



The Dinner Table Project  
**Table Talks**

Unplug

Communicate

Encourage

## THE TALK ABOUT VAPING

**Nearly 1 in 5 (17%) of  
Kentucky 10th graders reported  
vaping nicotine regularly.**

(2021 KIP Survey)

### WHAT IS TABLE TALKS?

Studies show that regular family dinners help increase tons of healthy behaviors in kids, but these meals become harder and harder to have as your kids grow up.

Table Talks is a monthly newsletter designed to make talks with your teens easier than ever- even the difficult ones.

### WHY NOW?

Nicotine vaping is the most common type of substance use for Kentucky youth (Kentucky Incentives for Prevention Survey, 2021). Youth vaping remains a serious health threat. It is time to start the conversation about nicotine addiction and the harmful health effects of nicotine on the developing brain. This handout will help you discuss vaping with your teen.



**THE BRAIN IS STILL  
DEVELOPING UNTIL  
ABOUT AGE 25.**

**NICOTINE IS ADDICTIVE  
AND CAN HARM BRAIN  
DEVELOPMENT.**

# ASKING THE QUESTIONS

HOW DO YOU FEEL ABOUT VAPING?

WHY DO YOU THINK PEOPLE AT YOUR SCHOOL CHOOSE TO VAPE?

DO YOU THINK VAPING IS HARMFUL? WHY?

HOW DO YOUR FRIENDS WHO VAPE GET THEIR E-CIGARETTES?



## WHAT'S THE BIG DEAL ABOUT NICOTINE?

Nicotine is highly addictive and trains your brain to become more easily addicted to other substances. It further harms your brain by causing memory, concentration, and decision making problems. Nicotine also impacts your mood. Nicotine use leads to a short 'rush' of positive emotion, but ultimately increases your stress and anxiety levels as symptoms of withdrawal set in.

## I THOUGHT E-CIGARETTES DIDN'T HAVE NICOTINE. ISN'T IT JUST WATER VAPOR?

When you vape, you are not inhaling harmless water vapor. You are inhaling an ultra-fine aerosol of toxins and other chemical additives. Most e-cigarettes contain nicotine just like regular cigarettes. In fact, one e-cigarette often contains as much nicotine as an entire pack of cigarettes. This is why they're highly addictive.

## AREN'T E-CIGARETTES SAFER THAN REGULAR CIGARETTES?

E-cigarette aerosol is far from harmless. Over the 20 years that e-cigarettes have now been on the market, we have learned they harm your brain, damage your heart and lungs, and weaken your immune system. No e-cigarette devices have been approved by the FDA as devices to help smokers quit. In addition, e-cigarette devices are poorly regulated. That means it is difficult to know exactly what is in the products and that there is no way to know how safe they are.

## I HAVE FRIENDS WHO HAVE USED ECIGARETTES, IT ISN'T A BIG DEAL.

I appreciate your honesty. The tobacco/e-cigarette companies have spent billions of dollars targeting you and your friends. They want you to think "*it isn't a big deal*" so you will try e-cigarettes and get addicted to their products. Let's learn more about the facts together.

## THEY LISTEN

Positive influences from home are the first line of defense against teen substance use. Despite what many parents believe, your teens **do** listen.

### TIPS FOR THE TALK



#### AVOID DISTRACTIONS

Make sure phones are put away during the talk.



#### BE OPEN MINDED.

Be patient and ready to listen.



#### REPEAT AND REMIND.

The conversation doesn't have to happen all at once—small, frequent talks can work as well.



#### KNOW THE FACTS.

Get credible information from:

[e-cigarettes.SurgeonGeneral.gov](http://e-cigarettes.SurgeonGeneral.gov)