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Always Here To Help

for more information and educational resources on vaping, contact your local Extension office at counties.extension.wisc.edu

This fact sheet represents the highest quality tools and resources identified by the Vaping Workgroup of the University of Wisconsin-Madison Division of Extension.