

Social Media.
Resilience.
Healthy Relationships.

Talk About It.

Empathy.
Vaping.
Mental Health.



Vaping



1 in 4 **Beach Cities 11th graders** reported using e-cigarettes in the past 30 days.



4 in 5 **Beach Cities 11th graders** reported it is fairly easy or very easy to obtain e-cigarettes.

It's never too early – or too late – to start the conversation.

Whatever “it” is, have the talk.

Find tips at bchd.org/talk.

Beach Cities Partnership For Youth



Tips to Talk About It

When you set clear boundaries about substance use, your child will be less likely to use drugs or alcohol.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

Top five tips to help your child make smart choices about vaping:

- Know the facts. Get credible information about e-cigarettes at E-cigarettesSurgeonGeneral.gov
- Be patient and ready to listen. Avoid criticism and remember, your goal is to have a conversation, not to deliver a lecture.
- Set a positive example for your child by being tobacco-free. If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW.
- Reach out to your doctor, trusted counselors, coaches, etc. to help reinforce the message that e-cigarettes are harmful.
- Have an open and non-confrontational conversation with your child. Try to understand their perspective on e-cigarette use before sharing resources and information.

Have the talk.

Find tips at bchd.org/talk.

Information sourced from:

California Healthy Kids Survey, 2018-19

Centers for Disease Control and Prevention, "Electronic Cigarettes"

National Institutes of Health – National Institute on Drug Abuse, "Teens and E-cigarettes"

For parenting resources, blogs and videos,
go to southbayfamiliesconnected.org

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