

Your teen doesn't have to vape every day to become addicted.

There's help. Parents can text "QUIT" to (202)-899-7550

to sign up to receive text messages designed specifically for parents of vapers.



Tips for talking to your teen about e-cigarettes

Talk

Use opportunities when you see someone use an e-cigarette or advertisement to talk with your teen.

Be Informed

Get credible information about youth and e-cigarettes to share with your teen about the health risks.

Be An Example

Set a good example by not using tobacco products.

Listen

Listen and be patient. Avoid criticism by remaining positive and open to conversation.

Ask Your Doctor

Ask your child's Health Care Provider to discuss the risks of e-cigarettes.

SIGNS OF USE

- ☒ Frequent restroom breaks
- ☒ Odd smells of fruit, candy, etc.
- ☒ Sudden changes in concentration or mood
- ☒ Unexplained irritability or anxiety
- ☒ Disappearing money and secrecy

FACTS ABOUT TEENS & E-CIGARETTES

A recent CDC study found that 99% of the e-cigarettes sold in the United States contained nicotine.

Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.

Using nicotine in adolescence may also increase the risk for future addiction to other drugs.

For more information visit
tobaccofreelancastercounty.org

tobacco*free*
LANCASTER COUNTY