

VAPING 101

TALKING TO YOUTH ABOUT VAPING



TALKING WITH YOUTH ABOUT VAPING

Vaping is on the rise among Island youth. Most youth understand smoking is dangerous for their health. However, some are not informed about the chemicals in vaping products and the potential health risks. Many still believe it is harmless.

You can help

As caregivers, you can create conversations with your children about vaping and the risks involved.

This resource

The resource is designed to inform you and help you start a conversation. Teachers have received a similar package. Together we can help our youth make informed decisions about their health.

For more information visit:
pei.lung.ca/vaping-prevention

Please see attached Vaping 101 Fact Sheet to learn:

- About vaping products
- Research about vaping among youth
- Health risks
- Legislation to protect youth from the harms of vaping

Talking with your child about Vaping
On the back of this page, you will find questions your child may ask you. Included are suggestions on responses to help you get started.

Here are some tips to consider before talking to your child:

- be patient
- be ready to listen
- be honest - if you use tobacco or vaping products, this is an opportunity to discuss the risks, any regrets, difficulties, and health affects you may have experienced
- avoid criticism or judgement
- encourage your children to say what's on their minds or ask questions without any judgement from you
- keep the discussion going – to have an impact, many conversations over a period of time will help

HERE ARE SOME QUESTIONS YOUR CHILD MIGHT ASK:

WHY SHOULDN'T I VAPE?

Researchers have found that vaping products contain toxic and addictive ingredients that could harm your body. Additionally:

- o When people breathe in the vapour tiny particles get trapped in the lungs
- o Vaping e-juice often has nicotine in it and regular use may lead you to become addicted
- o The content of e-cigarettes can impact your brain development and forever affect your ability to concentrate, learn and make decisions.

ISN'T E-JUICE JUST WATER & FLAVOURING?

No. E-juice contains chemicals, flavourings and often nicotine. Breathing these chemicals into your lungs may be dangerous to your health. There isn't enough research yet to be sure about the long-term health impacts. However, we do know that nicotine is very addictive and harmful to developing brains.¹

WHAT'S THE BIG DEAL WITH NICOTINE?

Using nicotine may be harmful to your brain. Research shows nicotine can alter your brain and make it harder for you to process information and control your impulses. Nicotine is especially dangerous for young people as our brains continue to develop until about the age of 25. Also, nicotine is highly addictive. Once you start using nicotine, you can become addicted and physically dependent on it. Over time, your body will want more nicotine to feel comfortable.¹

IS VAPEING NICOTINE-FREE E-JUICE SAFE?

No. Studies have found that many vaping products labelled "nicotine-free" still contain nicotine. Inhaling nicotine-free vapour is still a health concern because of the chemicals you are breathing into your lungs. These toxic chemicals may cause cancer, lung disease, and heart disease.¹

WHAT'S THE BIG DEAL WITH NICOTINE?

No. Once e-juice is heated, toxic chemicals are created. Many are cancer-causing. Below are some of the chemicals you breathe into your lungs when you vape:

- o Heavy metals
- o Carbonyls
- o Volatile organic compounds (VOCs)
- o Polycyclic aromatic hydrocarbons (PAHs)
- o Tiny particles¹

QUICK VAPEING FACTS

- o It is not harmless
- o It is addictive
- o Flavourings appeal to youth
- o Easy to hide and use
- o May look like a USB or flash drive
- o Could recharge on a USB port
- o Juuling or Breezing also means vaping



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¹Health Canada. (2018). Vaping. Retrieved from <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>

Thank you to BC Lung Association for allowing us to use and adapt this content