

Vaping Resources for Parents & Educators

#iCANendthetrend



What is #iCANendthetrend?

#iCANendthetrend is an evidence-informed, peer-led, youth prevention and education program developed by University of Kentucky researchers and college students to build awareness on the dangers of tobacco use, including vaping, and costs associated with nicotine dependence.

Learn the Basics: Click the images to learn more



Current trends
and research



Vaping



THC



Zyn



Health effects



Industry
Manipulation

Resources:

Click underlined titles to learn more

Conversation Resources:

- [Myths vs Reality](#)- Kentucky Tobacco Prevention and Cessation Program discusses the truth about e-cigarettes
- [Talking with Teens about Vaping: "Know the Risks"](#) Parent Tip Sheet
- [Center for Tobacco Products Virtual Booth](#)
- [Tips for talking to kids about smoking](#)- The American Lung Association shares advice on how to have conversations about tobacco

PSAs:

- 1) [The Dangers of Vaping: A Physician's Message](#)
Dr. Angela Dearing discusses chemicals and health effects of vaping.
- 2) [A Parent's Guide to Talking to Your Child about Vaping](#)
#iCANendthetrend Youth Advisory Board (YAB) member, Jasmin, and her mother model conversation skills for addressing vaping with youth
- 3) [Help Your Child Quit Vaping \(Resources\)](#)
YAB member, Kosi, and her father share youth resources for quitting vaping.

Mental Health Resources:

- [Mental Health Resources](#)- NAMI
- [7 positive coping strategies](#)- Reachout Australia
- [Shareables on Child and Adolescent Mental Health](#)

Quit Resources:

- [Quit Now Kentucky](#): call 1-800-QUIT-NOW (784-8669)
- [My Life My Quit](#): text "Start My Quit" to 36072
- [This is Quitting](#): text "DITCHVAPE" to 88709