

# Talking to your child about vaping



## Tips for starting a chat about vaping

### Tip #1: It's good to talk

The more openly you can discuss vaping, the more likely your child will be able to come to you if, for example, their friends are pressuring them to try it or they've started vaping and want to give up.

### Tip #2: Look for 'teachable moments'

If a story about vaping comes up in the news or a programme you watch, or you walk past a vape shop, you could ask them what they think. Then make sure to listen to what they have to say and talk about it calmly and openly. Giving your child a lecture is unlikely to get you anywhere!

### Tip #3: Know your facts

It's a good idea to read about vaping so you can talk to your child about the risks in a balanced, informed way. There's no need to bombard them with info, just make sure you know what you're talking about. You could start by taking a look at NHS Inform's page on vaping at [nhsinform.scot/vaping](https://nhsinform.scot/vaping).

## Risks of vaping

- Vapes can contain nicotine and may quickly become harmfully addictive for young people.
- Nicotine addiction can affect young people's concentration and impact their ability to learn and study.
- Nicotine withdrawal can disrupt sleep and may cause headaches. It can also affect their mental health and mood.
- While the long-term effects of vaping are still being researched, it's thought vapes can have a negative impact on the health of the heart and lungs, but at the moment there isn't enough evidence to assess this.



# What to do if you think your child may be vaping

## Spotting the signs

- ✔ Look out for sweet smells like fruit or bubblegum.
- ✔ They're more moody, jittery or irritable than usual.
- ✔ They're thirsty all the time.
- ✔ They're coughing more than usual.
- ✔ They're getting headaches.

### Tip #1: Stay calm

If you suspect or find out that your child has been vaping, you may well feel upset or angry. But try to stay calm when you talk to them about it, as shouting and accusing them never gets us anywhere. If you need to let off steam, try talking to a friend or family member instead.

### Tip #2: Don't panic

Many of the signs of vaping are also text book signs that your child is growing up and their hormones are running rampant! So don't put two and two together and make five.

### Tip #3: Pick your moment

Pick a good moment when you've time for a proper discussion. For example, if you've just found vapes in their room, wait until you've calmed down before talking to them.

### Tip #4: Plan what to say

Knowing the facts and sticking to your script could stop the conversation turning into an argument.

### Tip #5: Try to stay positive

Try not to blame your child or to talk about worst case scenarios. Instead, focus on how you can support them.

### Tip #6: Focus on their behaviour

It may help to talk about how your child is behaving rather than focusing on vaping. If they've been irritable or tired you could start by saying you've noticed this and then ask if there's anything they'd like to talk about.

### Tip #7: Listen to what they have to say

Encourage your child to talk about why they feel the urge to vape. Understanding this could help you to support them. For example, if they say it helps them feel less stressed, you could help them find other ways to calm down. If they feel pressured into it, you could help them find ways to say no.

### Tip #8: Put yourself in their shoes

Growing up is hard, and young people are under a lot of different pressures. Try to remember what it was like when you were a kid, and show that you're on their side and want to help them, not have a go at them.

## Getting help and support

If you're concerned about your child vaping, you don't have to cope with the situation on your own. You can talk to your GP or call **Quit Your Way Scotland** on **0800 84 84 84** for advice and support.

For more information and advice visit [parentclub.scot/vaping](https://parentclub.scot/vaping) and [nhsinform.scot/vaping](https://nhsinform.scot/vaping).