

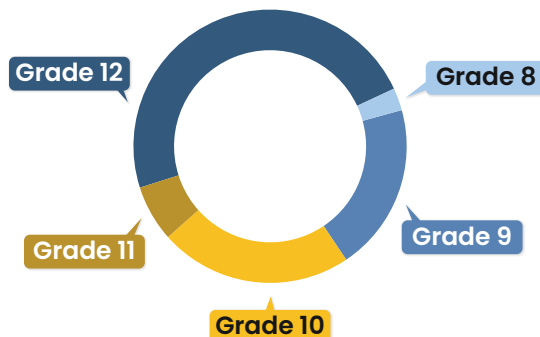
# WHAT IS VAPING AND ITS EFFECTS

Vapes are devices that heat up a liquid (often called e-liquid or vape juice) to produce an aerosol, which is then inhaled into the lungs. The liquid usually contains **nicotine, flavourings, and other chemicals.**

# WHY VAPING IS AN ISSUE

- Vaping is an issue among students because it can be **highly addictive** due to the high levels of nicotine in many vaping products. Vaping devices are often marketed to young people with flavours and advertising that appeal to them, which has contributed to an increase in use among teens in recent years. Additionally, limited research on the long-term health effects of vaping means that the **potential negative consequences are not fully understood.**
- More than **400,000 youth** in grades 6 to 12 and **275,000 young adults** (20-24 years of age) reported vaping in the last 30 days.

# STUDENT PARTICIPANTS BY GRADE



# TYPES OF VAPE DEVICES



## VAPE PENS

Similar to e-cigarettes, but often larger and more versatile, allowing users to switch between different types of e-liquids and nicotine levels.

## BOX VAPES

Also known as box mods or mod boxes, are a type of ecigarette device that are popular among more experienced vapers. Box vapes get their name from their rectangular shape, which is distinct from the cylindrical shape of other vape devices.



## E-CIGARETTES

Small, cigarette-shaped devices that use a battery to heat a nicotine-based liquid, producing vapour that is inhaled.

## POD SYSTEMS

Compact and convenient devices that use disposable or refillable pods filled with e-liquid.



## VAPORIZERS

Devices that are designed for use with dry herb or concentrates, rather than e-liquids.

# VAPING

## WHAT YOU NEED TO KNOW



# COMMON VAPE PRODUCTS AND BRANDS

## PUFF BAR

A Puff Bar is a type of disposable vape pen that is designed to be used once and then thrown away. It is a small, portable device that is pre-filled with e-liquid and comes in a variety of flavours. Puff Bars have become popular among young people in recent years, in part because of their discreet design and availability in flavours that are appealing to youth.

## NORDS

The Nord is a type of refillable vape device. It is designed for use with e-liquids and is available in a variety of colors and finishes. Some studies have suggested that the use of refillable e-cigarettes like the Nord may be associated with a higher risk of addiction to nicotine and other substances, as well as negative respiratory and cardiovascular effects.

# HEALTH EFFECTS ASSOCIATED WITH VAPING

Vaping can have a number of negative health effects, both for the person using the vape and for those around them. Some potential health effects include:

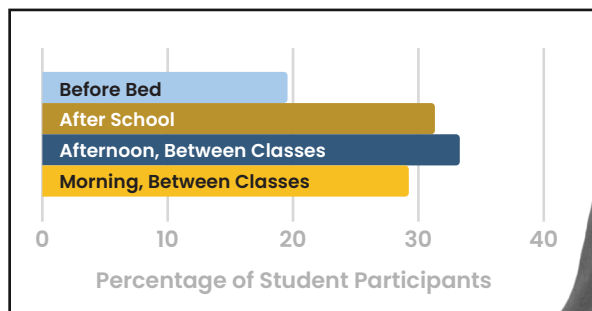
- **Addiction to nicotine:** Many vapes contain high levels of nicotine, which can be highly addictive. It can alter brain development, affect memory, concentration, and mood.
- **Lung damage:** The aerosol produced by vapes can contain harmful chemicals and particles that can damage the lungs.
- **Cardiovascular effects:** Nicotine can increase heart rate and blood pressure, and vaping has been linked to an increased risk of heart disease.
- **Exposure to toxins:** The liquid used in vapes can contain a variety of chemicals that are not safe to inhale, and the heating process can produce toxic chemicals like formaldehyde and acetaldehyde.

# WHAT PARENTS NEED TO KNOW

It's important for parents to be aware of the dangers of vaping, especially because it has become increasingly popular among young people in recent years. According to a 2020 survey conducted by Health Canada:

- 41% of Canadian youth aged 15-19 **have tried** vaping, and 20% report using e-cigarettes in the past 30 days.
- The same survey found that youth who had used e-cigarettes in the past 30 days were more likely to report **daily or almost daily use** compared to adults who had used e-cigarettes in the past 30 days (35% versus 17%).
- A study published in the Canadian Medical Association Journal in 2019 found that the prevalence of vaping among Canadian youth **had increased** from 8.4% in 2017 to 14.6% in 2018.
- Another study published in 2019 found that the prevalence of vaping among Canadian high school students **had increased** from 9% in 2016 to 14% in 2018.
- Health Canada reports that between 2017 and 2019, there was a 74% increase in the number of Canadian students in grades 7-12 who reported having ever **tried vaping** (from 19% to 34%).

# VAPING TENDENCIES



Note: Students selected more than one answer

# EFFECTS ON ACADEMIC PERFORMANCE

1. A 2020 CAMH study found that high school students who reported using e-cigarettes, including vaping, had **lower academic achievement** than those who did not use e-cigarettes.
2. The study found that students who reported vaping were more likely to have **lower grades** and to report **skipping classes**, compared to those who did not use e-cigarettes.
3. A 2019 study conducted by researchers at the University of Waterloo found similar results among Canadian university students who reported using e-cigarettes, who were more likely to **experience academic problems** like missing classes and having lower grades.

# THE IMPACTS OF VAPING IN THE CLASSROOM

- **Classroom disruptions**
  - Constant bathroom breaks .
  - Late or Skipping class .
  - Disrupting other students .
- **Behaviour and disciplinary issues**
  - Vaping in class .
  - Vaping behind teachers back .
- **Effects on Academic Performance**
  - Nicotine dependency .

# RESOURCES FOR PARENTS

foundrybc.ca/geetsupport  
quitnow.ca