

Talking to Youth Who Vape

You can support vaping behaviour change by having short conversations guided by 2 easy steps!

GOAL: Discuss thoughts about change and provide support for taking the next step.

BEFORE

TIME AND PLACE

Youth won't want to talk about their vaping in front of others, so choose a time and place where they will feel safe to open up.

TIPS

- Remain calm and non-judgmental
- Avoid arguing or confrontation
- Listen and give personalized feedback
- Make a plan to check-in

Conversation should feel like a dance, NOT a wrestling match.

STEP 1

ASK

ASK questions to learn about their vaping and how they feel about quitting or changing. Build rapport and seek to understand their vaping point of view.

“

TRY THIS...

- I noticed you in a group of students who were vaping during break. Can you tell me more about this?
- What do you like about vaping?
- Is there anything you don't like about it?
- **Have you thought about quitting?**

STEP 2

ACT

Provide support based on their interest in making a change.

INTERESTED IN CHANGE

Time to encourage, excite and empower youth to take the next step! Even if they're not ready to quit right away, they can take steps to plan or prepare

NOT INTERESTED IN CHANGE

It's okay! Don't give up. This is an opportunity to build trust, offer encouragement and raise awareness. Make a plan to chat again to give time to reflect.

“

LINK TO ADDITIONAL SUPPORT

I know a great app that can help you make a plan and track your progress. I'd like to chat again next week, if that's okay with you?”

Quash.

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LINK TO ADDITIONAL SUPPORT

Here's a website about vaping and its effects. Maybe we can chat more again next week and give you a chance to think about it?”

NOT AN EXPERIMENT

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The Brief Conversations Toolkit has been developed through a partnership between Ontario's public health units and the Lung Health Foundation. quashapp.com