

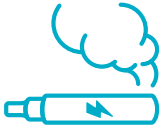


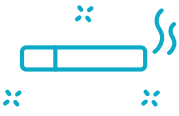





# Glossary of Terms Related to Tobacco and Vaping

○○○	
When we say....	We mean...
 Vape or Vaping	The action or practice of inhaling and exhaling aerosol which often contains nicotine and/or flavouring produced by a device designed for this purpose. A vape is often referred to as being a drug delivery system.
 Vape Juice	E-liquids and any other nicotine-infused product commonly found in e-cigarettes or vapes. May also contain dyes and other harmful chemicals.
 E-cigs or E-cigarettes	A drug delivery system or device that produces an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavourings, and other chemicals that help to make the aerosol. E-cigs are sometimes referred to as ENDS (electronic delivery systems), mods, pens or tanks. Used as a verb, they are sometimes referred to as vaping.
 Commercial Tobacco	Tobacco that is regulated, processed, packaged, and sold in Canada such as cigarettes, cigars, cigarillos, etc. Commercial tobacco products contain nicotine, a highly addictive drug that has physiological effects on the body.
 'Chew' or Chewing Tobacco	Tobacco that is consumed in a chewable form. It is often referred to as smokeless tobacco or snuff.

# Glossary of Terms Related to Tobacco and Vaping

When we say....	We mean...
 Smoking	The action of inhaling smoke through combustion or burning (i.e., lighting a cigarette)
 Tobacco Combustion	Tobacco which is burned, creating either primary and/or secondary smoke. It is during combustion of commercial tobacco that many of the harmful chemicals are released.
 Nicotine Dependence	Nicotine dependence is an addiction to tobacco products caused by the drug nicotine often found in commercial tobacco products. It involves physical and psychological factors that make it difficult to stop using tobacco.
 Ceremonial or Sacred Tobacco	Naturally grown and harvested tobacco that is used for ceremonial purposes, such as smudging, cleansing or gifting. When burned, this tobacco smoke is not meant to be inhaled. It is intended to go upwards to the Creator and in the four directions (East, South, West and North). Sacred tobacco does not contain the same chemicals as commercial tobacco.  Source: First Nations Health Authority For more on sacred tobacco, we encourage you to watch this video from the First Nations Health Authority by scanning the QR code:



To view sources, visit:  
<https://phecanada.ca/programs/stomp/kits-for-schools/stomp-glossary-terms>