

The Dinner Table Project *Table Talks*

THE TALK ABOUT VAPING

ACCORDING TO THE KIP SURVEY, 2018,

40% OF KENTUCKY YOUTH WHO
REPORTED VAPING REGULARLY
HAD **NEVER USED A TOBACCO
PRODUCT IN THEIR LIVES.**

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?

The Federal Food and Drug Administration recently declared youth vaping an “epidemic.” 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.



www.thedinnertableproject.org



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 OR WHY NOT?

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

ANSWERING THEIR QUESTIONS

WHAT'S THE BIG DEAL ABOUT NICOTINE?

Nicotine is highly addictive. Studies show that teens who use nicotine struggle more with attention, working memory, organization, and decision making more than teen who do not use nicotine. Other studies have shown that teens who use nicotine are at greater risk of mental health issues in early adulthood as well as other substance use as they get older.

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

99% of e-cigarettes contain nicotine, even JUUL pods (the most commonly used e-cigarette). When you vape you are not inhaling harmless water vapor. You are inhaling ultra fine aerosol particles that contain toxins and other chemical additives.

AREN'T E-CIGARETTE'S SAFER THAT REGULAR CIGARETTES?

E-cigarettes are relatively new compared to regular cigarettes so there's not as much research about their health effects. E-cigarettes still aren't very regulated. It isn't required for companies to tell what they put into their e-cigarettes. Any vape shop can make and mix their own flavors. You don't know what you are getting, so to say that they are safer is not true.

I HAVE FRIENDS WHO HAVE USED E-CIGARETTES, IT ISN'T A BIG DEAL.

I appreciate your honesty. For a long time regular cigarettes weren't a big deal either. Now we know the truth about how harmful they are. They cause cancer and heart disease. I don't want that for you.



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 well



KNOW THE FACTS

Get credible information from [E-cigarettes.SurgeonGeneral.gov](https://www.e-cigarettes.surgeongeneral.gov)