BlueCross BlueShield of Oklahoma

Anti-Tobacco Lesson #6

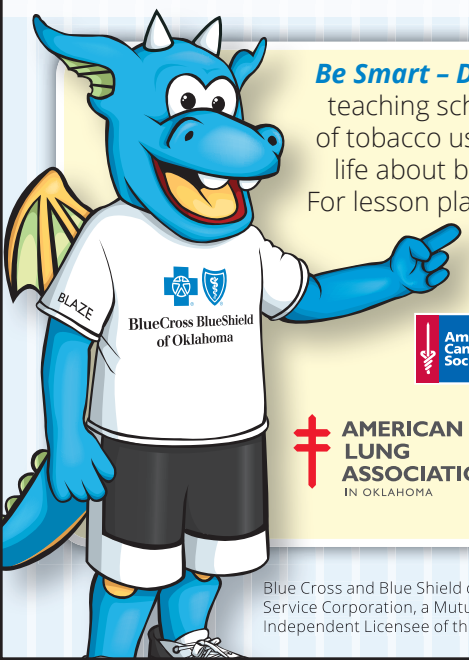
How to Start a Conversation About E-cigarettes

The use of e-cigarettes, or vaping, has become a "cool" and trendy alternative to smoking among teenagers and young adults, but is it safer than smoking tobacco? Did you know that e-cigarettes used for vaping contain nicotine?

Nicotine is a highly addictive chemical found also in e-cigarettes. Nicotine is an addictive drug and can be fatal in high doses. Nicotine negatively influences several parts of your body, including your brain, nervous system and heart. The use of nicotine over a period of time can lead to heart disease, blood clots and stomach ulcers.

Four Tips: Talk to your kids about vaping

1. **Find time to chat.** Take the time to discuss with your child about the health risk of e-cigarettes and ask them what they currently know about the product.
2. **Focus on health risks.** Nicotine is highly addictive and can harm adolescent brain development. Discuss the long-term health risks.
3. **Keep the dialogue open.** If they ask a question you don't know, research it together.
4. **Avoid Anger.** If you catch your child avoid threats and ultimatums. Instead, ask them why they use it and together find a solution to help them stop. Talk with them about peer pressure and ways to say no.



Be Smart – Don't Start is an annual initiative teaching school-aged children the dangers of tobacco use. Talk with the children in your life about being healthy and tobacco free. For lesson plans, visit **bcbsok.com/dontstart**.

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