

Resources for Parents on Vaping Prevention

Websites with facts & supportive materials

1. truth initiative

truthinitiative.org/topics/tobacco-products/e-cigarettes

2. Partnership for Drug Free Kids “Vaping: What you need to know and how to talk to your Kids”

Drugfree.org

3. Surgeon General

e-cigarettes.surgeongeneral.gov

4. TobaccoFreeCO > products > vaping

www.tobaccofreeco.org/product-facts/vaping-ecigs/



Resources for Quitting – if your teen needs help quitting any tobacco or vape product, here are some options to consider:

- Contact your school – the prevention specialists are running programs and working with students one on one to help them quit.
- Contact the **Colorado QuitLine** – the QuitLine now serves any kid who is at least 12 years old, and offers online and even texting options to engage with a trained tobacco/vaping cessation specialist.
- Check out the apps: **This Is Quitting** is a great one for young people
- Consider mental health services – lots of kids tell us they vape to reduce stress. Talking to a professional counselor could help. The schools or your medical provider can help to make a connection.

How Else Can Parents Help?

- Help us to keep vaping devices far out of reach of kids – contact your local or state representatives and tell them you want to see a change. There are lots of things that make a difference – changing the price of tobacco/vape products is the #1, as well as banning the sale of vaping flavors, banning online sales of vape products, making retailers have a license to sell, and changing the legal age to buy to 21.
- Start a parent group to educate yourselves and make a plan
- Make sure your school is offering clear and consistent consequences that provide kids with resources to stop using tobacco/vaping products, not just suspension.
- Let your medical provider know that this is important to you and you want parents and youth to have more information.