

# VAPING PRODUCTS

# INFORMATION FOR FAMILIES



The use of vaping products by youth is increasing. Currently, there are unknowns surrounding the health effects of these products, and some misconceptions about the aerosol (vapour/cloud) produced. As care-givers, you can connect and discuss issues around vaping products with your child. The information provided in this resource is designed to inform and help you start the conversation.



## WHAT ARE VAPING PRODUCTS?

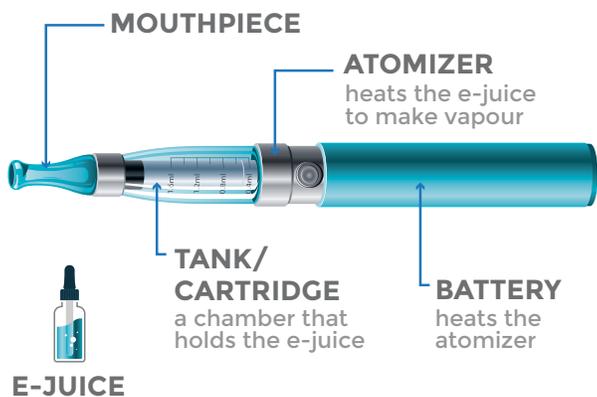
Vaping products are battery-powered devices that heat a liquid solution to create an aerosol.

Vaping products have many names such as: e-cigarettes, vapes, vape pens, mods (box or pod), tanks, e-hookahs and are also known by various brand names. These devices do not contain tobacco and do not involve burning. They consist of the following:

- mouthpiece
- chamber (cartridge/tank/reservoir)
- heating element (atomizer/cartomizer/clearomizer)
- battery
- vaping liquid (e-juice/e-liquid)

The e-juice typically contains a solution of propylene glycol and/or vegetable glycerin, flavourings, and varying amounts of nicotine (none to very high).

The act of inhaling and exhaling an aerosol produced by a vaping product is commonly called 'vaping'. When using popular brands the terms 'Juuling' or 'Breezing' may be used.



### WHY ARE YOUTH USING VAPING PRODUCTS?

- The flavours are appealing (e.g. fruit, candy, mint)
- The devices look cool
- Their friends are vaping; it helps them fit in
- Curiosity and/or boredom
- They consider vaping to be harmless compared to smoking
- They like the “hit” from nicotine; it increases feelings of pleasure
- It makes them feel rebellious; some vape in places they're not allowed as it is easy to hide the vaping device.
- To quit or cut down on smoking tobacco



### HAVING CONVERSATIONS WITH YOUR CHILD

Have honest conversations with your child. If you use tobacco or vaping products, this is an opportunity to discuss the risks, any regrets, difficulties and health effects you may have experienced.

Be patient and ready to listen when taking part in conversations with youth. Try to avoid

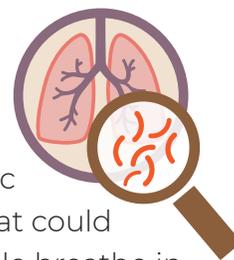
criticism and encourage an open dialogue. Remember to keep the discussion going, and do not expect to make an impact with just one conversation.

### QUESTIONS YOU MAY BE ASKED

Here are some questions your child may ask about vaping products with suggestions on how to respond:

#### “Why shouldn’t I vape?”

Researchers have found that vaping products contain toxic and addictive ingredients that could harm your body. When people breathe in the vapour, they inhale tiny particles that get trapped in the lungs. Vaping can become a habit, in much the same way we frequently check our cell phones.



#### “Isn’t e-juice just flavourings and water?”

E-juice typically contains chemicals as well as flavourings. These chemicals and flavourings are safe for use in food. However, the health effects when inhaled, are unknown. Most e-juice also contain nicotine, which is very addictive.



#### “What is the big deal with nicotine?”

Our brains continue to develop until our mid-twenties. Nicotine use during this period can cause problems with concentration, learning and impulse control. Once you start using nicotine, you can become addicted and physically dependent – keeping you coming back for more.



### “Is vaping nicotine-free e-juice safe?”

Studies have found that many vaping products labelled “nicotine-free” still contain nicotine. Inhaling nicotine-free vapour is still a health concern.

### “Isn’t the cloud produced when vaping just water vapour?”

Once e-juice is heated, a number of toxicants are created. Many of these are cancer-causing.

- Heavy metals: nickel, lead and chromium



- Carbonyls : formaldehyde, aldehyde
- Tobacco nitrosamines
- Volatile organic compounds (VOCs): benzene, toluene, ethanol, and alcohol
- Polycyclic aromatic hydrocarbons ({PHAs}: group of more than 100 chemicals {e.g. Benzo[a]pyrene})
- Tiny particles (particulate matter): mixture of all solid and liquid particles

If you are around friends who vape, the cloud exhaled exposes you to chemicals that are not safe to breathe.



### “Isn’t vaping safer than smoking cigarettes?”

Vaping is less harmful than tobacco products such as cigarettes, but **it is not harmless.**



There are still significant health concerns with vaping given the presence of chemicals, toxic compounds, and nicotine.

The long-term health effects of vaping are currently unknown. Short-term health effects are increased coughing and wheezing, inflammation of the lungs and increased heart rate.

Vaping products can explode and cause fires that may result in burns and injuries.

#### QUICK FACTS ABOUT PODS / MINI PODS

- Aerosol is not harmless
- Have high nicotine content—highly addictive
- Flavourings appeal to youth
- Easy to hide and use
- May look like a USB or a flash drive
- Could recharge on a USB port
- Sometimes called “Juuling” or “Breezing”

