

Vaping Resources for Parents

Most of the websites and online resources that are available on the topic of e-cigarettes and vaping provide some basic information for parents. There are also many online articles, opinion pieces and blogs that examine the issue. If schools wish to ensure that parents are well informed around vaping, adapting some of the materials below for an article in the school newsletter could also be useful.

Get Your Head Out Of The Cloud:

A campaign from the American Lung Foundation that aims to educate parents about the prevalence of teen vaping and equip them to talk to their kids about it. One of the best features of this site is the Conversation Guide. This provides some really useful tips and suggestions that may assist parents in having a conversation around vaping.

(lung.org/quit-smoking/helping-teens-quit/talk-about-vaping)

Flavors Hook Kids:

A parent resource developed by the California's Tobacco Control Program that has developed some powerful campaign materials around Big Tobacco and how it uses flavours to target young people. It has a bigger focus on ways to talk to your kids about vaping and how to get help if they want to quit. (flavorshookkids.org)

Make Smoking History:

Another US resource with this one examining "the new look of nicotine addiction", this site has a dedicated section for parents that provides a link to a number of fact sheets on how to talk to your child about vaping, as well as other material. (makesmokinghistory.org/dangers-of-vaping)

Downloadable Fact Sheets For Parents

There are few Australian resources available around vaping but much of the information provided in the downloadable fact sheets listed here that have been developed overseas, the majority in the US, could be useful to most parents.

Talking About Vaping With Young People:

This is one of the few Australian fact sheets available and has been written by the ADF. It's just a simple one-pager about how best to have a conversation around vaping (or any drug for that matter) and it also provides a link to some basic information on vaping products.

(cdn.adf.org.au/media/documents/Talking_about_vaping_with_young_people.pdf)

Talking With Your Teen About Vaping:

A downloadable fact sheet from Health Canada that provides basic information about vaping for parents, emphasising that before you talk to your teen you should know the facts. (canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html)

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Talk With Your Teen About E-cigarettes: A Tip Sheet For Parents:

An American resource that covers all the bases – information on vaping, how to start the conversation and answers to some of the questions that may be asked.

e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

E-cigarettes and Youth: What Parents Need to Know:

A really basic information sheet for parents on vaping developed by the US Centre for Disease Control and Prevention.

cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Parents-Need-to-Know-508.pdf

Vaping: What Families Need to Know to Help Protect Children, Teens and Young Adults:

Quite a comprehensive document that covers everything from cannabis vaping to EVALI (a lung injury that led to the hospitalisations and deaths of a number of vapers in the US in 2019).

drugfree.org/wp-content/uploads/2018/11/What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf

Talking With Your Teen About Vaping: Keeping Your Kids Safe:

A simple two-pager that provides some basic information about vaping and then suggestions on how to talk to your teens about the issue.

samhsa.gov/sites/default/files/TTHY-Vaping-Broch-2020.pdf

How To Talk To Your Kids About Vaping:

A simple and useful fact sheet from the American Lung Foundation that provides some basic information and then useful conversation starters for parents when dealing with vaping.

lung.org/getmedia/302f26c0-d4b1-451f-a05a-092a93183b6c/vape-conversation-guide.pdf