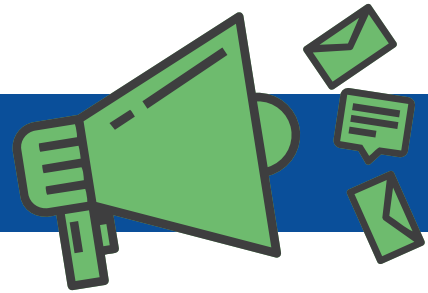


A Message for Parents



As cigarette sales have drastically declined, tobacco companies are spending billions of dollars marketing new products – including vaping and nicotine pouches – designed to attract new customers (**your kids!**) and grow their profits.

So, what can you do as a parent to protect your middle school and high school students?



Ensure your child/teen is not exposed to secondhand smoke by making your car and home tobacco-free.



Educate yourself about vaping and nicotine pouches:

Start here →

Have two-way conversations with your child/teen about the dangers of vaping and other substances. Having brief and more frequent conversations are most effective.



Ask: What they already know about the dangers of nicotine.

Listen.

Inform: All tobacco products contain nicotine, including vapes. Nicotine is a highly addictive substance.

Nicotine is dangerous to their developing brain regardless of the product used.

Nicotine use can increase depression, anxiety and stress.



**E-Cigarettes |
Campaign for
Tobacco-Free Kids**



**Protecting Youth
From the Harms of
Vaping | Smoking
and Tobacco Use |
CDC**



**Truth Initiative |
What is Zyn and
what are oral
nicotine pouches**



**Chippewa Valley
Coalition for
Youth and Families**

www.cvcoalition.org





Chippewa Valley Schools
19120 Cass Avenue
Clinton Twp., MI 48038

If your child/teen has already started vaping, or using other tobacco products, and has expressed interest in quitting, encourage them to stop using, and let them know you will fully support their efforts to quit. Share available resources, such as **My Life, My Quit**.



The My Life, My Quit program is for youth who want help with quitting tobacco and vaping.
My Life, My Quit is always free and confidential.



Options:

Text "Start My Quit" to 36072 for instant support

Enroll Online at mylifemyquit.com

Download the new MyLifeMyQuit app on iOS and Android

What Else Can Parents Do?

Contact your elected officials to inform them that requiring tobacco retailers to be licensed, taxing vape products, and restricting flavored tobacco products can all reduce youth tobacco/nicotine use. You can find your state representative and senator at michiganvotes.org/legislators

Visit cvcoalition.org
for more parent resources.

