



THE FACTS ON VAPING FOR STUDENTS



Some people believe vaping is a safe alternative to smoking cigarettes or using other tobacco products. This is not true. Vaping exposes you to short and long-term health risks.

E-CIGARETTES AND VAPING

E-cigarettes, also known as ‘vapes,’ are handheld electronic devices. They work by heating a liquid substance into an aerosol that is then inhaled (breathed in) into the lungs.

E-cigarettes are commonly used to vape nicotine and cannabis containing products.

Some people think the ‘cloud’ from vaping is a vapour, like steam. It’s not. It is really an aerosol, which is a fine spray of chemicals that enters through your lungs. **These aerosols can contain numerous hazardous chemicals which can become trapped in the lungs.**

WHAT’S IN A VAPE?

An e-cigarette (vape) contains many different chemicals—some are known to be harmful to breathe in, while the effects of others are not yet known.

Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer, and bug spray.

DID YOU KNOW...

Most vape products contain nicotine.

One vape pod contains more nicotine than an entire package of cigarettes.

The average disposable vape can have between 150-300 cigarettes worth of nicotine.





KNOW THE RISKS



Vaping can:

- cause harm to your body, even if you use e-cigarettes that don't contain nicotine;
- make it harder to breathe and cause shortness of breath, swelling and irritation in the throat and lungs;
- cause short term health consequences including nausea, coughing, anxiety or depression, sleep disturbances, and it can impact concentration;

Vapes that contain nicotine can pose additional risks. They can:

- affect the parts of your brain that help you focus and learn, your mood, and how you control your impulses;
- increase the chance that you will try and start smoking cigarettes.

HOW VAPING CAN LEAD TO ADDICTION

Nicotine is a highly addictive substance found in all tobacco and most vaping products. It can harm brain development, impair memory, and impact concentration.

When you smoke or vape, your brain becomes used to (or dependent on) receiving nicotine. Nicotine is quickly absorbed into your body and goes directly to the brain. It activates areas of the brain that make you feel satisfied and happy but when the level of nicotine in your body declines, your brain begins to crave it. This often leads to addiction.



Your brain is still growing until you are 25 years old; nicotine can change the way it grows. Because your brain is still developing, you can become addicted to nicotine quicker than adults. This makes it hard to stop vaping and increases the chances of dependency.

The younger you start using nicotine, the more likely you are to become addicted.



QUITTING

Vaping and Social Life

Vaping with friends is common. If you vape and you want to quit, but your friends don't, having that conversation can be hard. It may be helpful to explain to your friends that you're trying to avoid vaping, not avoiding them.

If you want to quit, support is available.

- You can lean on friends or family for support when quitting.
- Speak with a trusted adult, teacher, or coach.
- Connect with your school counsellor or Student Well-being Team Staff.
- Contact the Smokers' Helpline for free and anonymous support.
- Consider enrolling in the PEI Smoking Cessation Program which is available to help you quit vaping.

References

<https://www.camh.ca/-/media/files/vaping-youth-resource-en-pdf.pdf>
<https://www.vapingfacts.org.au/>
<https://teen.smokefree.gov/>

https://sbvsbstorage.blob.core.windows.net/docs/8009304f-b7c4-4df4-bb8b-616039c2d70d_2019_Vaping_TipSheet_3.pdf
https://www.scholastic.com/youthvapingrisks/middleschool_download_all.pdf
<https://www.interiorhealth.ca/sites/default/files/PDFS/vaping-and-youth-factsheet.pdf>
<https://extension.usu.edu/be-epic/research/the-truths-behind-vaping-information-for-youth-and-teens>

RESOURCES

PEI Smoking Cessation Program
princeedwardisland.ca/quitsmoking

Email: quitsmoking@gov.pe.ca

Phone: 902-368-4319

Smokers' Helpline

Call: 1-866-366-3667

Text: "iQuit" to 123456

Visit: <https://smokershelpline.ca>