

Vaping

Talk about it now!

Information for parents



Vaping

is not without risks.



10%
of students in
grades 6 to 8

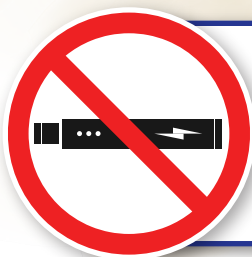


43%
of students in
grades 9 to 12

have tried e-cigarettes

(according to the New Brunswick Student
Wellness Survey, 2018-2019).

Vaping is the act of inhaling the aerosol
or "vape" from an e-cigarette.



Vaping is **not**
for **youth** and
non-smokers.

Do you know the effects of vaping on youth?



The nicotine present in vaping products can:

- Be highly addictive;
- Alter brain development, which continues until about age 25;
- Affect memory, concentration, judgment and behaviours;
- Predispose youth to an addiction to other drugs.

The inhalation of harmful chemicals used in vaping products can cause irreversible lung damage and lung disease.

Health Canada is advising people who use vaping products to...

- Monitor themselves for symptoms of pulmonary illness (e.g. cough, shortness of breath, chest pain);
- Seek medical attention promptly if they have concerns about their health.

As a parent:



- Find the right moment and take advantage of situations where you can talk about vaping. You don't need to be an expert.
- Set a positive example, listen, avoid criticism and encourage an open dialogue.
- Encourage your teen to talk with other trusted adults.
- Get support from a health care provider.



Teens say that their parents are the most influential people in their lives. Your role is to help them make smart, balanced decisions about important issues that can affect their health (e.g. vaping).

Did you know that...



- Vaping is prohibited wherever smoking is prohibited.
- No person shall sell electronic cigarettes or vaping supplies to a person under the age of 19 years.

Vaping is not always easy to detect:

- Unlike tobacco, it has no lingering odour.
- Some e-cigarettes are so small that they can be easily hidden.

Some e-cigarettes contain more nicotine than a conventional cigarette, while others may contain cannabis.

References

New Brunswick Health Council

<https://nbhc.ca/sites/default/files/publications-attachments/SW518-19%20-New%20Brunswick%20Provincial%20Results.pdf>

Health Canada – About Vaping

www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html?utm_source=canada-ca-vaping-en&utm_medium=vurl&utm_campaign=vurl

Centers for Disease Control and Prevention

www.cdc.gov/tobacco/basic_information/e-cigarettes/factsheet/index.html

Drug Free Kids Canada – Youth and Vaping

https://www.drugfreekidscanada.org/wp-content/uploads/2019/10/DFK_Info_Vaping_FINAL_ENG.pdf

Health Canada warns of potential risk of pulmonary illness associated with vaping products

<https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2019/70919a-eng.php>

Smoke-Free Places Act

<http://laws.gnb.ca/fr/ShowPdf/cs/2011-c.222.pdf>

Tobacco and Electronic Cigarette Sales Act

<http://laws.gnb.ca/en/ShowPdf/cs/T-6.1.pdf>

Vaping is not without risks.

Talk about it now!

To learn more about vaping, visit:

CANADA.CA/VAPING