



# How to talk to LGBTQ+ youth about vaping

## Deliver the core message

- You deserve to thrive and be your authentic self.
- LGBTQ+ communities have fought hard for the right to be healthy.
- LGBTQ+ communities still face unique challenges, but are stronger together – don't let vaping hold you back.
- You have the strength to quit, and you don't have to do it alone.

## Equip yourself with facts that matter

- The vaping industry specifically targets LGBTQ+ communities.
- One JUUL pod contains the same amount of nicotine as 20 cigarettes.
- The chemicals in vape products can cause serious lung damage.
- Many people turn to vaping to cope with stress, but there are healthier ways to manage it.
- Mental health challenges like anxiety and depression are real. Vaping might feel like it helps, but it often makes these feelings worse.



## Essential elements to address

- Create opportunities to discuss nicotine use in a judgement-free way.
- Acknowledge how the unique challenges LGBTQ+ youth face can lead to nicotine use.
- Focus on empowerment rather than criticism.
- Highlight community strength and support.

## Conversation prompts

### Natural ways to open the discussion

- I've noticed a lot of discussion lately about vaping in the LGBTQ+ community. What are your thoughts on that?
- Some of LGBTQ+ youth mentioned feeling stressed about [current event/issue]. How do you usually handle stress?
- What kinds of health topics would you like to see us address more in our programs?
- We're thinking about how we can improve wellness for LGBTQ+ youth. What would be most helpful for you and your friends?

### During group activities

- What are some ways our community takes care of each other?
- What health issues do you think aren't talked about enough in LGBTQ+ spaces?
- What does being healthy mean to you?
- If you could change one thing about wellness resources for LGBTQ+ youth, what would it be?



## **One-on-one conversations**

- How are you feeling about the pressures you're dealing with lately?
- What helps you feel supported when things are tough?
- What kinds of resources would make you feel more empowered about your health?
- Have you heard about our new support programs? I'd love to hear your thoughts on them.

## **Follow-up questions (if they mention vaping)**

- What got you interested in talking about vaping?
  - What have you noticed about vaping in the LGBTQ+ community?
  - What would make you feel comfortable discussing this more?
  - Would you be interested in hearing about some resources we have?
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