

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.



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