

Parents & Carers Guide

It's hard to protect children from exposure to vaping and e-cigarette use but we do have an opportunity to talk openly with them. Here are some tips to support you to talk with your child about vaping.

Take the time



Take the time to talk to your child about vaping. Listen to their perspective. Focus on dependence and mental health impacts of vaping. You can also chat about the toxic chemicals in vapes and how many of them are used for industrial cleaning.

Relax



Start a conversation with your child in a relaxed way, taking a cue or prompt from something around you. This could include a post on the school's social media platform, something that has happened at school that day or noticing discarded e-cigarette litter.

On their side



If your child is vaping, let them know that help is available and you are there to support them to quit.

Learn alongside



Learn about the different types of e-cigarettes, the harms of vaping, how e-cigarettes are commonly purchased by young people and where to go for support.

Role model



Role model the behaviour you are wanting to see from your child by not using e-cigarettes.