

How to Talk to Your Kids About Vapor Products

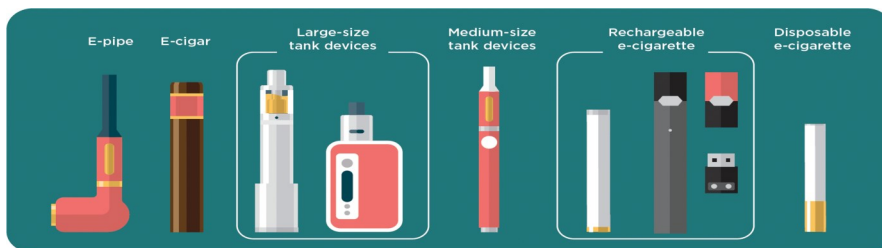
A guide for parents

Youth use of vapor products (also called e-cigarettes) has been headlining the news, and rates have risen over the last year.

Review the resources below to learn more about these products including how to prevent and how to talk to your kids about the use of nicotine products.



The Different Types of E-Cigarettes



Need tobacco cessation resources?

If you or someone you know has a smartphone and want to quit using tobacco or vapor products, you can get more cessation information on the [Washington State Department Of Health website](#).



Learn More

Although tobacco use has declined, youth nicotine use is on the rise due to vapor products. These products also make it more likely for youth to become addicted to nicotine and use other tobacco products. Tobacco use remains the leading cause of preventable death and disease in the US – more than alcohol, suicide, illegal drugs, motor vehicles, homicide, and AIDS combined.

If you are worried about your kids using these products, or would just like some more information about vapor products, visit the following resources:

- Read some [quick facts](#) on the risks of vapor products for kids, teens and young adults
- Take the Surgeon General's [quiz](#) to put your knowledge about vapor products to the test!
- Get the [Talk with Your Teen About E-cigarettes](#) tip sheet for parents. Start the conversation early with children about why e-cigarettes are harmful for them.
- Read the U.S. Surgeon General's [advisory](#) on e-cigarette use among youth, following a 78% increase from 2017-2018 in high school youth use of e-cigarettes