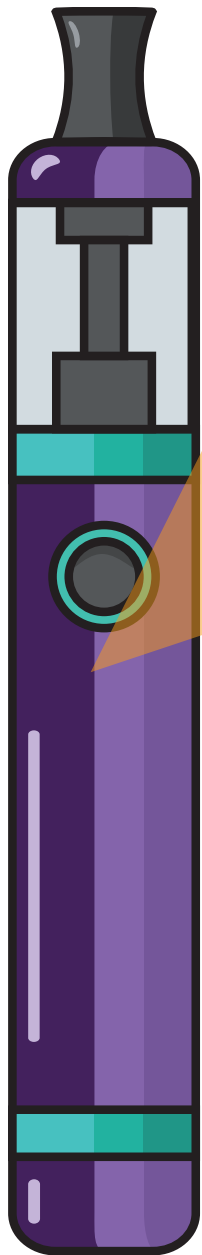


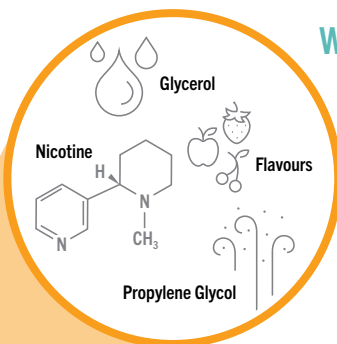
# TALKING TO YOUR CHILD ABOUT VAPING

This document is a parent resource intended as an informational follow up to the video on vaping.



## WHAT IS A VAPE?

A vape (or e-cigarette) is a battery-operated device that works by heating a liquid until it becomes an aerosol that users inhale. Using an e-cigarette/vape is commonly called 'vaping' and is commonly used to inhale nicotine.



## WHAT'S INSIDE A VAPE?

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. **The heating process can cause reactions and create new chemicals, such as formaldehyde, which is known to cause cancer.** Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

## HEALTH RISKS ASSOCIATED WITH NICOTINE VAPING

- Nicotine is a highly addictive substance, that can lead to dependence. Children/youth are particularly susceptible as they may become dependent on nicotine with lower levels of exposure than adults.
- Nicotine can affect memory and concentration, and is known to alter teen brain development.
- Exposure to nicotine during adolescence may cause reduced impulse control and cognitive and behavioural problems.

## HEALTH RISKS OF OTHER CHEMICALS IN VAPING

Vegetable glycerine and propylene glycol are the main liquids in vaping products. These are considered safe for use in many consumer products such as cosmetics and sweeteners. However, the long-term safety of inhaling the substances in vaping products is unknown and continues to be assessed.



## START THE CONVERSATION

- Avoid criticism and encourage an open dialogue.
- Ask your healthcare provider to talk with you and your teen about the risks of vaping and ways to be smoke and vape-free.
- Encourage your teen talk with other trusted adults, such as relatives, teachers/principal, faith leaders or counsellors.



Information in this brochure is sourced from Health Canada. For a link to more information, scan the QR reader with your phone's camera.