



ACTIVITY TIME:

E-Cigarette Refusal Skills

Why Avoid E-Cigarettes?

CATCH
MY BREATH

K-4 PARENT ACTIVITY

Talk Together



E-cigarettes are illegal for kids.

You will get in trouble at school, with your parents and the police.



E-cigarettes are VERY addictive.

Once you start, your brain changes and wants more, more, more. Most people who are addicted want to quit, but it's hard to stop.



E-cigarettes **harm your brain, lungs, heart, teeth and gums.**



They're not very popular.

Tobacco & vaping companies spend major \$\$\$ making e-cigs seem cool, but did you know most kids your age have never tried one?



Tell your child to never vape.

Ask them how they can avoid vaping.

Write their answers below.

Plan Together

Ask your child a few questions, then write their answers in the space below.

What would you say or do:



If you see kids vaping in the school bathroom? What if they ask you to try it?



If your friend says you should try a fruit or candy flavor?



If you find a vaping device or bottle of flavored e-juice laying around?
