

you've  
got  
this!

# 3 TIPS

## TO HELP YOUR TEEN STAY AWAY FROM VAPING

### 01 BUILD TRUST WITH NO JUDGEMENT

Create a safe space for open conversations. Share about the risks of vaping to empower your teen to make informed choices.



### 02 GUIDE THEM TO HANDLE PEER PRESSURE

Role-play scenarios to allow them to practise saying “no” to vaping, so they can build their confidence to stand by their choices.



### 03 SUGGEST WAYS TO MANAGE STRESS

Encourage coping strategies like exercise, hobbies, or talking about feelings to reduce stress and avoid turning to vaping.



Visit [Parent Hub](#) for more parenting resources



Or scan to find out more