

Parent's Guide

Talking to teens about smoking and vaping

For: Fathers and mothers

Your home is the first place your children learn values and healthy habits. With vaping spreading especially among teens, early, thoughtful conversation matters more than ever. This guide helps you protect your children without creating distance between you.

Why vaping is a special risk for teens

- ◆Marketed with appealing flavors (fruit, candy) that make it seem harmless to teens.
- ◆Its smell is lighter than regular cigarettes, making it harder to detect.
- ◆Sometimes contains high nicotine concentrations, causing faster addiction.
- ◆Nicotine negatively affects teen brain development up to age 25 (focus, memory, mood).
- ◆Can sometimes act as a gateway to trying traditional smoking or other substances.

Signs your teen may be smoking or vaping

- ◆An unusual sweet or fruity smell on clothes or in their room.
- ◆A noticeable increase in perfume or mouth-freshener use.
- ◆Frequent coughing or shortness of breath with no clear cause.
- ◆Repeated requests for money without a clear explanation.
- ◆A sudden change in friend group or increased secrecy.
- ◆Small unfamiliar electronic devices (sometimes resembling a USB drive) among their belongings.

How to start the conversation without triggering a fight

- 1. Choose the right moment** — A calm time, not during an argument or stress, and away from others.
- 2. Start with curiosity, not accusation** — 'I'd like to understand your view on vaping among your generation' instead of 'Are you vaping?!'
- 3. Listen more than you talk** — Let them explain their perspective — avoid interrupting or judging immediately.
- 4. Share information, not threats** — Calmly present scientific facts about nicotine's effect on their brain and future.
- 5. Reassure them of your support** — 'I'm here for you no matter what — my goal is your wellbeing, not punishment.'

If you discover your teen is actually smoking or vaping

- ◆ Don't explode in the first moment — take time to calm down before talking to them.
 - ◆ Express genuine concern rather than focusing on punishment: 'I'm worried about you, not just upset.'
 - ◆ Understand their motives (peer pressure, stress, curiosity) so you can help effectively.
 - ◆ Seek specialized support from Pink Lung or a teen counselor if it needs ongoing follow-up.
 - ◆ Stay involved with love, without excessive monitoring, and rebuild trust gradually.
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A supportive home starts with you

- ◆ Follow Pink Lung's content designed for parents.
- ◆ Attend the free workshop 'How to talk to your teen about smoking and vaping.'
- ◆ Share your experience with other parents to help them too.

Early conversation, grounded in love, is the strongest protection for your kids.

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