

What to Know About Vaping

Adapted from Vaping Education from the BC Lung Association.

https://bclung.ca/sites/default/files/1168-Vaping_Parent%27sHandout_Final_R2.pdf

- ▶ Vaping products have many names, such as: e-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs, or other various brand names.
- ▶ Vaping devices do not contain tobacco and do not involve burning. They are battery-powered devices that heat a liquid solution in order to deliver an aerosol (meaning a vapor or a cloud) that is inhaled. The liquid solution, commonly called e-juice, vaping liquid or e-liquid, is flavored.
- ▶ Most vaping products contain nicotine and other harmful substances.
- ▶ Youth vaping is threatening to addict a new generation of young people to nicotine.
- ▶ Currently, the long-term health effects of vaping are not fully known.
- ▶ Vaping is costly, and the products are not meant for children and teens. There are restrictions on the sale of vaping products and they can only be sold to adults.

The use of vaping products by youth is becoming increasingly common. The following information may help you discuss this issue with your child.

Why Do Many Youth Use Vaping Products?

- The flavours are appealing (e.g. fruit, candy, mint)
- Their friends are vaping and they feel it helps them fit in
- Out of curiosity and/or boredom
- They consider vaping to be harmless
- They like the “hit” from nicotine
- They think it will help them quit or cut down on smoking tobacco products
- The devices seem trendy

What Can You Talk About With Your Child?

- ▶ **If you smoke cigarettes or use vaping products, you can still have a meaningful conversation with your children by being honest about your habit.**
 - Do you regret that you started smoking?
 - Do you experience any negative health effects as a result of smoking?
 - Do you hope your children will avoid the habit?
- ▶ **Be patient and ready to listen. Try to avoid criticism and encourage an open dialogue.**
- ▶ **Remember to keep the discussion going. Do not expect to make an impact with just one conversation.**

Following are some questions your child may ask about vaping products, along with suggested responses.

“Why shouldn’t I vape?”

- Vaping products contain toxic and addictive ingredients that could harm your health.
- When people breathe in vapor, they inhale tiny particles that get trapped in the lungs.
- Vaping e-juice, which contains nicotine, can be delivered to the brain and lead to nicotine addiction.

“Isn’t e-juice just water and flavorings?”

- E-juice typically contains chemicals as well as flavorings. These chemicals and flavorings are safe for use in food, but the health effects of breathing in the chemicals are unknown.
- Most e-juice on the market contains nicotine, which is highly addictive.

“What is the big deal with nicotine?”

- Nicotine use can make it hard for children and teens to concentrate, learn, and maintain control.
- Once you start using nicotine, you can become addicted and physically dependent.
- Over time, your body will want more nicotine to feel comfortable.

“Is vaping nicotine-free e-juice safe?”

- Studies have found that many vaping products labelled “nicotine-free” still contain nicotine.
- Inhaling nicotine-free vapor is a health concern.

“Isn’t the cloud produced when vaping just water vapor?”

- Once e-juice is heated, a number of toxic chemicals are created. Many are cancer causing.
- If you are around friends who vape, the cloud they exhale exposes you to chemicals that may not be safe to breathe.

“Isn’t vaping safer than smoking cigarettes?”

- Vaping is less harmful than tobacco products such as cigarettes, but it is not harmless.
- Short-term health effects are increased coughing, wheezing, inflammation of the lungs, and increased heart rate.
- The long-term health effects of vaping are currently not known.
- Vaping products can explode and cause fires that may result in burns and injuries.

