

# PARENTS, HAVE YOU HEARD THESE MYTHS ABOUT VAPING?

## MYTHS VS FACTS

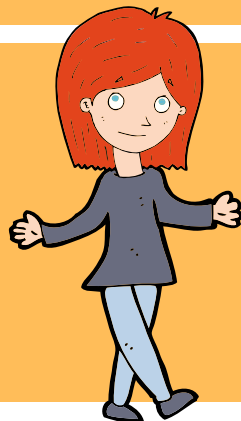


"I'd rather my kid vape than smoke."

Most kids who vape would have never smoked cigarettes to begin with, and kids who vape are 4x more likely to smoke cigarettes in the future.

E-cigarettes are addicting a whole new generation to nicotine; a generation that would have remained largely tobacco-free.

"Kids will be kids."



Nicotine is highly addictive and harmful to brain development.

Kids who are addicted don't really get to be kids.



"It's only harmless water vapor."

E-cigarette aerosol contains many chemicals and ultrafine particles that have been known to cause cancer and serious respiratory conditions.

Scientists are still studying the long-term health effects of vaping. In the meantime, today's kids are the tobacco industry's guinea pigs.



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# HOW TO TALK TO YOUR KID ABOUT VAPING IN 5 STEPS

1

Know the facts. Get credible information about e-cigarettes and vaping at [tobaccofree.mt.gov](http://tobaccofree.mt.gov).

2

Start a conversation with open-ended questions and without judgement. Understand your kid may be addicted and addiction is a disease.

3

Arm your kid with information about the health risks of vaping and let them come to their own conclusion that it is not safe.

4

Get them help. My Life, My Quit is a free texting service that can help your kid quit vaping. Visit [mylifemyquit.com](http://mylifemyquit.com) for more information.

5

Be an example by living tobacco-free. Call the Montana Tobacco Quit Line at 1-800-QUIT-NOW for free help with quitting all forms of tobacco, including e-cigarettes.



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