

# VAPING

## TIPS FOR STUDENTS



### 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 a 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.

### FACT OR MYTH?

1. In Ontario over one-quarter of students have tried vaping.
2. Vaping is just harmless water vapor.
3. Vaping products get their flavouring from chemicals that are not safe when inhaled.
4. Vaping was invented to help people quit smoking.
5. Most vapes do not contain nicotine.
6. Vaping is addictive and can lead to other substance use.
7. Vaping is less harmful than smoking BUT it is not safe.



### WHY SHOULD YOU 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 respiratory issues.
- 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.

Answers: 1.F, 2.M, 3.F, 4.F, 5.M, 6.F, 7.F

## FEELING PRESSURED TO VAPE? HERE ARE SOME TIPS TO SAY NO



Know the facts about vaping.	Consider the risks of vaping.
It's Ok to Say "No thanks, I'm not interested".	Ask questions, this can make it easier to say NO.
Blame your parents to avoid peer pressure.	Create a code word with parents/friends to get out of uncomfortable situations.
Hang out with friends who respect your decision not to vape.	Talk to a trusted adult and get the support you need.



## 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 workplaces, as well as other prohibited places, such as child care centers, playgrounds, where the smoking of tobacco is already prohibited, including:

- 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.

**Fine for first time offence if caught vaping in a prohibited area is \$305.**

- Locally, municipalities have bylaws in place restricting vaping areas such as parks, playgrounds, and sport fields.



## REASONS YOUTH SAY THEY STARTED VAPING

They like the flavours (e.g. fruit, candy, mint)	It is better than smoking cigarettes
For the nicotine	They think it is harmless
To help deal with stress	They can vape anywhere
Their friends vape	To cut down on tobacco use
They are curious and/or bored	It's fun doing vape cloud tricks

## WHY SHOULD YOU QUIT VAPING?

- Vapor contains harmful chemicals that effect your health.
- Long-term consequences are still unknown.
- It's addictive and it could lead to the use of other substances.
- It can affect your performance in sports and school.
- Vaping is expensive and you could do other things you like with that money.
- Be a good role model for your friends and help them quit vaping as well.

## MORE RESOURCES

Consider the Consequences of Vaping - Canada.ca  
[www.canada.ca/en/services/health/campaigns/vaping.html](http://www.canada.ca/en/services/health/campaigns/vaping.html)

Vaping what you and your friends need to know (CAMH & SMHO) [www.camh.ca/-/media/files/vaping-youth-resource-en-pdf.pdf](http://www.camh.ca/-/media/files/vaping-youth-resource-en-pdf.pdf)

About vaping - Canada.ca [www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html?utm\\_source=canada-ca-vaping-en&utm\\_medium=vurl&utm\\_campaign=vurl](http://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html?utm_source=canada-ca-vaping-en&utm_medium=vurl&utm_campaign=vurl)

Vaping- what you need to know- Canadian Lung Association [www.lung.ca/lung-health/vaping-what-you-need-know](http://www.lung.ca/lung-health/vaping-what-you-need-know)

Youth & Vaping- A growing trend (Substance Canada) <https://www.talksubstance.org/issues/vaping/>

Smokers' Helpline: A web and text messaging app offering quit smoking support. [www.smokershelpline.ca/home](http://www.smokershelpline.ca/home)

Quash App: A mobile app that offers support for youth to quit vaping and smoking. [www.quashapp.com](http://www.quashapp.com)

Crush The Crave - Vape Edition on the App Store (apple.com): a mobile app helping to quit vaping <https://apps.apple.com/us/app/crush-the-crave-vape-edition/id1591311099>

If you use tobacco or vapes, it's never too late to quit. For free help, [wechu.org](http://wechu.org) or call 519-258-2146 ext. 3100