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TIPS FOR TALKING TO YOUR TEEN ABOUT VAPING



Don't Attack

Speak to your child about the craze and getting their take on it. They may already be dealing with an addiction to the substance and need additional help.



Remind them of the risks

Electronic cigarette/vape manufacturers are not required to list the ingredients of their products on the packaging so kids and teens are unaware of their risks.



Lead by example

Children whose parents smoke pick up the habit in one way or another. If you are a current smoker, there's never been a better time to quit.