

Talking with Your Child About Vaping

Helping your child navigate vaping, nicotine,
and peer pressure



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Many parents aren't sure when—or how—to talk with their child about vaping. You may wonder if bringing it up will make your child more curious, or whether they're already hearing about it from friends, social media, or older students.

Most kids are exposed to messages about vaping long before they ever try it. Having open, ongoing conversations can help your child make informed decisions and feel more comfortable coming to you with questions.

These conversations don't need to be perfect—or happen all at once. Small conversations over time can make a big difference.

What you might be noticing

- Your child has mentioned vaping or asked questions about it
- They have friends, siblings, or peers who vape
- You've heard vaping is common at school
- Your child is spending more time on social media
- You find yourself wondering what your child knows or has been exposed to

What it might mean

Curiosity is a normal part of growing up. As children get older, they are exposed to more information, more influences, and more opportunities to make decisions independently.

Learning how to navigate peer influence, risk-taking, and new experiences is part of growing up—and one reason these conversations matter.

Many young people hear about vaping from friends, social media, or older students before they hear about it from adults they trust.

Talking about vaping doesn't increase the likelihood that your child will try it. In fact, open conversations can help your child feel more prepared to navigate situations they may encounter.

What helps at home



Start early and keep talking

Think of this as an ongoing conversation, not a one-time talk.

If your child is old enough to hear about vaping from peers, social media, or older students, they're old enough for simple, age-appropriate conversations.

Look for natural opportunities to check in over time.



Lead with curiosity

Everyday moments—whether it's something on social media, a TV show, or something you notice in public—can be natural opportunities to start a conversation.

Try asking:

- "What have you heard about vaping?"
- "Do kids talk about it at school?"
- "What do you think about it?"

Listening first can help you understand what your child already knows.



Share facts without fear

Children are more likely to engage when conversations feel honest and balanced.

You can explain how some young people vape because they're curious, because friends are doing it, or because they think it helps with stress or fitting in. Many vapes also contain nicotine, which can be highly addictive and affect a young person's developing brain.

The goal is to help your child understand both the appeal and the risks.



Talk about peer pressure

Many young people try vaping because of social pressure, curiosity, or a desire to fit in. Ask what kids at school are saying about vaping and whether they've ever felt pressure to fit in.

Talking through situations ahead of time can help your child feel more prepared if they are ever offered a vape.



Focus on decision-making, not just rules

Rather than only saying "don't vape," help your child think through choices and consequences.

Talk through what your child could do if they are offered a vape. Some kids feel more confident when they have a response ready ahead of time.

The goal is to build skills that will help them make healthy decisions in many situations.



Keep the door open

Let your child know they can come to you with questions or concerns without fear of getting in trouble.

You don't have to have all the answers. What matters most is that your child knows you're someone they can come to.

Try This Tonight

- Ask your child what they've heard about vaping
- Make space for their questions or curiosity
- Share one fact or perspective in a calm, non-judgmental way

FAQs

"What if my child says everyone is vaping?"

It can sometimes feel that way, but not everyone vapes. Acknowledge what they're seeing while helping them understand that many young people choose not to vape.

"What if my child doesn't want to talk about it?"

Keep the conversation brief and low-pressure. Small conversations over time are often more effective than one long talk.

When to seek extra support

- Your child is spending time with peers who regularly vape
- You are concerned about increasing pressure or risk-taking
- You feel unsure how to approach these conversations

Your child's school, pediatrician, or mental health provider may be able to offer additional guidance and support.



Looking for more support?

Explore our companion guide, ***When You're Concerned About Vaping***, for support and guidance if you think your child may be vaping.