

Substance Use Prevention: Vaping

Parent/Trusted Adult Letter



Greetings from Candor Health Education!

Research shows that parents are the number one influence in a child's life. This is why we want to partner with you to help your child make healthy decisions. This letter contains content from our Vaping Prevention program, as well as a video to watch and discuss together. We hope this will help you continue the conversation with your child at home.



Vaping remains the most common way young people use nicotine. Nicotine is a highly addictive drug that can affect the development of the brain's reward pathway, priming the brain for addiction to other substances.

Information on Vaping

- 5.9% of middle and high school students (1.63 million) report current use of e-cigarettes (National Youth Tobacco Survey, 2024)
- E-cigarettes expose the lungs to a variety of chemicals
- Flavored products are used by 80% of teen users with the majority using disposable vapes

Video and Discussion Activity – Vaping Nicotine

Below is a video clip that you may wish to use to spark a conversation with your child about an addiction to vaping nicotine. The students watched this during the classroom presentation.

[My Vaping Mistakes: How It Became an Addiction](#)

Below are some **conversation starters** for you to begin a discussion with your child.

- Why do some teens start vaping?
- How has nicotine addiction interfered in the lives of these teens? How has vaping impacted them socially, emotionally and physically?
- Do you think people think they will become addicted when they first start vaping?

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Below are some **tips to talk with your teen about drugs**. Remember, you are the most influential person in your child's life. Research shows they are listening.

- **Begin conversations before there is a problem:** Use real life opportunities as teachable moments (TV shows, headlines, news stories, things happening in your community).
- **Use facts:** Your child is exposed to lots of misinformation. Help them determine fact and fiction by getting information from reputable sources.
- **Create a safe and open environment to talk about all issues big and small:** Open dialogue about the small daily occurrences will make larger issues easier to discuss.
- **Set goals for conversations:** It is important to stay focused and calm when talking to your child about drugs. Thinking about what you want to say ahead of time will help you be open to listening to what they have to say.
- **Find healthy coping skills for your family:** Modeling positive ways to deal with stress will give teens tools to use. Find opportunities to do activities as a family for relaxation.
- **Tie drug use to their brain development:** The teen brain is still developing. Decisions they are making now can impact their brain development. 90% of addictions begin from teen use.

Interested in staying up-to-date on health topics impacting youth and young adults? [Register here](#) to receive the monthly Candor Health Education community newsletter.

Don't forget to visit our [newly updated website](#), for up-to-date statistics, videos and additional resources about drug use and other health topics.