



TEEN VAPING IS A PROBLEM.

LET'S TALK ABOUT IT!

[PARLONSENMAINTENANT.CA](https://parlonsenmaintenant.ca) ↗

Fruit flavours, eye-catching design, innovative technology and advertising on social media: e-cigarettes are very popular among teens. Contrary to popular belief, e-cigarettes are harmful to teens' health, especially because of the high nicotine content. Teens develop nicotine addiction much more quickly than adults. After a few weeks, or even a few days of vaping, they can already be addicted. Even though you think it is unlikely that your teen is vaping or is exposed to it through friends, you have nothing to lose by starting to discuss this issue once your child reaches adolescence.

COVID-19

Adolescents are often introduced to vaping by sharing a friend's e-cigarette. Also, during the pandemic, this practice could have a negative impact on the spread of COVID-19.

HOW TO BRING UP THE TOPIC OF VAPING WITH YOUR TEEN

PREPARE

Before starting a discussion with your child, start by familiarizing yourself with e-cigarettes and their impacts on health. Read the section on myths and visit parlonsenmaintenant.ca and www.promotionsante.chusj.org/fr/conseils-et-prevention/sante-des-ados/tabac

Then you will be ready to answer their questions and debunk some of the myths.

VAPING MYTHS

MYTH 1

VAPING IS NOT HARMFUL TO HEALTH.

We know that vaping can affect health. Also, since there is no way to control what goes into e-liquids, it's impossible to know precisely what you inhale.

MYTH 2

E-CIGARETTES DON'T CONTAIN NICOTINE.

In fact, although some e-liquids don't contain nicotine, those aren't the ones that are popular among young people. The first e-cigarette models were not very effective at delivering nicotine; more recent ones better simulate the feeling of smoking. It's especially important to remember that nicotine, found in most e-liquids, is very addictive. Newer products, in which nicotine is in the form of nicotine salts, allows vapers to inhale large quantities of nicotine without causing throat irritation. Teens looking for a buzz can then use e-cigarettes like a type of drug.

MYTH 3

E-CIGARETTE SMOKE IS JUST WATER VAPOUR.

That's false. In fact, e-cigarette smoke contains very little water.

The heated e-liquid that produces smoke is composed of several chemicals, such as propylene glycol and vegetable glycerin. It can also contain heavy metals like toluene, lead or chrome, which are toxic and carcinogenic. In addition, there is nicotine in most e-liquids, which is very addictive and affects brain development.

MYTH 4

TEENS ARE NOT ATTRACTED TO E-CIGARETTES.

With their high-tech designs and many e-liquid flavours, e-cigarettes are perceived as fashion accessories and gadgets rather than tools to help adults quit smoking. The industry's goal in using this strategy is to entice young non-smokers to vape.



**" THEY WANT TO BE COOL.
THEY TRY TO BE LIKE
SECONDARY 5 STUDENTS. "**

START A DISCUSSION AND KEEP THE DIALOGUE OPEN

Find the right moment to bring up the subject. You can plan a discussion in advance, but talking about it spontaneously is just as good. For instance, when you see someone vaping in the street or in a film, use that opportunity to ask your teen what he or she thinks about e-cigarettes, if they know anyone who vapes, or if they've considered trying it themselves.

The goal is to get your child to develop critical thinking towards vaping products, to become more assertive and able to resist the influence of friends and social media. Tell your child that you are always available to chat about this issue.

WHAT CAN YOU DO IF YOUR TEEN VAPES?

First, ask your child what he or she thinks about their vaping. Don't be too emotional and focus on the facts rather than being judgemental. Avoid evoking catastrophic scenarios to try dissuading your child through fear: this is not an effective strategy. You can also check on your teen's level of addiction. Does the child feel an irresistible urge to vape? Does he or she have withdrawal symptoms such as dizziness and irritability when not vaping for a while? Does your teen need higher doses to achieve the same effects? If you think your child shows signs of addiction, he or she can talk to a health professional at school (nurse, addiction counsellor), a doctor or look into **J'ARRÊTE!** quit-smoking services.



" I SOMETIMES VAPED IN SECRET AT HOME. "

WHAT IF YOU'RE A CIGARETTE OR E-CIGARETTE SMOKER?

Even if you smoke or vape, clearly tell your child that you don't condone addiction, which affects many aspects of life such as health and finances. Don't underestimate how much your opinions matter to your child. You can influence them and reduce his or her desire to try vaping.

Be yourself! Talk about the reasons why you started smoking or vaping, and how fast you became addicted. Explain how difficult it is to quit. Finally, don't forget that young people are money-conscious, and they care about the environment. They also react strongly to real emotions. Don't hesitate to make connections between these topics and your own use.

THE PARLONSENMAINTENANT.CA AWARENESS CAMPAIGN IS AN INITIATIVE OF QUEBEC COUNCIL ON TOBACCO AND HEALTH

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