

Elementary Conversation Guide



QUICK FACTS:

- Using tobacco and nicotine products at a young age can affect brain development.
- Kids report vaping as early as 11.

PARENT POINTER:

Every kid is unique, and every conversation should be as well. Tailor this discussion to your kid's specific interests.

Conversation Starters

1. "What do you know about vapes/dip/cigarettes/tobacco?"

- Open the conversation in a casual way that allows you to correct any misunderstandings.

2. "Have you ever seen a tobacco/nicotine product? Have any of your friends smoked/vaped?"

- Learning where and when your kid is exposed to these products will help you steer the rest of the conversation.

3. "Do you know why tobacco/nicotine is bad for you?"

- Most kids think of these products, especially vapes, as harmless. Explain in simple terms how tobacco and nicotine products can harm their bodies.

4. "Do you have any questions for me?"

- Let your child know they're part of the conversation. Instead of treating this chat like a lecture, allow your kid to open up about their experiences.

Be Prepared ...

1. For your kids to ask questions anytime, anywhere

- Hard conversations can happen when you least expect them, but that doesn't make them less effective. Seize every opportunity. Don't be afraid to answer questions in gas stations, in the car or at the park rather than waiting for the "perfect" moment.

2. To talk about your own experiences

- Kids are curious. They may ask if you, their grandparents or their friends' parents use tobacco, and that's OK! Be honest without shaming yourself or anyone else.

3. For your kid to shut down

- You never know how younger kids will respond. If your child feels distracted, tired or misunderstood, take a break. Use bumps in the road as learning opportunities and come back refreshed and more prepared.

4. To do some more digging

- Even if you do all the research in the world, there's a chance your kid may ask you a question you don't know the answer to. Instead of brushing it under the rug or making something up, learn together!

