



VAPING



FACT SHEET FOR PARENTS

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 e-cigarettes, including youth who have never smoked.

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 feel good/to get a nicotine high (14.1%); and
- to relax or relieve tension (16.8%);
- 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 is among the most addictive substances known.
- Nicotine can harm adolescent brain development, impair memory, and impact concentration. Youth and young adults are at risk of becoming more easily addicted to nicotine than adults.
- 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.

HOW DO I KNOW IF MY CHILD VAPES?

E-cigarettes come in all shapes and sizes—they may look like a USB stick or highlighter pen. You can identify if the device is an e-cigarette by identifying a mouthpiece.

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 your child may be vaping include: coughing, wheezing, new smells (on them or in their room) or suspicious packages being delivered.



TALKING TO YOUTH ABOUT VAPING

As parents and caregivers, you can talk to your children and youth about e-cigarettes and the harms of vaping.

Before you have a conversation, learn more about why youth vape and the health risks.

Have the discussion in a safe environment where youth will feel comfortable talking.

If they are using vaping products, let them know you are concerned about their vape use and encourage them to keep talking by asking non-judgemental questions that cannot be answered with a yes or no response. For example: What do you like or dislike about vaping? How can I help you reduce or quit vaping?

If they show interest in quitting, be supportive and discuss strategies that might work best for them. They could connect with a youth counsellor at their school, Student Well-being Team staff, a trusted teacher or coach, or contact the Smokers' Helpline for free and confidential support.

Even if your child does not vape, speak to them about it so they understand the risks.



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.

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>

References

- <https://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2021-2022-summary.html>
- <https://www.quit.org.au/articles/teenvaping/#anchor-name-5>
- <https://kidshealth.org/en/parents/e-cigarettes.html>

Vaping 101: Talking to Youth About Vaping (PEI Lung Association, 2020, 5 p.)

<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>