TALKING TO YOUR CHILD ABOUT VAPING TIPS FOR PARENTS

What is vaping?

Vaping is the act of inhaling and exhaling an aerosol produced by a vaping product, such as an electronic cigarette. The device heats a liquid into a vapour, which then turns into aerosol. Vaping products come in variety of shapes, flavours, and sizes. Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, and tanks. They may also be known by various brand names. Most contain nicotine. Vaping devices may also be used for other substances like cannabis.

REASONS YOUTH SAY THEY VAPE

- They like the flavours (e.g. fruit, candy, mint)
- The devices are trendy.
- Their friends are vaping; so it helps them fit in.
- They are curious and/or bored.
- They think vaping is harmless
- They like the "hit" they get from nicotine; it increases feelings of pleasure.
- It makes them feel rebellious. Some youth vape in places they are not allowed to, as it is easy to hide the vaping device
- To quit or cut down on smoking cigarettes.

DID YOU KNOW?

The Ontario Student Drug Use and Health Survey (2023) reported:

- 13.4% of youth in grade 7-12 have tried vaping at least once in the past year.
- Of youth who vape: 87.4% are vaping products with nicotine, 6.4% were not, and 6.2% did not know if their products had nicotine in them.
- The percentage of youth reporting vaping in the past year significantly increased with grade, from 5% of 8th graders up to 21.8% of 12th graders. Other than alcohol, e-cigarettes/vapes are the easiest substance for youth to get.

WHY THEY SHOULD SAY NO TO VAPING?

- ☑ Vaping is NOT harmless.
- ☑ Vaping is NOT for youth and non-smokers.
- ☑ Vaping products contain toxic chemicals and addictive ingredients such as nicotine.
- ☑ Vaping can cause coughing, wheezing, and lung inflammation.
- ☑ Vaping nicotine can:
  - alter teen brain development
  - negatively affect memory, concentration, and mood
  - increase anxiety and stress
  - increase heart rate and blood pressure
  - train your brain to be more easily addicted to other drugs
- ☑ The long-term health effects of vaping are unknown.

WINDSOR-ESSEX COUNTY HEALTH unit
Bureau de santé de Windsor-comté d'Essex

wechu.org

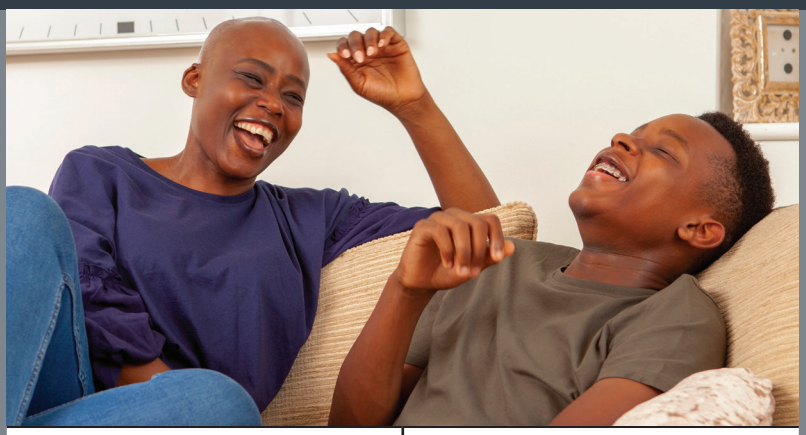
ASK
FOR SUPPORT

Not sure where to begin? Check our website wechu.org

Ask your health care provider to talk to your teen about the risks of vape products.

You might also suggest that your teen talk with other trusted adults, like a relative, teachers, faith leaders, coaches, or counsellors who are aware of the risks of vape products. These trusted adults can help support your message as a parent.

HAVE A **TALK WITH YOUR CHILD**



Know the facts about vaping.	Find the right time to have the talk.
Be patient and ready to listen.	Try to avoid criticism.
Encourage an open dialogue and keep the conversation going.	Re-approach this topic again.
Be a role model by being tobacco and vape-free.	Get support.

SMOKE-FREE ONTARIO ACT (SFOA)

SALE AND SUPPLY

Supplying those under 19 years (giving a tobacco product, or vape product- including e-juice) is illegal.

Fine = $490 for first offence.

The SFOA also prohibits the smoking of tobacco, the use of an e-cigarette to vape any substance and the smoking and vaping of cannabis in all enclosed public spaces and enclosed workplaces, as well as additional prohibited places, such as child care centers, playgrounds, where the smoking of tobacco is already prohibited. This Act also prohibits the use of an e-cigarette and smoking of tobacco and cannabis:

- On and within 20 meters from the perimeter of the property of elementary and secondary schools.
- On and within 20 meters from the perimeter of the property of community recreation facilities.
- On and within 9 meters of a restaurant or bar patios.

MORE **RESOURCES**

About vaping - Canada.ca www.canada.ca/en/health-canada/services/smoking-tobacco/vaping

Youth and Vaping - Substance Canada www.drugfreekidscanada.org/prevention/issues/vaping

Substance Canada - Parent Support Hub https://www.talksubstance.org/support/supporthub/

Smokers' Helpline www.smokershelpline.ca/home
A web and text messaging app offering smoking support to quit.

Quash App www.quashapp.com
A mobile app that offers support for youth to quit vaping and smoking.

If you use tobacco or use vapes, it's never too late to quit.

For free help, visit wechu.org or call 519-258-2146 ext. 3100