



Be the G.O.A.T.



Greatest Of All Time



The vape industry has been looking for a new way to get tobacco products into the hands of your kids.

The number one reason why teens choose not to vape is because of a conversation with a parent. Maybe your sons and daughters won't listen to your fashion advice, but they'll definitely listen to you when it comes to substance use like vapes and alcohol. As they get older, it is okay to talk to youth about drugs, alcohol, and mental health issues. Showing them you care about their wellbeing can help them stay on a good path. It's time to end the trend.

Youth can make great choices! It's even easier for them to make the right choice when they have had a conversation with a caring adult.



Not sure how to get started?
Here is what we recommend!

Talking to Preschoolers

- Talk about how our bodies work better when we take care of ourselves.
- Celebrate your child's decision-making skills, even if every day is crazy clothes day.
- Encourage children to start planning by making activities into smaller steps.

Talking to Elementary Students

- Set clear rules and explain the reasons for your rules.
- Work on problem solving. Be sure to listen and reaffirm.
- Ask kids about the drug-related messages they hear and see. Listen.

Talking to Preteens

- Get to know your kid's friends and their friends' parents.
- Ask preteens about things that help them relax, be in a better mood and dream about doing someday.
- Practice resisting peer pressure with kids. If they know what to say when someone offers them drugs are more likely to get out of the situation. Let them know they can always use you as an excuse and say: "No, my mom (grandma, teacher) will kill me if I use a vape."

Talking to Teens

- Ask teens how they feel about alcohol, vapes or other drugs. Take this chance to learn, not argue.
- Make it clear that you disapprove of all underage alcohol, tobacco and drug use.
- Let teens know all the things you find wonderful about them.

**Help them find out why it's
better to be the
G.O.A.T. (Greatest Of All Time)
than to be the vape industry's
guinea pig.**

Riseupreno.org
Endthetrend.me
samhsa.gov/underage-drinking
drugfree.org/article/prevention-tips-for-every-age