

# Preparing to Talk to Youth Who Vape: **What Will YOU Say?**

## ASK

Open-ended questions to build rapport, seek understanding and assess interest in quitting or changing

**“** Sample ways to ASK:  
I noticed you vaping... Can you tell me more about that?  
How is vaping affecting your life?  
Have you thought about quitting?  
**”**

## ACT

- Provide resources aligned with their interest in change - to raise awareness or support cessation
- Make a plan to check-in again

### NOT INTERESTED IN CHANGING

*The young person may minimize the problem, be resistant to pressure, and act defensively.*

#### CONVERSATION TIPS:

- Raise awareness of the problem behaviour and its causes, consequences, and positive alternatives.
- Establish rapport, ask permission, and build trust.

**“** **EXAMPLES**  
Tell me what you like about vaping?  
Is there anything you don't like?  
What might be some good things about stopping or cutting back?  
**”**

#### TIME TO ACT:

"I know a great website where you can learn some facts about vaping. Would it be okay if I checked in with you next week, after you've had a chance to take a look?"

**NOT AN EXPERIMENT**

### INTERESTED IN CHANGING

*The young person recognizes that vaping is harming them and is considering or ready to change.*

#### CONVERSATION TIPS:

- Encourage, excite, empower, and coach.
- Help to plan and problem solve based on their individual circumstances and readiness.

**“** **EXAMPLES:**  
"Thank you for talking to me about this. You've already taken a huge step towards making a change."  
"When you feel stressed, what will you do instead?"  
"What do you think you'll do first?"  
**”**

#### TIME TO ACT:

"There are some free apps that can help you make a quit plan and track your progress. I'd like to check-in again in a couple of days, would that be alright with you?"

**Quash.**  
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LUNG HEALTH FOUNDATION

**Youth-VAST**

## WHAT WILL YOU SAY?

Think about your role and the opportunities you have to address vaping with youth and encourage change...

### ASK

- How could you start the conversation and learn their thoughts about vaping?

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- What could you say to find out if they are interested in quitting or changing?

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### ACT

- What could you say if they are not interested in changing?

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- What could you say if they are interested in changing?

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