

# Clear Lungs, Bright Futures: Understanding Vaping and Smoking

Mental Health Series



**What is Vaping and is it really a problem?** This is the question parents and students alike are asking.

As a concerned parent, it's vital to address the dangers of vaping with your children. Here are key points to convey:

1. **Nicotine Trap:** Vaping contains highly addictive nicotine, especially risky for developing brains, making quitting hard.
2. **Concentration Impact:** Vaping can harm their focus and performance in school and other activities.
3. **Sneaky Devices:** Vaping tools are easily concealed, making it tempting for them to use secretly.
4. **Gateway Risk:** Vaping may lead to higher risk of using other substances and health hazards.
5. **Lung Health:** Inhaling vape chemicals can harm their lungs.



6. **Coping Strategies:** Some teens say they use it to cope. Teach healthier ways to manage stress and peer pressure.

7. **Be a Role Model:** Lead by example by avoiding smoking and vaping.

8. **Support Resources:** Inform them about resources to quit vaping if they or their friends are already involved.

Regularly discussing these points with your children will help them prioritize their health and make informed decisions.

When addressing your children's drug abuse, it's essential to approach the conversation calmly and with care. Gather physical evidence or make note of concerning behaviors to support your concerns. Negotiate clear rules and consequences for drug use, and be prepared to enforce them consistently.

If the conversation becomes heated or isn't effective, consider seeking the assistance of a counselor who specializes in addiction. Keep in mind to **lead with love** as it maintains trust and support in the environment.

## Have you heard of the Substance Abuse and Mental Health Services Administration (SAMHSA)?

As parents, addressing our children's substance abuse challenges can be daunting. SAMHSA's National Helpline (1-800-662-HELP) is a crucial resource for us because it offers:

1. **Treatment Referrals:** It connects us to tailored treatment options for our children.
2. **Vital Information:** Provides essential insights into addiction and recovery.
3. **Reliable Guidance:** Offers expert support for navigating this complex issue.
4. **24/7 Availability:** Ensures help is just a phone call away, anytime.

SAMHSA's National Helpline empowers us to support our children's recovery journey effectively.



# Featured articles

## Vaping and Smoking Conversation Starters and Prevention Tips for parents

### Scenario 1: Observing Vaping

- **Parent:** "I'm concerned about kids vaping. What do you think about vaping? Do your friends do it? It may seem common, but it's not safe, especially for teens."

### Scenario 2: Starting High School

- **Parent:** "High school should be fun without giving in to peer pressure. Most teens don't use substances. You can always talk to us, even if you make mistakes."

### Scenario 3: New Friends - Keeping Them Safe

- **Parent:** "I noticed you have new friends. Tell me about them. Want to invite them over? I'd like to meet them."

### Scenario 4: Vaping or Cigarette Smell

- **Parent:** "I'm sad you smoked. I love you and want to understand why. Your health is most important. Tell me what happened tonight."

### Prevention Tips:

- **Set Clear Rules:** Establish and enforce rules with reasonable consequences.
- **Express Disapproval:** Share your disapproval of substance use in a calm manner.
- **Positive Reinforcement:** Highlight their positive qualities and future prospects.
- **Open Communication:** Keep open lines of communication to build trust and understanding.
- **Be In the Know:** Know who your kids spend their time with and how they spend their money.
- **Share Reality:** Educate your child on the risks associated.



## The Power of Practice: Empowering Your Child to Say "NO" to Substances

Parents, empowering your child to say no to drugs and alcohol is crucial. It reduces the risk of addiction and promotes a healthier life. Kids that practice saying "NO" to vaping, smoking, drugs or alcohol are better equipped when it happens. To ensure safety and boost your child's confidence, you must **PRACTICE, PRACTICE, PRACTICE**. Not only does practicing decline dangerous substance use, it keeps your child safe and fosters healthier relationships. It strengthens parent-child communication, ultimately guiding them toward a safer, more successful life. Here is a practice script to try:

**Parent:** "Sometimes, people might offer you a vape, and it's important to know how to respond. Let's practice. I'll pretend to offer, and you practice saying no."

**Child:** "Okay."

**Parent (pretending to offer):** "Want to try this vape? It's cool!"

**Child:** "No, thanks. I'm not into vaping."

**Parent:** "Perfect! Just remember, a confident "no" is all you need. If someone persists, you can say, "I'm not interested, and I don't want to vape. Thanks for understanding.'"



What You Should Know and Do If Your Teen is Vaping

[Begin Course](#)

Join expert Shannon Clauson for a course where she leads with love and experience on how to address vaping with teens. Together you will explore key relationship elements as well as how to talk to your child about substances.

### Need more support or info?

Click the [ParentGuidance.org medallion](#) to explore an eCourse or visit [Ask-A-Therapist](#).

### Works Cited

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