

TEEN VAPING: What can you do as a parent?

E-CIGARETTES

E-cigarettes are electronic cigarettes/vapes that use cartridges and rechargeable batteries. Using e-cigarettes is commonly referred to as “vaping” among teens.

Learn about different e-cigarettes/vapes & how you can help your teen quit.



HOW COMMON IS TEEN VAPING IN CA?*

Nearly 1 in 4 have ever vaped



Nearly 1 in 10 currently vape



**National Institutes of Health, 2020*

WHAT CAN YOU DO?



- Know the facts
- Talk with your child
- Try to understand why
- Share your expectations
- Practice refusal skills
- Be a good role model

RESOURCES

For free help to quit smoking and vaping, please call:

1.866.new  lung

**Truth x Quitting
(#THISISQUITTING)**

Text **DITCHVAPE** to 88709 for free help to quit vaping

