**ACTIVITY TIME:**

**E-Cigarette Refusal Skills**

*Why Avoid E-Cigarettes?*

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**Talk Together**

**E-cigarettes are illegal for kids.**
You will get in trouble at school, with your parents and the police.

**E-cigarettes are VERY addictive.**
Once you start, your brain changes and wants more, more, more. Most people who are addicted want to quit, but it's hard to stop.

**E-cigarettes harm your brain, lungs, heart, teeth and gums.**

**They're not very popular.**
Tobacco & vaping companies spend major $$$ making e-cigs seem cool, but did you know most kids your age have never tried one?

**Plan Together**

Ask your child a few questions, then write their answers in the space below.

**What would you say or do:**

If you see kids vaping in the school bathroom? What if they ask you to try it?

If your friend says you should try a fruit or candy flavor?

If you find a vaping device or bottle of flavored e-juice laying around?

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**Tell your child to never vape.**
Ask them how they can avoid vaping.
Write their answers below.

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Ready to quit? Call 1-800-QUIT-NOW (1-800-784-8669) for help.