

# A Parent's Guide to Vaping Discussion Questions

## BACKGROUND

Over the past few years, Hennepin County Public Health (HCPH) has partnered with school district chemical health specialists, counselors, and local teen clinics to address youth vaping. This partnership has identified that parents/guardians need additional support and education on this topic. In response to this need, HCPH partnered with Community Blueprint, a local marketing agency, to create a vaping prevention educational video and companion guide for parents and guardians.

## TIPS FOR FACILITATING THE VIDEO VIEWING AND GROUP DISCUSSION

1. Watch the video close to the date of the viewing; consider testing your computer settings and sound prior to showing the video to parents and guardians.
2. If possible, have additional staff moderating the group discussion with you.
3. Use the size of the group to determine how the discussion will flow with participant interactions and timing. Small groups may allow for more detailed discussion, while large groups less. With large groups, you could ask questions and allow for participant responses in the chat box as an option to share ideas, post questions, and generate discussion.
4. Welcome the participants, introduce yourself, and share the purpose and goals of the viewing and discussion. With this topic, it is not recommended to do individual introductions. The chat function can allow the group to share information, such as the number and grade level of children, etc.
5. Share your computer screen and watch the video together (9 minutes).
6. Follow the video viewing with your facilitated discussion. Begin sharing ground rules for participation; here are a few suggestions:
  - a. Keep the discussion general. Do not share specific situations or names; respect privacy of students, staff, and others.
  - b. Don't be afraid to ask questions. This is a complicated topic new to many parents.
  - c. Allow everyone the chance to speak.
  - d. Agree to not share what others discuss outside of this conversation.
7. Use the provided discussion questions, or create new questions based on the flow of the conversation.
8. End the discussion by providing vaping prevention resources and contacts available within your school district and/or community. This might include the following:
  - a. Key school staff contacts
  - b. Minnesota Department of Health's [E-cigarettes and Vaping webpage](https://www.health.state.mn.us/ecigarettes) is the recommended source to direct parents/guardians to (<https://www.health.state.mn.us/ecigarettes>).

### ***Hennepin County questions / contact:***

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### DISCUSSION QUESTIONS:

1. What key information stood out the most for you from the video?
2. Have you had a conversation about vaping with your child? If so, what went well or what approach would you suggest for others? If not, do you feel more confident that you could have a conversation in the future with your child?
3. The 2019 Minnesota Student Survey reported that three of four 11<sup>th</sup> graders do not perceive vaping as dangerous. What confusion might youth and adults have about vaping? What facts from the video can help you learn what are facts and what are myths?
4. Also based on the 2019 Minnesota Student Survey, more youth with long-term mental health issues report vaping. What are mental health signs in youth to watch for? What are first steps a parent/guardian can take if one is concerned about an underlying mental health issue?
5. Several tips were shared on how to have a good conversation with your child about vaping (see the video's companion guide and review the tips). Which tip do you like the most? Why?
6. Nicotine is highly addictive, and vaping can be difficult to stop even if one wants to. Knowing this, it can be difficult to decide what to do as a parent if you learn your child is vaping. What consequences or actions might be beneficial to encourage your child to not vape?
7. Reflect on the six main takeaways provided in the video's companion guide. Which takeaway do you feel was the best advice?
8. What other adults in your child's life might benefit from this video and companion guide?
9. Before closing, do you have any other questions or comments?

