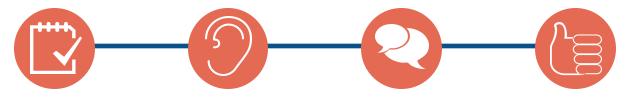
# **Tips for Talking to Teens About Vaping**

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-QUIT-NOW or MaineQuitLink.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 QuitLink 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 QuitLink: 1-800-QUIT-NOW or MaineQuitLink.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.



