



Health Canada

https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/awareness-resources.html

Video length: 30 seconds



Kids and teens are especially susceptible to the harmful effects of nicotine because brain development continues throughout adolescence and into early adulthood.

https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html

Vaping nicotine can interfere with healthy brain development until the mid-20s.

https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html

Image source: Adobe Stock (purchase)

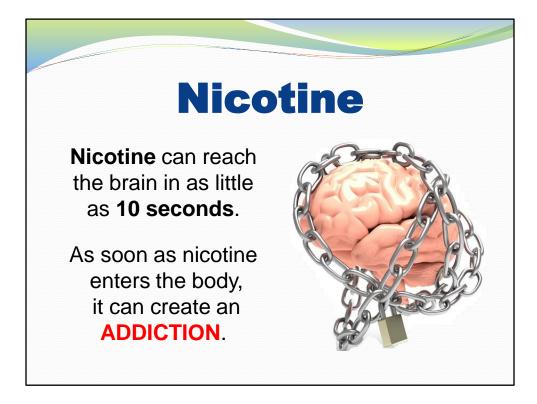


Nicotine can affect memory and concentration and is known to alter teen brain development.

Exposure to nicotine during adolescence may cause reduced impulse control as well as cognitive (learning) and behavioural (mood) problems.

https://www.canada.ca/en/health-canada/services/smoking-tobacco/preventing/vaping.html https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettesfor-Kids-Teens-and-Young-Adults.html

Image source: PowerPoint Clipart



The nicotine present in e-cigarettes results in addiction. As soon as nicotine is introduced into the body, we start to want it again.

https://www.canada.ca/en/health-canada/services/smoking-tobacco/effects-smoking/smoking-your-body/nicotine-addiction.html



Image source: Adobe Stock (purchase)



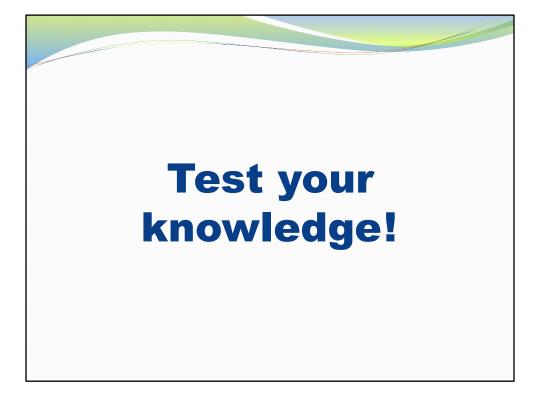
Nicotine is a highly addictive substance. Vaping nicotine could:

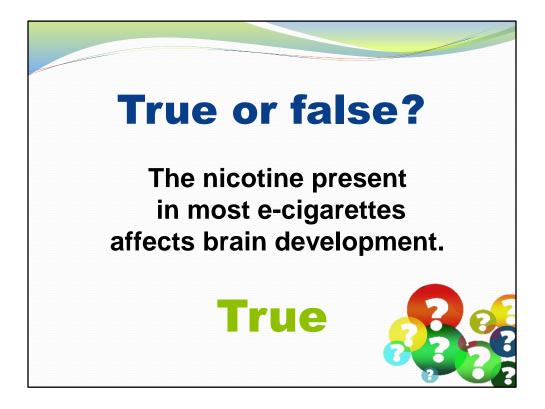
- lead to addiction;
- cause nicotine addiction among users who would not have started using nicotine otherwise.

They may become addicted to nicotine at lower levels of exposure than adults.

Exposure to nicotine could potentially predispose youth to addiction to other drugs. <u>https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html</u>

Image source: PowerPoint Clipart



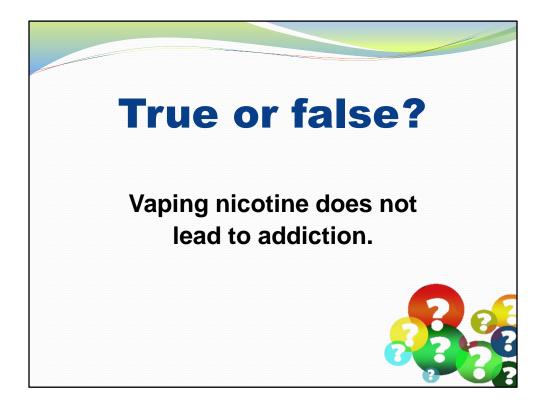


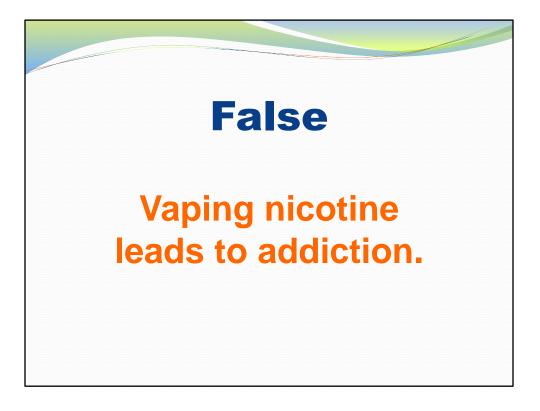
True

Vaping products containing nicotine can alter brain development in teens. https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheetparents.html

Exposure to nicotine in adolescence can lead to reduced impulse control and to cognitive and behavioural problems.

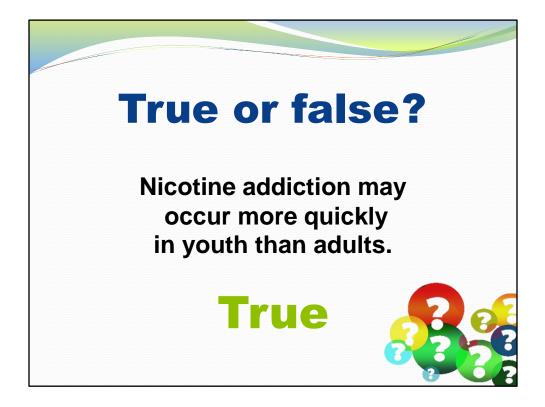
https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html





False

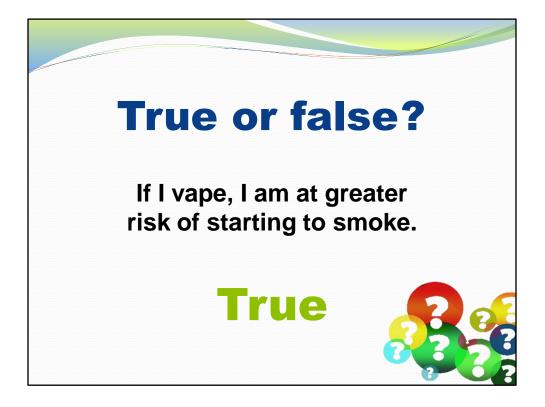
Vaping nicotine leads to addiction. Vaping can deliver nicotine to your body, causing you to crave it more and more and leading to addiction and physical dependence. <u>https://www.canada.ca/en/services/health/campaigns/vaping.html</u>



True

In youth, nicotine addiction may occur more quickly than in adults. <u>https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html</u>

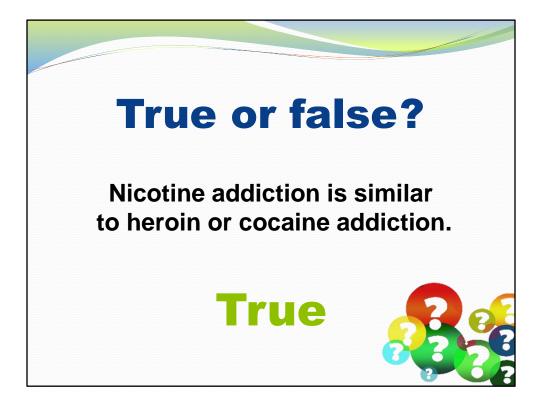
Youth are especially susceptible to the harmful effects of nicotine, particularly addiction. They can become addicted at lower levels of exposure than adults. https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html



True

Many studies have shown that non-smoking youth who use e-cigarettes are three times more likely to smoke regular cigarettes one or two years later than if they had never used e-cigarettes.

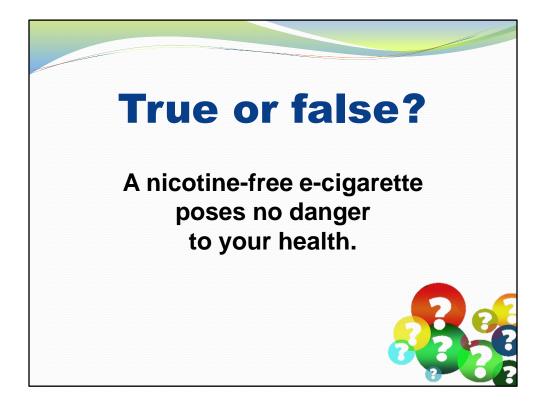
https://avoidthetrap.ca/

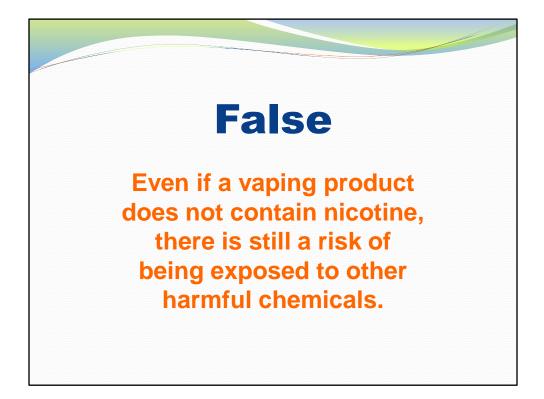


True

Nicotine causes chemical or biological changes in the brain. This effect is called psychoactive and although it is less dramatic than heroin or cocaine, the strength of the addiction is just as powerful. It is a "reinforcing" drug, which means that users desire the drug regardless of its damaging effects.

https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/smoking-yourbody/addiction.html

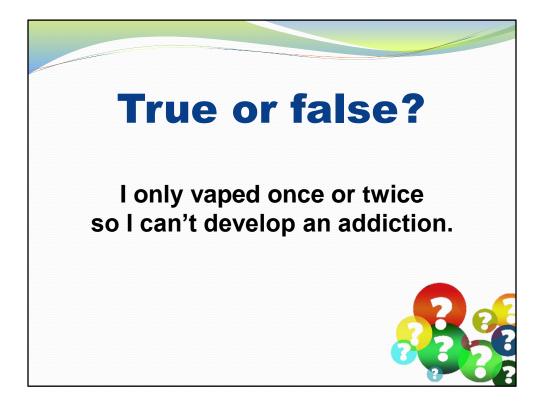


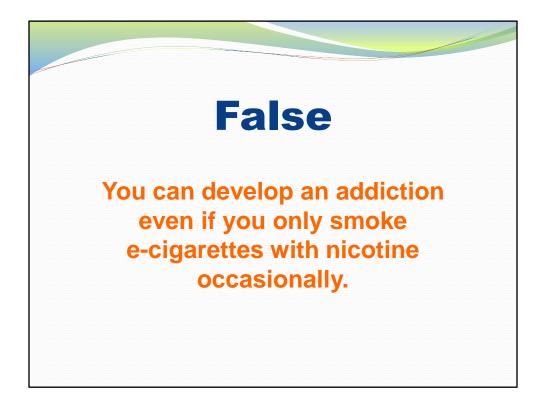


False

Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html

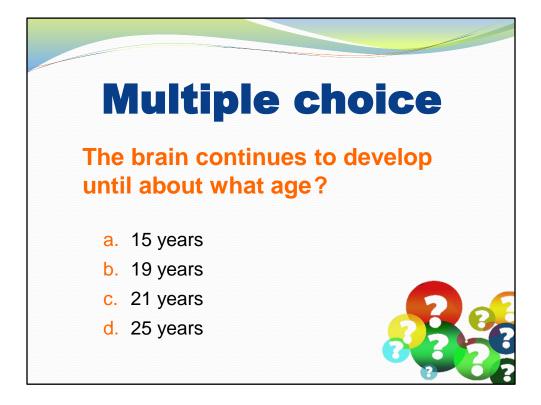




False

You can develop a dependency even if you only smoke e-cigarettes with nicotine occasionally.

https://avoidthetrap.ca/



d. 25 years

Nicotine is highly addictive and can harm brain development, which continues until about age 25.

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



We suggest that you engage in a dialogue on the topics covered in this module and to encourage students to actively participate in group discussions.