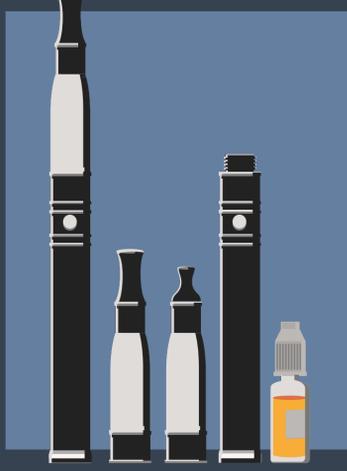


VAPING AND YOUR TEEN:

Seeing Through the

VAPOUR

WHAT ARE E-CIGARETTES?



Electronic Cigarettes

E-cigarettes are battery operated devices that have cartridges with liquid chemicals in them. Heat from a battery powered atomizer turns the chemicals into vapour that's inhaled. This is called vaping.

Vaping

Vaping is a term used to describe the use of electronic smoking products (ESPs), also known as vapes, e-cigarettes, e-cigs, mods, vaping pens, etc.



Nicotine-free...or are they?

Even though it is illegal in Canada to sell vapes or liquids that have nicotine in them, tests done by Health Canada found about half of vape liquids that were labeled "nicotine-free" actually contained nicotine.



Safe?

There are no standards or labelling requirements for vapes. This makes it hard to know exactly what is in the liquid. Because chemicals in the cartridges can vary, it's hard to know what users and people nearby are breathing in. What we do know is vapour has been found to have toxic chemicals and cancer causing agents.

20% OF YOUTH AGED 15 TO 19 HAVE TRIED E-CIGARETTES.



Using an e-cigarette is called vaping because rather than smoke being inhaled, a chemical cocktail of vapour is inhaled.

WHAT PARENTS NEED TO KNOW



Nicotine can affect brain development in children and teens. Teaching your teen the negative effects early could make the difference.



Some e-cigarettes have candy flavouring, which could make them more appealing to someone who has not smoked before, especially teens.



E-cigarettes don't leave a smell like tobacco so it's going to be harder to know if your teen is vaping.

WHAT CAN PARENTS DO?



Be clear with your kids that smoking of any kind (conventional cigarettes, e-cigarettes, marijuana) is off limits, and include these substances in your household "no tolerance" policy.



Educate your kids that e-cigarettes may contain nicotine, which is a **HIGHLY** addictive substance.



Learn as much as you can about e-cigarettes so you know what they look like.



It can be difficult to know if your kid is using e-cigarettes because they don't smell obviously like tobacco or marijuana. However, e-cigarettes have been associated with dry cough, as well as mouth and throat irritation. Keep an eye out for these symptoms if they become persistent.

For more information and support visit albertaquits.ca or call toll-free

1-866-710-QUIT (7848)

 **Alberta Health Services**

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