

INFORMATION FOR PARENTS AND CAREGIVERS

# LEARN ABOUT VAPING

*Vaping continues to grow in popularity among Canadian youth. In 2020, nearly 37% of youth and young adults in BC reported having tried vaping.*

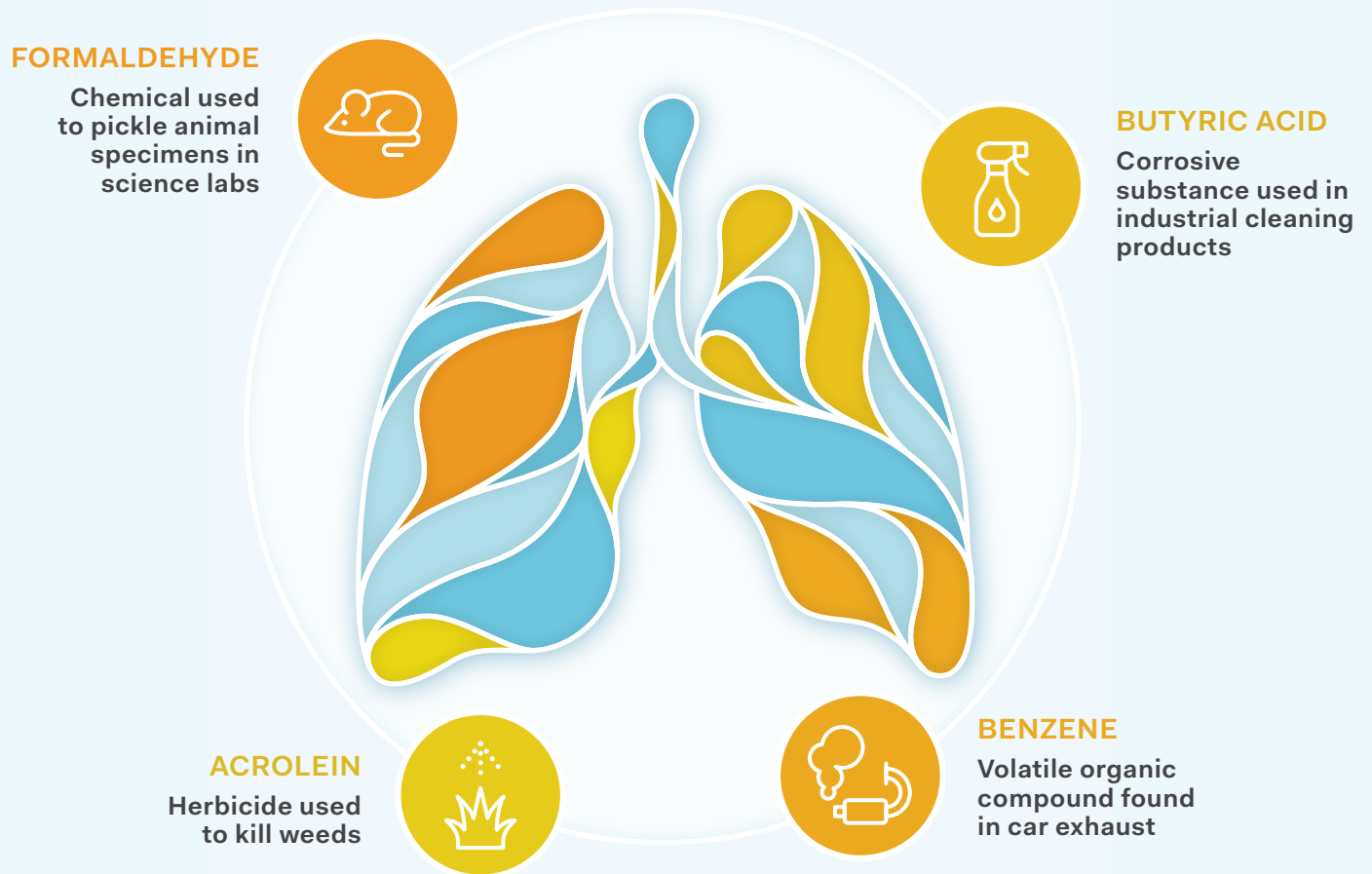
*As a caregiver, it's important to equip yourself with the right information about vaping, so you're better prepared to talk to your children about it. This resource is designed to provide you with information and facts, so you feel ready to have these conversations with your children.*



# WHAT IS VAPING?

Vaping products (usually called vapes or e-cigarettes) are battery-powered devices that heat a liquid solution to create an aerosol (vapour). They are also known by various brand names (Juil, PuffBar, Vuse, Allo). Most contain nicotine, a highly addictive chemical that comes from the tobacco plant. They also contain numerous other chemicals that can damage the lungs—it's much more than just water vapour!

AT LEAST **60 CHEMICALS** HAVE BEEN FOUND IN VAPING E-LIQUIDS (VAPE JUICE). THESE CAN INCLUDE:



WHEN SOMEONE VAPES, THESE CHEMICALS ARE INHALED INTO THEIR LUNGS. WE DON'T YET KNOW HOW THEY MIGHT AFFECT LUNG HEALTH.

# WHAT ARE THE HEALTH RISKS OF VAPING?

Since vaping products are relatively new, there is still a lot we do not know about them. We are starting to see some short- and medium-term health harms, but we may not know the long-term effects for decades.

## IN THE SHORT TERM, VAPING CAN:

- Irritate the throat and cause coughing
- Lead to **shortness of breath and chest pains**
- Worsen asthma attacks
- Increase **heart rate and blood pressure**

## IN THE MEDIUM TERM, VAPING CAN:

- Increase the risk of chronic lung diseases (e.g., asthma, bronchitis, emphysema) **by as much as 30%**
- Increase the risk of heart disease and stroke
- Weaken the immune system → those who vape can be as much as **5-7 times more likely to get COVID-19**
- Lead to nicotine addiction

# RISKS FOR YOUTH AND YOUNG ADULTS

NICOTINE IS **ESPECIALLY HARMFUL FOR YOUNG PEOPLE** BECAUSE THEIR BRAINS ARE STILL DEVELOPING. YOUTH AND YOUNG ADULTS WHO VAPE ARE MORE LIKELY TO:



Become addicted



Start using tobacco and other substances in the future



Have more difficulty quitting

Nicotine use in adolescence can **permanently change the way the brain functions** and can harm attention, learning, and memory. It may also increase the risk of developing mood disorders such as anxiety and depression.



MOST YOUNG PEOPLE DON'T REALIZE THAT THEY ARE HARMING THEIR LUNGS AND THEIR BRAINS BY USING E-CIGARETTES.

# WHY DO YOUNG PEOPLE VAPE?

- They are curious or bored
- It makes them feel rebellious
- Kid-friendly marketing and trendy devices
- The flavours are appealing
- Their friends are trying it and they want to fit in
- To cope with stress, anxiety, or low mood



## UNDERSTANDING NICOTINE ADDICTION



**Most vapes have nicotine** in them, which makes them addictive, like cigarettes. They may also **experience withdrawal symptoms** such as feeling restless or irritable if they go without vaping for longer than usual.

The only ways to relieve these symptoms are **quitting or more nicotine**, leading them to vape again. This can eventually lead to being dependent on vaping and can make it **challenging to quit**.

READY TO TALK TO YOUR CHILD ABOUT VAPING?  
DOWNLOAD OUR CONVERSATION GUIDE HERE!



Talk to a Quit Coach  
at 1-877-455-2233



Live Chat with a Quit Coach  
to create a personalized Plan



Support via Text  
Message at [quitnow.ca](https://quitnow.ca)