

Tips for Talking to Teens About Vaping

E-cigarette use, commonly referred to as vaping, by Maine youth has significantly increased over the past few years, with 29% of high school students reporting they currently use these products.

Talking to youth about vaping can help keep them from starting or assist in connecting them to treatment services.



Know the Facts

Research information about e-cigarettes and youth, this could include the US Surgeon General Website or community presentations.



Be a Good Listener

Remember, your goal is to have a conversation, not to deliver a lecture. Gently correct misperceptions after they have finished speaking.



Have Open and Honest Conversations

Ask what they think. Maintain a balance of information, positive reinforcement and negative reinforcement.



Set a Good Example

Be a positive example by remaining tobacco-free, if you need support contact 1-800-207-1230 or TheQuitLink.com.

Maine Quit Vaping & Support Services



Youth Texting Program: Text **MAINE** to **88709**

This is Quitting is a free, confidential texting program with evidence-based tips to help 13-24 year olds quit vaping.



Vaping Support: **1-844-9NO-VAPE** or **NoVape@TheQuitLink.com**

Through the Maine Tobacco Helpline any adult or youth resident can receive services to assist those who vape and want to quit, those needing assistance in how to support a loved one who vapes, and anyone with a general question about vaping.



Maine Tobacco Helpline: **1-800-207-1230** or **TheQuitLink.com**

Phone and web-based quit services to support youth and adults with evidence-based treatment for tobacco use, including vaping, that is free and confidential.



1-800-207-1230

MAINE TOBACCO HELPLINE