

# Vaping Parent Resource

Vaping continues to be a popular trend among children and youth in Middlesex-London.  
Talking to your child about vaping is one of the best ways to keep them vape-free.

## In this Resource:

- What Can Parents/Guardians do if Your Teen is Vaping?
- Ways to Support Your Teen
- Resources to Reduce or Quit

### Did you know...

It may take 30 or more attempts to quit vaping

### What Can Parents/Guardians do if Your Teen is Vaping?

Youth say that parents are the biggest influence in their lives. Parents and other caring adults play an important role in helping children and youth make decisions about vaping. Check out [www.NotanExperiment.ca/Parents](http://www.NotanExperiment.ca/Parents) for information on how to talk with your youth about vaping.

### Ways to Support Your Teen

#### Ask Questions

What made you want to start? What triggers your cravings? What stresses you out? How can I make quitting easier?

#### Be Patient

Withdrawal can cause irritability, nausea and headaches

#### Help Remove Temptation

Limit exposure to others who vape and encourage removal of vaping devices

#### Have a Plan

Encourage your teen to set a goal & have plans in place to manage cravings (e.g., The Quash App, Chewing Gum, using fidget toys)

#### Seek Support

Encourage them to seek help through their school Public Health Nurse or Family Doctor (see below for additional resources)

### Resources to Reduce or Quit

- The Middlesex London Health Unit - <https://www.healthunit.com/quit>
- Quash app - <https://www.quashapp.com/> (Lung Health Foundation)
- Health811 - <https://health811.ontario.ca/static/guest/home>
- Smoker's Helpline - <https://www.smokershelpline.ca/static/how-we-help#online>
- Don't Quit Quitting - <https://dontquitquitting.ca/>
- Contact the public health nurse at your school or your health care provider for information, strategies, and support

#### Sources-

Not an Experiment (2022) <https://www.notanexperiment.ca/>,

University of Texas Southwestern Medical Centre (2023). <https://utswmed.org/cancer/community-outreach/join-a-conversation/beating-nicotine-together/how-to-quit-vaping-teen/>

