**Sample Family Newsletter Language**

**How to use this resource:**

Many schools and districts are sending out regular newsletters to parents and families during COVID-19. Contact your education partners to find out if they need content for these communications, especially content that touches on social-emotional supports for students and those who vape, smoke, or chew tobacco. If so, you can send them this language, which they can adapt or copy and paste into their newsletters.

Don’t have education partners yet? Contact RMC Health for technical assistance on establishing relationships with school and district staff: Madeline Morrissey ([madelinem@rmc.org](mailto:madelinem@rmc.org)) or Amanda Nichols ([amandan@rmc.org](mailto:amandan@rmc.org)).

**Sample Newsletter Language:**

*Are you concerned about someone you care about who vapes, smokes, or uses other tobacco products? Stress and anxiety may be heightened during this time, which can trigger nicotine cravings for young people and adults. Also, many adults may feel unprepared to have conversations about vaping. But being a trustable adult about topics like vaping can foster strong relationships that prevent unhealthy habits. To build or strengthen a strong foundation of support, adults can approach conversations about vaping with openness and curiosity.*

*In conversations with your child about vaping, remember to suspend judgment, ask open-ended questions, validate their perspectives, listen with curiosity about why your child or their friends might be vaping, and affirm your child’s strengths. These tip sheets offer ideas for conversation starters if you need a little help:*

***Know The Risks: Tip Sheet for Parents (ENG):*** [***https://bit.ly/3bffdXl***](https://bit.ly/3bffdXl)

***Conozca Los Riesgos: Hoja con consejos para los padres (SPAN):<https://bit.ly/3bh5dgj>***

***Tip sheet:***

[*Talking to youth about vaping*](https://www.tobaccofreeco.org/tfc/wp-content/uploads/2018/04/CDPHE_Vape_TalkingYouth.pdf)

[*Hablando con los adolescentes*](https://drive.google.com/file/d/1YqBQ_OELu5lQwTqmjJq5n-1b5goEbPzU/view?usp=sharing)

***For parents:***

[*What should I do if I find out my child is vaping*](https://www.tobaccofreeco.org/tfc/wp-content/uploads/2018/12/CDPHE_FY19_FactSheets_FAQs_ChildISVaping_Rd1.pdf)

[*Qué hago si descubro que mi adolescente está vapeando?*](https://drive.google.com/file/d/13TGpL3SLOWA_Xz8pS7r78ukdzoQTePJJ/view?usp=sharing)

*Learn more about various forms of tobacco use: vape, smoke and chew tobacco products.* [*www.tobaccofreeco.org*](http://www.tobaccofreeco.org)

*If your child is ready to explore their vape use, celebrate this important first step, and help them consider whether a quit support service might work for them.*

*Young people can access free, confidential phone, text, and web-chat support from trained youth coaches through the Colorado Youth Quitline.*  ***They can enroll themselves quickly and easily at www.coquitline.org*** [***coyouthquitline.org***](https://coyouthquitline.org/) ***.***

*If you need support for quitting tobacco/nicotine, adults can sign up for free support at the* ***Colorado Quitline:*** [***www.coquitline.org***](https://www.coquitline.org/en-US/)***.***

*If you or your child needs support for stress or anxiety, youth or adults can call or text* ***Colorado Crisis Services 1-844-493-8255 or text “TALK” to 38255****.*