



VAPING



FACT SHEET FOR EDUCATORS

E-cigarettes, also known as ‘vapes’, pose a serious health risk to youth and young adults. For the past number of years there has been a rise in young people using ecigarettes, including youth who have never smoked. Popularity is due to availability, a variety of appealing flavors, and the enhanced design of newer vape devices.

The latest Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS, 2021-2022) shows that among Prince Edward Island (PEI) school students in grades 7-12, 34% of students have tried e-cigarettes and 20% used e-cigarettes in the past 30 days.

PEI students who vaped nicotine in the past 30 days, reported that some of the main reasons for currently/continuing to vape are:

- they are addicted to them (20.3%);
- to relax or relieve tension (16.8%);
- to feel good/to get a nicotine high (14.1%); and
- to have a good time with my friends (13.6%)

ABOUT E-CIGARETTES AND VAPING

E-cigarettes (vapes) are electronic devices that use batteries. They work by heating a liquid substance producing a vapor which is then inhaled by the user.

Using an e-cigarette is commonly called ‘vaping’, which can refer to vaping non-nicotine- and nicotine-containing products, as well as cannabis.

E-cigarettes can be refillable (pods) or pre-filled with cartridges containing e-liquid. The pre-filled e-cigarettes are designed for one-time use that can be thrown away.

E-cigarettes can contain numerous hazardous chemicals which are known to cause cancer.

FAST FACTS

Are e-cigarettes legal for purchase among PEI youth?

The minimum age for purchasing tobacco and vaping products in PEI is **21 years of age**.

It is against the law to purchase a vaping product on behalf of, or for the purpose of resale to, a person under age 21.

Only tobacco-flavoured and unflavoured vape products can be sold in PEI.

Vaping products can only be purchased in age-restricted tobacconist shops. No retail store or person can sell vape products in PEI.

PEI students who **smoke cigarettes** indicate that they obtain them from social sources:

- siblings, parents friends or someone else (40%)
- they buy them from a friend or someone else (26%)

PEI students who **vape with nicotine** indicate they obtain them through:

- a family member, friend, or someone else (bought, borrowed, shared) (59%)
- ask someone to buy them for themselves (17%)



KNOW THE RISKS



Harms and health risks of vaping:

- Nicotine can harm adolescent brain development, impair memory and impact concentration.
- Nicotine can impact anxiety and depression.
- Short-term health effects can include dependency, vomiting, nausea and/or lung injury.
- Long-term health effects are not yet known; however long-term impacts of nicotine and other chemicals could cause lasting brain impairments, increased risk of cancer, heart or lung disease.
- Those who use e-cigarettes are more likely to try and start smoking conventional cigarettes.

DETECTING E-CIGARETTE USE

E-cigarettes come in all shapes and sizes—they may look like a USB stick or highlighter pen.

Youth and young adults tend to use e-juices with sweet flavours (that cannot be legally purchased in PEI). You may be able to detect a scent in the air from the e-cigarette flavour.

Signs that a student may be vaping include: new coughing, wheezing, or going for frequent washroom breaks.



WHAT CAN WE DO AS EDUCATORS?

- Promote healthy lifestyles and ensure students are following school policies on substances and e-cigarette use.
- Inform students of the risks associated with vaping through the delivery of curriculum or wellness initiatives.
- Let students know you are concerned about their vape use and encourage them to speak with you about their use.
- Be supportive of students who express interest in quitting. Discuss strategies that work best for them. Connect them to a youth counsellor, Student Wellbeing Team member, or the Smokers' Helpline for free and confidential support.
- Utilize the Quit Your Way Guidebook to support students in quitting



DISPOSING OF VAPING PRODUCTS

Vapes with a damaged battery or vapes that get too hot can lead to a fire or explosion. It is important to follow hazardous waste procedures when disposing of vape products.

Do not throw a vape in the garbage. They need to be returned to the nearest Island waste facility (free of charge) and disposed of as hazardous waste.

Make sure vapes are stored in a cool safe space until properly disposed of.

RESOURCES

PEI Smoking Cessation Program
princeedwardisland.ca/quitsmoking
 Also available to help in quitting vaping.

Email: quitsmoking@gov.pe.ca
Phone: 902-368-4319

Smokers' Helpline
Call: 1-866-366-3667
Text: "iQuit" to 123456
Visit: <https://smokershelpline.ca>

Clearing the Cloud: A presentation intended for students in grades 5 to 7
Vaping and Youth: Get the Facts! A presentation intended for students in grades 7 to 12
<https://pei.lung.ca/sites/default/files/VAPING%20101%20HOW%20TO%20TALK%20TO%20YOUTH.pdf>

Youth and Vaping (Drug Free Kids Canada, 2019, 9 p.)*
https://www.drugfreekidscanada.org/wp-content/uploads/2019/10/DFK_Info_Vaping_FRFINAL_.pdf

Quit Your Way: A Program Guide for Youth and Young Adults
<https://www.princeedwardisland.ca/en/information/health-and-wellness/smoking-cessation>

Instructional Moments Videos and Dear Educators Substance Use Video Series (OPHEA Canada):
<https://ophea.net>

Summary of results for the Canadian Student Tobacco, Alcohol and Drugs Survey 2021-2022
<https://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey.html>

References
<https://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey.html#t12>

<https://www.health.nsw.gov.au/tobacco/Factsheets/vaping-factsheet-teachers.pdf>
https://www.lungnspei.ca/_files/ugd/f31228_1dd5f531a161467dbc619531116eb17e.pdf
<https://www.quit.org.au/articles/teenvaping/#anchor-name-5>