



# THREE-MINUTE VIDEOS FOR PARENTS ON VAPING PREVENTION



Caron's Education Alliance is here for you. We offer educational programming and resources to help prepare you to raise drug-free teens as well as support you if concerns arise.

Being a parent in today's world can be challenging. With behavioral health needs of young people on the rise, it feels impossible to stay on top of the latest trends, approaches, and research.

This video series of micro-lessons is meant to engage parents and other caring adults in helping to address the vaping epidemic that is present in every school district and every school building across the country.

Each video provides parents with information and tips to guide their child to a healthy lifestyle and create a substance-free youth culture within their family. Each lesson is presented by an expert from Caron Treatment Centers' Education Alliance.

**The best time to stop substance use is before it starts.**



## Video Topics

- [What is Vaping?](#)
- [Nicotine and the Developing Brain](#)
- [Why Kids Vape](#)
- [Protective Factors and Refusal Skills](#)
- [The Science of Hope](#)



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