



Health News

Vaping

Studies have shown that the number of young people vaping (click [here](#) for information of what vaping is), is increasing. Social media (including Tik Tok challenges), and companies glamourising it to seem cool and fun are thought to be contributing to this increase. Despite it being illegal in Australia to sell vape liquids with nicotine, this is still happening, and products can be bought from overseas companies on the internet which contain nicotine.

The following tips on how to bring this subject up with your young person is from the Alcohol and Drug Foundation.

Talking about vaping with young people.

Are you concerned about a young person who may be vaping? Having a conversation about it might feel tricky, but it's always a good idea!



Start with information

Get the key facts, [learn the basics about vaping products](#), and think through what you want to say. Consider some questions you might be asked, and how you want to respond.



Approach it calmly

You might want to start the conversation when you're doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. You might want to use something you saw in a TV show or on the news as a chance to bring up the issue.



Don't make assumptions

If you think they may have tried vaping, avoid making accusations. Going through someone's space looking for evidence isn't recommended, because it can undermine trust.

Avoid judging or lecturing



Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If they have tried vaping, try asking questions like: 'what made you want to try?' and 'how did it make you feel?'

Don't exaggerate



Make sure you are honest with them about potential harms and avoid exaggerated statements.

Focus on health and explain your concerns



Focus on how you care about them and want them to be healthy. For example, if they are vaping nicotine you can say that you are concerned about the evidence that this can affect adolescent brain development.

Reference: Alcohol and Drug Foundation <https://adf.org.au/talking-about-drugs/parenting/vaping-youth/vaping-youth-2/>



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