

OPEN THE DOOR

01

“How many kids at your school do you think vape? Where do they even get them?”

Asking about **other kids** gets honest answers and tells you what they're around. Fewer teens vape than most of them think: about 1 in 20 nationally in 2025.

CONSIDER THE SOURCE

02

“He said the only people who call vaping safe are the ones who use it and the ones who sell it. Do you buy that?”

Let them argue it. A conclusion your teen reaches on their own is the one they'll keep.

THE MARKETING

03

“Why do you think vapes come in flavors like cotton candy and gummy bear?”

Nearly 9 in 10 teens who vape use flavored products. Ask who those flavors are really for. It isn't the 50-year-old smoker.

WHAT'S INSIDE

04

“So if it isn't water vapor, what is it?”

It's an aerosol: propylene glycol, vegetable glycerin, flavorings, nicotine or THC, and tiny metal particles. Those ingredients are approved to **eat**, not to inhale.

PRACTICE THE MOMENT

05

“If someone handed you one at a party, what would you actually say?”

Rehearsed lines come out under pressure. Students heard: **“Nah, I'm good.”** No speech needed.

BE THEIR EXCUSE

06

“You can always blame me. Say I test you. Say I'll find out. I don't mind being the bad guy.”

Not a question. It's something to say out loud. Students were told to blame their parents, and many don't realize you'll back them up.

THE CODE WORD

07

“Let's pick a code word. If you text it, I'll call and make you come home. No questions that night.”

The speaker's family uses **“fine.”** It gets your teen out of a bad spot without losing face. Talk it over the next day, calmly.

COIN FLIP

08

“What did he mean by ‘if you have nothing to gain and everything to lose, don't flip the coin?’”

Then ask for an example from their own life. The three rules: get all the information first, don't hand your health to someone else, don't flip the coin.

STRESS

09

“When you're really stressed, what actually helps?”

Substances get used as an escape. A teen with two or three healthy ways to cope has less reason to need one. Share what works for you, too.

YOUR PEOPLE

10

“Who builds you up? Who pulls you down?”

The speaker called the second group **“quicksand people.”** This gets more honest answers than asking about specific friends.

IF IT GOES WRONG

11

“If a friend got really sick after using a vape, what would you do?”

The answer should be: get an adult and call for help. Make sure they know they won't be in trouble with you for calling. Poison Control: **1-800-222-1222**.

KEEP THIS ONE

12

Help, any time

Teens who want to quit: text **DITCHVAPE** to **88709** (free, anonymous)

Parents of teens who vape: text **QUIT** to **202-899-7550**

Poison Control: **1-800-222-1222**

Free quit coaching: **1-800-QUIT-NOW**

988 Suicide & Crisis Lifeline: call or text **988**

Emergency: **911**