

## PRESENTATION TALKING POINTS:

# How To Talk With Kids About Vaping

## QUICK FACTS:

- Kids report vaping as young as 11.
- Nicotine is highly addictive and can impair brain development up to age 25.
- Vapes and nicotine pouches are among the most popular emerging nicotine products.
- 60% of parents whose kids vape don't know it's happening.
- 21.8% of Oklahoma high school students vape — more than double the national average.
- 4 out of 5 high school students who vape tried it to cope with mental health struggles.
- 9 out of 10 teens who vape started with flavored products.
- Teens who vape are up to 7x more likely to smoke cigarettes later in life.
- Kids are purchasing vapes from lax retailers, older friends and nefarious online shops using discreet shipping methods.
- Nicotine can cause or worsen:
  - \* Anxiety
  - \* Learning difficulties
  - \* Nosebleeds
  - \* Increased thirst
  - \* Caffeine sensitivity
  - \* Impulsivity
  - \* Irritability
  - \* Mood swings



## PRESENTATION PROGRAM:

1. Introduce yourself. Begin with your “why.” Explain why this topic is important to you and why everyone should care.
2. Present the Talk About Tobacco video.
3. Explain how you can make a difference in your school.
4. Open the floor to discussion.
5. Provide resources.

## SPEAKER NOTES

- Make the conversation personal. Ask audience members to share their experiences or knowledge about the school district.
- Invite parents and educators to share concerns and ask questions. Point them toward **TalkAboutTobacco.com** for free resources, including conversation guides, worksheets and posters, an interactive experience and more.