

# Talking about vaping with young people.

Having a conversation about vaping with young people might feel tricky, but it's always a good idea!



## CONVERSATION TIPS



**Approach it calmly** - keep things casual and relaxed.



**Time and place** - you might choose to raise vaping before or after training when the team's together.



**Avoid making assumptions** - don't assume a young person vapes.



**Avoid judging or lecturing** - listen to their point of view and have an open two-way conversation.



**Avoid exaggerating** - be factual about potential harms and avoid exaggeration. Stick to the facts.



**Reassure** - remind them that you care about their health and wellbeing. Let them know they're not in any trouble. Use language that is encouraging and supportive.



## HOW TO HAVE THE CONVERSATION

### 1. START WITH INFORMATION



Learn the key facts about vaping and think through what you want to say. To get the conversation going, use open-ended questions so that the young people engage in the conversation. If you don't receive a response, that's okay.

Conversation starters include:

- 'What do you know about vaping?'
- 'What's your experience with vaping?'
- 'How much vaping do you see in your friendship groups or at school?'
- 'How do you feel about vaping?'

### 2. EXPLORE THE HARMS



Discuss the harms associated with vaping.

Some open-ended questions include:

- 'What impacts do you think vaping might have on your health?'
- 'How do you think vaping might impact sporting performance?'
- 'Are you aware of what ingredients are often found in non-prescription vapes?'

### 3. REINFORCE THE BENEFITS OF NOT VAPING



Inform the young people that by not vaping they'll keep themselves fit and healthy, avoid nicotine addiction, protect their lungs, and save money. There's lots to gain.

### 4. PROVIDE A PATHWAY TO SUPPORT



Ask if they know where to get information and support, should they need it. Reinforce that quit support is available if they need it, including through the school nurse, a General Practitioner, pharmacist, the [My QuitBuddy App](#), or Quitline (13 78 48).