



What parents and caregivers need to know about vaping and e-cigarettes

Be prepared to talk with your teen

There is a good chance that your teen has been or will be exposed to vaping or e-cigarette products. As a parent or caregiver, you play a key role in helping them make good decisions. This resource will give you need-to-know information about vaping so that you are better prepared to talk with your teen.

What is vaping?

Vaping refers to inhaling or exhaling vapour from an e-cigarette or holding an activated e-cigarette, whether or not the vapour contains nicotine¹.

Vaping devices have many names²:

- mods
- vapes
- e-cigs
- sub-ohms
- vape pens or e-pens
- e-hookahs
- tank systems
- electronic nicotine delivery systems (ENDS)



These products are small and easy to disguise. They may resemble a pen or USB stick.



New emerging products in Canada:

- e-pens, for example: Vype
- nicotine salt vapour devices, for example: JUUL, STLTH
- heat-not-burn products, for example: IQOS

E-cigarettes and vaping devices are typically made up of the following³:



- **Mouthpiece:** Can be disposable, changeable, or have other attachments such as a tube or hose.
- **Liquid reservoir:** Also called a cartridge, pod, tank or chamber. This is filled with liquid, often referred to as e-juice.
 - E-juice is typically made up of propylene glycol and/or glycerol, flavoring (chemicals), and many contain varying levels of nicotine.
- **Heating element:** Heats the liquid which then becomes an aerosol.
- **Battery:** Can vary in voltage and can be rechargeable.

Don't know how to answer your teen's question?

Look up the information together.

How it works³:

- 1 Vaping liquid, which contains chemicals, is heated to become an aerosol.
- 2 The aerosol is inhaled through the mouth and lungs where it is absorbed into the bloodstream.
- 3 The remaining aerosol is exhaled.

Have open, honest, ongoing conversations with your teen about vaping.

Here are some tips⁴:

- **Make opportunities to talk.**
This can be a casual conversation in the car or at the dinner table. It doesn't need to be formal.
- **Ask open-ended questions.**
Try "Tell me more about..." or "How do you feel about..."
- **Be patient, positive, and listen to what they have to say.**
Teenagers are more likely to be honest and keep the conversation going if they feel heard and respected. Thank them for sharing.
- **Be caring.** Ask them what they need and how you can help them.

Did you know?

Youth are more likely to engage in positive behaviors and activities if they have a strong relationship with a caring adult⁵.

What else can you do?

- Ensure a safe, supportive, non-judgmental environment at home.
- Encourage your teen to approach a trusted adult if they have questions or need help.
- If you do smoke or vape, reflect on your own usage. This is an opportunity to discuss with your child possible challenges with addiction and quitting.
- Seek additional support and resources from Timiskaming Health Unit at 705.647.4305 or 1.866.747.4305.

"Less harmful" does NOT mean safe

The safety of e-cigarettes is uncertain and the short and long-term risks of use are currently unknown. There is growing evidence to suggest that youth who vape are more likely to become tobacco smokers⁶.

Sharing anything by mouth, including vaping devices, can increase the risk of contracting viruses or infections¹⁰ such as influenza or herpes.

E-juice often contains nicotine. Nicotine is very addictive. It is known to alter youth brain development and can affect memory and concentration⁶.

Aerosol produced from an e-cigarette can contain toxic chemicals (like formaldehyde) and heavy metals even if it does not contain nicotine. The health effects of second-hand exposure are also unknown⁶.

"Teen brains aren't wired like adult brains"⁷

E-juice may contain enough nicotine to be poisonous, especially to young children, if swallowed or absorbed through the skin⁸.

The law⁹

As of October 17, 2018, in addition to tobacco products, restrictions have been expanded to include vapour products and cannabis, either vaped or smoked. Smoking of tobacco or cannabis, or the use of vapour products is prohibited in the following places:

- In public and private schools including the grounds associated with the schools and public areas within 20 meters of any point on the perimeter of the ground of the school. It is also illegal to sell tobacco and vapour products in public schools and private schools.
- Within enclosed public places and enclosed workplaces, including work vehicles.
- On children's playgrounds and all public areas within 20 metres of any point on the perimeter of a children's playground
- In outdoor sporting areas, spectator areas adjacent to sporting areas, and public areas within 20 metres of any point on the perimeter of a sporting area or a spectator area adjacent to a sporting area.

The *Smoke-free Ontario Act* prohibits the sale and supply of e-cigarettes to anyone who is less than 19 years old.

For more information:

- [About Vaping](#) (Health Canada)
- [Where you Can't Smoke or Vape in Ontario](#) (Ministry of Health and Long-Term Care)
- [Vaping–The Mechanics](#) (Health Canada)
- [Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents](#) (Know The Risks) (5.2 MB)
- [The Teen Vaping Trend–What Parents Need to Know](#) (Partnership for Drug-Free Kids)

**You Can
Quit Smoking**
We can help

705.647.4305
1.866.747.4305



Services de santé du

TIMISKAMING
Health Unit

New Liskeard: (705) 647-4305 | (866) 747-4305
Englehart: (705) 544-2221 | 877-544-2221
Kirkland Lake: (705) 567-9355 | (866) 967-9355
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