Start the Conversation: How to Talk with Young People about Vaping, JUULs, and Other Electronic Nicotine Devices

|  |
| --- |
| Scenario: Parent / Guardian  You and your young person are out running errands. While you are driving, your young person sees an advertisement and says, “Everyone at school is talking about JUULing. The teachers are making such a big deal about it. It isn’t like we are smoking cigarettes.” |

Reflection Questions:

1. What motivates your young person? (i.e., school, extracurriculars, your trust)
2. How do you think you should respond?

|  |
| --- |
| Provide Accurate and Relevant Information |
| Reinforce School Policy and Community Laws |

|  |
| --- |
| Structure the Conversation using O.A.R.  What **open ended** question will you ask to move the conversation forward?  What **affirmation** can you sincerely give to focus on the young person’s strengths & positive behavior?  What might be challenging about **reflective listening**?  What is the one piece of **accurate information** you want to include? |