

E-cigarette use—or vaping—is becoming increasingly popular among teens. E-cigarettes contain toxic chemicals that are harmful to health. They often contain nicotine, even if the label says they don't.

Young people who vape are therefore at risk of nicotine dependence and addiction. Teens who use e-cigarettes are more likely than those who don't use these products to take up smoking.

Making sure teens never start vaping is important. But what about those who have started? How should parents respond? What should parents do?

Think LAMP:



## Listen to your teen

Avoid criticising or lecturing. Position yourself as someone your teen can trust to openly talk to about vaping.



## Acknowledge your teen's concerns

Be non-judgmental and compassionate. It is great that they are willing to have a discussion with you!



## Boost motivation to quit by considering your teen's attitudes and values

Explore your teen's attitudes to vaping. A *decision to change* exercise can be helpful here.

Questions that you might like to ask include:

- 💡 What are the benefits of vaping?
- 💡 What would be the costs of quitting?
- 💡 What would be the benefits of quitting?
- 💡 What would be the costs of not quitting?

- 💡 What do you like about vaping?
- 💡 What worries you about quitting?



Discuss your teen's values and highlight any discrepancies between their values and their behaviour.

Does vaping align with their values and who they want to be?

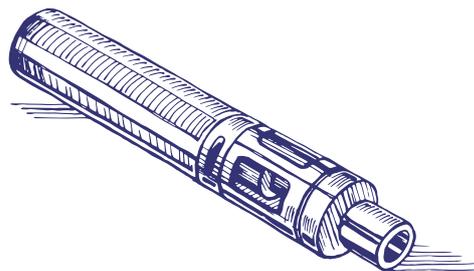
For example: they might be skipping class to vape when they are usually a diligent student.

### Decision to change exercise (example)

	...Of changing	...Of not changing
Benefits...	Improved health	Fit in with other vapers
Costs...	Missing out on what others might be doing	Increased health risks Nicotine dependence Exposure to toxic chemicals Increased anxiety Depression worsens



## Create goals and make plans to overcome any barriers to quitting



### Step one Identify potential barriers

Start by discussing any potential barriers to quitting vaping. The decision to change exercise will help here - all the benefits of vaping and the costs of quitting are likely to become barriers.

### Step two Develop coping plans

Create coping plans for the barriers identified in Step one. For example:

- 💡 What will your teen do if they are feeling stressed and want to reach for their vape? Are there other ways they can reduce their stress?
- 💡 What will your teen do if they are at a party and are offered a puff? Do they need help practising saying no to a vape?

Strategies that may help when your teen is craving a vape:

- ⚙️ Keeping busy by doing puzzles, drawing, or playing games on their phone.
- ⚙️ Changing locations and getting out and about. They can go to the gym, out for a walk, or head to the footy.
- ⚙️ Reminding your teen about the reasons they want to quit and the costs of not quitting.
- ⚙️ Having snacks or gum they can grab.



If your teen is addicted to nicotine, seek medical advice from your GP.

### Step three Develop SMART goals

Define a goal that will guide behaviour. Setting SMART goals - *Specific, Measurable, Achievable, Relevant, and Time-Bound* - can increase the chances of success.

Breaking down a bigger SMART goal into multiple, smaller SMART goals can also help.

👁️ Reward your teen or make sure they reward themselves for achieving their goals - even the small ones.

### Step four Develop 'if-then' plans

If-then plans specify when, where, and how a desired behaviour will be enacted. They boost the chance of successful behaviour change.

If: identifies the cue to act.  
This might be a time or place.

Then: identifies the goal-directed response.  
This should be a specific behaviour.

Help your teen develop if-then plans that relate to their vaping. For example:

IF I am offered a vape at a party,  
THEN I will say 'thanks, but no thanks',  
and start chewing on some gum.