

# Helping your child stay vape-free

The following information is made possible by the 2025 Utah SHARP survey. The Utah Student Health and Risk Prevention (SHARP) survey is the most comprehensive source of information on the challenges and opportunities our youth face.



## Did you know?



**4.3% of students** have used a vape device in the past 30 days.



**9.8% of students** have used a vape device in their lifetime.

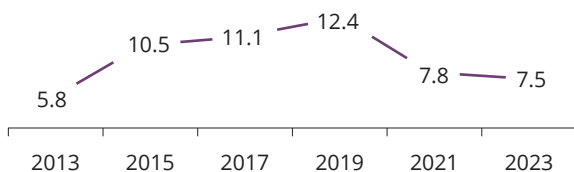


**2.6% of students** have vaped marijuana in the past 30 days.



SHARP data shows a positive trend: vaping use among Utah youth has **decreased** thanks to prevention efforts.

Percentage of Utah students (grades 8, 10, and 12) who used vape products in the past 30 days, 2013-23



\*Data includes students in grades 8, 10, and 12. Vape devices include nicotine, marijuana, or both.

## Misconceptions are widespread

Myth	VS	Fact
Vaping isn't dangerous.		Vaping harms the developing brain, damages lungs, and is highly addictive.
Vaping is just flavored air.		Vapes contain harmful chemicals, including nicotine.
Everyone is doing it.		Most teens don't vape.



**Nicotine is especially harmful for kids,** literally changing the way their brain develops. Immediate and long-term effects can include mood disorders, greater inability to focus, lower impulse control, depression, and anxiety."

— SeeThroughTheVape.org



Learn more about SHARP:

[sharp.utah.gov](http://sharp.utah.gov)

## Effects of **vaping**



Stress and anxiety are often cited as reasons teens vape—but vaping can actually make mental health **worse over time**.



Nicotine **harms brain development**, priming youth for addiction and affecting memory, learning, and mood.



Teens who vape are **more likely to try** cigarettes, alcohol, and other substances.

## **Your voice matters**



Regular conversations can have a **lasting impact**, even if your teen doesn't show it right away.



**Set clear rules.** No amount of vaping is safe.



Help them manage stress with **healthy habits** like deep breathing, journaling, talking with trusted adults, or exercising.



Teach and practice ways to **say no to peer pressure** with confidence and clarity.

## What to say: **talking points for parents**

**Remind your child that vaping is not safe—share the harmful effects of nicotine and chemicals in vapes.**

**Explain that vaping affects the body and brain, especially during adolescence, including memory, learning, and emotional regulation.**

**Call out how vape companies target teens with sweet flavors and flashy ads—help them see through the marketing.**

## Easy actions to help prevent **teen vaping**



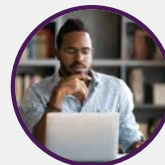
**Start a conversation:** Ask open-ended questions. Stay curious, not judgmental.

**Listen and share facts:** Keep it honest and calm—avoid scare tactics or lectures.



**Practice refusal skills:** Role-play scenarios where they might be offered a vape.

**Set a good example:** Manage your own stress in healthy ways.



**Stay informed:** Learn about the signs of vaping and stay up-to-date on new products.



**Resource:**

[SeeThroughTheVape.org](https://www.SeeThroughTheVape.org)

SEE THROUGH THE  
**VAPE**