

# Community Resources for Help

## IN-PERSON PROGRAMS

### ADAPT INTEGRATED HEALTH CARE

Youth Outpatient: Tobacco and Vaping Education

[www.adaptoregon.org](http://www.adaptoregon.org)

541-492-0172

### COW CREEK HEALTH AND WELLNESS CENTER

Second Wind Program

[www.cowcreek-nsn.gov/health/](http://www.cowcreek-nsn.gov/health/)

541-672-8533

## VIRTUAL / TEXT-BASED

### Become an Ex

Text QUIT to 847-278-9715 to sign up to receive text messages designed specifically for parents/caregivers of vapers

### This is Quitting (ages 13-24)

Teens and young adults can join free by texting DITCHVAPE to 88709

## Vaping Prevention Support for Schools

Request the CATCH My Breath Youth Vaping Prevention Program at your school  
Contact [hannah@thriveumpqua.com](mailto:hannah@thriveumpqua.com) for more information on this free program.

**CATCH**  
MY BREATH



## Tobacco Prevention Partners



Making the healthy choice the easy choice



## Visit us

[dcsmokefree.com/vaping](https://dcsmokefree.com/vaping)



## Clear the Air about Vaping

A Resource Guide for  
Parents and  
Caregivers of  
Douglas County Youth



# It's time to start the conversation.

27% of Douglas County middle schoolers have tried tobacco.

We understand that talking to kids about e-cigarettes, especially with your own kids, can be tough. That's why we made this Guide to help you have those conversations and show you where to find support if you need it.

## BEFORE THE TALK

Know the facts.

Get credible information about e-cigarettes.

Be patient and ready to listen.

Just remember, you're aiming for a chat, not a lecture. It's totally fine if your talk happens gradually, in little parts, over time.

Set a positive example by being tobacco-free. If you use tobacco, it's never too late to quit. For free help, visit [dcsmokefree.com](https://dcsmokefree.com).

## START THE CONVERSATION

Pick the right time.

A casual chat makes it more likely your teen will pay attention. Instead of saying "we need to talk," you could ask your teen what they think about things you see together, like:

- Someone using an e-cigarette
- Passing an e-cigarette shop while walking or driving.
- Seeing an ad in a store, magazine, or online.



## SEEK HELP IF YOU NEED IT.

If you're unsure how to start, ask your doctor to talk to your teen about the risks. You can also encourage your teen to chat with other trusted adults, like family members, teachers, coaches, or counselors who understand e-cigarette risks. These supportive adults can back up your message as a parent.

## ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes:

- Why don't you want me to vape?
- What's the big deal about nicotine?
- Aren't e-cigarettes safer than regular cigarettes?
- I thought they are just made of water and flavoring?
- I've tried it as it's no big deal.
- You used tobacco, why shouldn't I?

**FOR MORE INFO ON HOW TO BEST NAVIGATE THESE QUESTIONS, GO TO [DCSMOKEFREE.COM/VAPING](https://dcsmokefree.com/vaping)**

