Starting a conversation about Vaping

Whether you are a medical provider, pharmacist, nurse, counselor, coach, teacher, parent or anyone who has a trusted relationship with teens, we know that addressing the epidemic of youth vaping starts with talking. When the opportunity presents itself, it is important to initiate a conversation about vaping to help screen for use, recognize the risks and encourage discussion about fostering healthy choices.

Following are potential "conversation starters" based on validated screeners for other substances and current vaping prevention strategies:

Early Adolescence Middle School/Early High School	**Late Adolescence** Late High School/Post-HS
Do any of your **friends** or people you hang out with vape, JUUL or smoke?	In the past year, how many times have **you** vaped, JUULed or smoked?
How about you? In the past year, how many times have you vaped, JUULed or smoked?	**How about your friends?** Do any of your friends or people you hang out with vape, JUUL or smoke?
When you see friends or other people your age vape or smoke, is it difficult for you not to as well?	
Do you sometimes feel you really need a Juul, vape or smoke?	

Words and Details Matter:

- **Names Matter:**
  E-cigs, vape pens, JUUL, Vuse, MarkTen, Blu e-cigs, Logic, regular cigarettes, dab pens, etc.
- **Contents Matter:**
  Vape juice, pods, dabs (marijuana/CBD), flavorings, nicotine amount, etc.
- **How Much Matters:**
  How often, how long, how many pods/week, etc.
- **Why Matters:**
  With friends, to relax, when I'm feeling worried, etc.
- **What else do they use:**
  Marijuana/"weed," alcohol, pills to get high, etc.

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For more adolescent vaping resources, visit http://ohioaap.org/adolescent-vaping-regionals/

Supporting Positive Behavior Change

Talking to teens can sometimes be challenging. The adolescent brain is still developing, affecting their motivations, decision making and judgement. Our goal is to support insight and skill development that allows for healthier choices and promotes positive behaviors.

Core "Change Talk" Skills & Concepts

P Partnership of Equals	**A** Acceptance through Empathy & Autonomy	**C** Compassion	**E** Evoke their Own Wisdom
A Affirmations	**O** Open Ended Questions	**R** Reflective Listening	**S** Summarizing as you Go
R Resist Telling them What to Do	**U** Understand their Motivation	**L** Listen with Empathy	**E** Empower with Achievable Goals

D Develop Discrepancy	**A** Avoid Argumentation	**R** Roll with Resistance	**E** Express Empathy	**S** Support Self-Efficacy

A Sample Conversation about Vaping

Raise the Subject	**Build Rapport:** Explore how things are going in life beyond just substance use. Elicit likes, strengths, community connections, goals, support networks and resiliency skills.
	Ask Permission: "Would It Be OK to talk about what makes me worried about what you just shared?"
Provide Feedback	**Summarize what they have shared. Reinforce positive choices:** "It sounds like some of your close friends vape, and it's great to hear that you don't always join in. I worry about the risks we know occur even with occasional use. What makes you sometimes not vape?"
	Provide feedback: "Vaping can be dangerous for many reasons, including the way nicotine rewires the way our brains respond, and chemicals that we know are harmful."
	Recommend (or reinforce) abstinence: "You're making a really smart and adult-like decision to keep yourself healthy by saying "no" to vaping. As your doctor/teacher/coach/mom AND as someone who cares about you – I totally agree with that important choice. That's really impressive. I'm wondering if you can use your strategies in saying "no" sometimes to say "no" more often?"
	Elicit Feedback: "What do you think as you hear me say that?"
Enhance Motivation	**Explore Pros and Cons:** "What do you like about vaping?" "What are some of the not so good things about vaping?"
	Explore Readiness to Change: "On a scale where 0 is ***not at all*** and 10 is ***very ready,*** how ready are you to stop vaping?" **Respond:** "What made you choose X and not a lower number?"
	Reasons to Change: "What are some of the best reasons you can think of to avoid vaping?"
Negotiate and Advise	**Reinforce Autonomy:** "What you choose to do is ultimately up to you." **Elicit Input:** "What next steps would you like to take and how can I help?"
	Negotiate a Goal: Focus on small, achievable goals to build self-efficacy and advance their level of readiness.
	Harm Reduction: No dabbing; no vaping before sports; etc.
	Assist with Developing a Plan: Help them think through/problem solve potential obstacles. Address co-occurring mental health or other issues.
	Arrange Follow-Up Plan: How soon depends on level of risk and/or goals, but create some type of follow-up plan for accountability and to help support progress.
	Thank Them.