



AVON LOCAL SCHOOL DISTRICT

FAMILY TOOL KIT

At The LCADA Way, we are focusing on the challenges and needs of our community. The reality of COVID-19, has changed the way we feel, communicate, relate, learn, work, and live. Since different families have different needs, we want to ensure that we are continually providing support for our communities and families. We have created this **Family Tool Kit** which contains helpful resources and supports, to assist you during this time. If you have any questions, or would like assistance in applying these resources, please contact us at The LCADA Way – Prevention Department at (440)-989-5912. We are here to support you!

TALKING WITH YOUR CHILD ABOUT VAPING.....

BEFORE THE TALK:

- Know the facts.
- Use credible information about e-cigarettes, nicotine, and young people.
- Be patient and ready to listen.
- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture. It's OK for your conversation to take place over time, in bits and pieces.
- Set a positive example by being tobacco-free.



START THE CONVERSATION:

Find the right moment; a more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as: someone using an e-cigarette in person or in a video, passing an e-cigarette shop when you are walking or driving, or seeing an e-cigarette advertisement in a store. Here are some great websites to use:

- <https://e-cigarettes.surgeongeneral.gov/>
- <https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/>
- <https://www.drugabuse.gov/drug-topics/tobacconicotine-vaping>

ANSWER THEIR QUESTIONS: Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them. Why don't you want me to use e-cigarettes?

- *Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.*
- *Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!*
- *What's the big deal about nicotine? Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development. Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses. Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.*
- *E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs. The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.*
- **DON'T FORGET.....refer to your education resources that are listed on page one, as they will be very helpful.**

KEEP THE CONVERSATION GOING: Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website <https://e-cigarettes.surgeongeneral.gov/> with your child. Look for the share symbol, click it, type in the message you want or use the message provided. Most importantly remember to:

- Always **Connect** and **Encourage** ~ *Allows child to feel important and supported.*
- It's important to **Remind** and **Repeat** ~ *Sends consistent message to child and plays a role in decision making.*
- **Share** facts and resources ~ *Demonstrates to child that you are informed and can be trusted.*
- **Contact** a Prevention Educator if you have questions ~ **The LCADA WAY** @ atrumanskvor@thelcadaway.org

We hope that you find these resources helpful. If you have questions, or are in need of a specific resource, we would be happy to assist you. Please contact your District Prevention Educator, Ashley Truman-Skvor @ atrumanskvor@thelcadaway.org or trumanskvorashley@avoneagles.org. The Youth and Family Tool Kits are designed to coordinate with one another. Visit us on Facebook @ [Keys to Prevention](#). THANK YOU!