

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?”

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?

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

ACT

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

What could you say if they are interested in changing?
