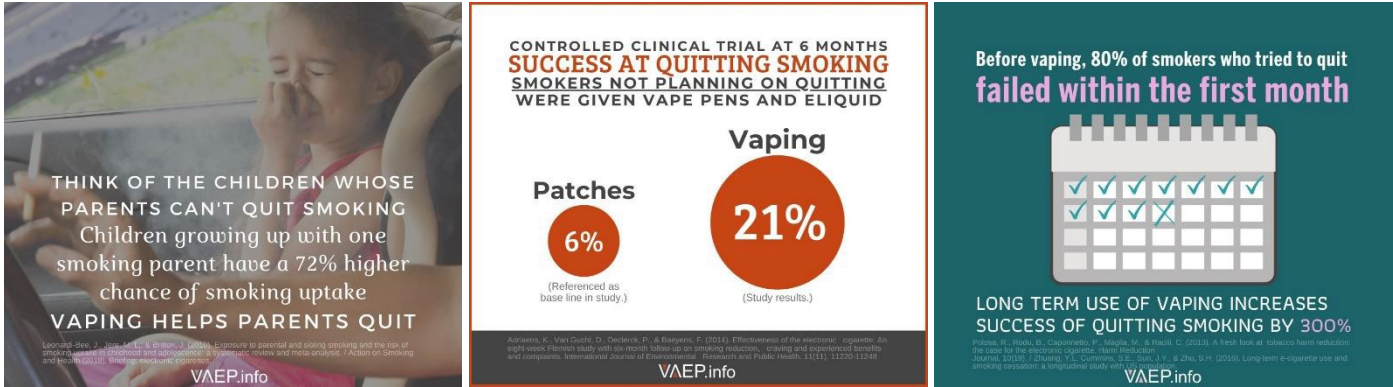


## VAEP Key Concepts script 6: Think of the children



Did you know that if a child has one parent that smokes, they have a 72% higher chance of becoming a smoker?(1) Parents' lifestyle choices influence what their children will experiment with during adolescence. It's a lead by example thing.(2) So, if parents quit smoking their children have a much lower chance of becoming smokers themselves.

So, do you think vaping can help parents quit smoking? Let's take a look at a couple studies.

In a controlled clinical trial back in 2014, a group of smokers who didn't want to quit were given a vape and some eliquid. 21% of the subjects in that study quit smoking. Whereas patches only achieve 6% success.(3) So, reflecting on this data, vaping triples the quit rate of patches. It's important to note that vapes today are even more effective because the technology has improved.(4)

You've probably heard that some smokers start vaping but still continue to smoke, this is called dual use. In another study, they followed those dual users over two years and compared their quit rate to smokers who didn't vape. Over those two years, a whopping 42% of them quit smoking compared to only 15% who didn't vape. The dual users had a 300% increase in quitting smoking!(5)

So, to prevent children from becoming smokers like their parents, maybe we should encourage their parents to visit their local vape shop.

For more information on vaping that's based in science, please visit VAEP.info. We even provide links to the studies we base our content on, so you can make sure our information is accurate. <https://VAEP.info>

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Kellie Ann is wearing our Vintage V-neck purple tee <https://shop.vaep.info/?product=v-neck-purple-tee>

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### References

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2. Boyd, D., Bee, H., & Johnson, P. (2009). *Lifespan Development*. (3<sup>rd</sup> Canadian Ed.) (pp. 309). Toronto, ON: Pearson Education Canada
3. <https://pubmed.ncbi.nlm.nih.gov/25358095/>
4. [https://ash.org.uk/uploads/E-Cigarettes-Briefing\\_PDF\\_v1.pdf](https://ash.org.uk/uploads/E-Cigarettes-Briefing_PDF_v1.pdf)

5. [https://tobaccocontrol.bmj.com/content/25/Suppl\\_1/i90](https://tobaccocontrol.bmj.com/content/25/Suppl_1/i90)

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