



HASTINGS PRINCE EDWARD  
**Public Health**

# Vaping

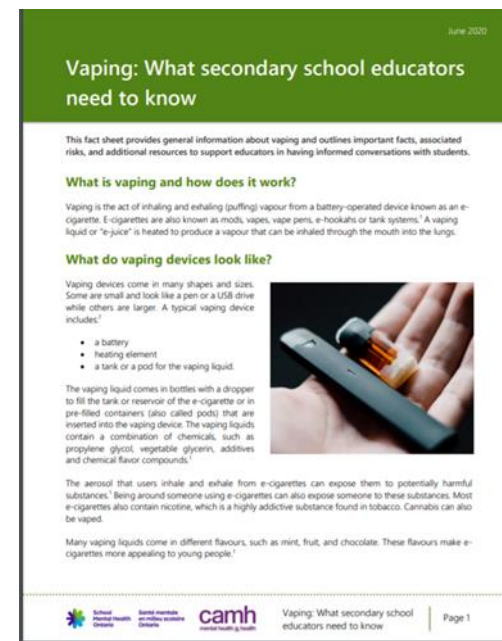
## What Secondary School Educators Need to Know

May 2022

[hpePublicHealth.ca](http://hpePublicHealth.ca)

# Outline

- What is vaping and how does it work?
- What do vaping devices look like?
- Who is using and why?
- What are the health risks of vaping?
- What are the laws around vaping?
- How can I promote student well-being and prevent harms from vaping?
- How does vaping connect to the curriculum?



# How Do Vapes Work?

Vapes may look different but they generally work the same way and have these components.



**Mouthpiece**

Used to inhale the vapor/ where the vapour is released.



**Tank**

Tank/Pod/Cartridge that holds the e-juice.

Refill the tank or replace the pod or cartridge.



**Atomizer**

Heats up the e-juice to create the vapour.



**Battery**

Batteries are used to power the device.

# What Do Vapes Look Like?

1<sup>st</sup> Generation



Cig-a-likes [disposable]

2<sup>nd</sup> Generation



3<sup>rd</sup> Generation



Novelty



Pod/Cartridge Based



Juul, ePen, disks [pod system]

Vape Pens, Tank Systems, Mods [refillable e-juice]

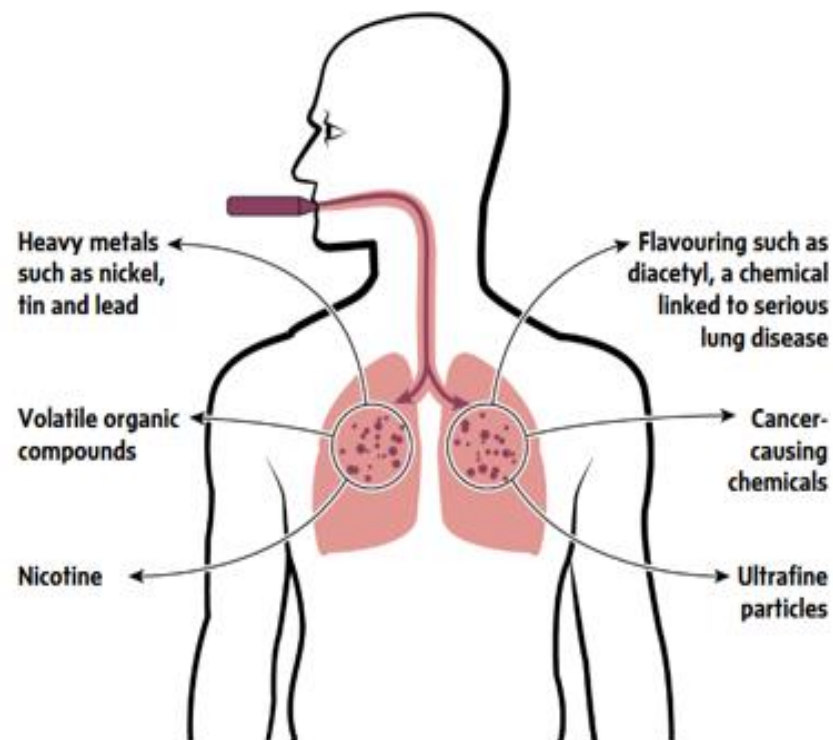
## E-Juice/E-Liquid & Aerosol

**E-cigarettes produce an aerosol**

- Not just “water vapour”

**E-Juice/E-Liquid can contain:**

- Flavourings
- Cannabis
- Nicotine



MURAT YÜKSELİR / THE GLOBE AND MAIL, SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

## Which Youth are Using?

- In 2019, vaping among Ontario students in grades 7 to 12 increased to **23%** (This is up from 11% in 2017.)
- Rates are even higher in Eastern Ontario (almost **30%**).
- In the same population:
  - **5%** have tried tobacco cigarettes
  - **22%** have tried cannabis

*\*\* 2019 Ontario Student Drug Use and Mental Health Survey*

## Why Are Youth Using?

**“It helps me enjoy a party”**

**“It helps me forget about my problems”**

**“I use it out of boredom”**

**“So I won’t feel left out”**

**“It helps me relax”**

**“It’s exciting”**

**“I’m curious”**

## Health Risks of Vaping

### Short Term:

- mouth/throat irritation
- cough
- shortness of breath
- nausea

### Developmental:

- addiction & dependence
- learning, memory, concentration
- reduced impulse control
- worsen symptoms of depression & anxiety
- cause behavioural problems





## Vaping and the Law in Ontario

- You cannot smoke/vape in the following public spaces:
  - Public and private schools
  - School grounds and all public areas within 20m of these grounds
  - Children's playgrounds and all public spaces within 20 m of these playgrounds
  - Grounds of community recreational facilities and all public areas within 20m of these grounds
  - Publicly-owned sporting areas (not including golf courses), nearby spectator areas and public areas within 20m of these areas

## Warning Cards



There are new smoking and vaping laws. It is against the law to smoke tobacco or cannabis or vape anything on or within 20 metres of school property.

### Breaking the law is costly!

**FINES:** Smoking or vaping on or within 20m of school property, **including in your car:** **\$305**



Selling, supplying or sharing tobacco or vaping products with anyone under the age of 19:

**\$490**

For more information or FREE help to quit, call Hastings Prince Edward Public Health at 613-966-5500 ext. 600. [TTL@hpeph.ca](mailto:TTL@hpeph.ca)

To request this document in an alternate format, call 613-966-5500; TTY: 711 or visit [www.hpepublichealth.ca](http://www.hpepublichealth.ca)



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## How to Report:

- Contact the HPEPH Tobacco Talk Line
  - 613-966-5500 x 600
- Fill out an SFOA Witness Report
  - <https://hpepublichealth.ca/sfoa-school-incident-report/>

### **SMOKE FREE ONTARIO ACT WITNESS REPORT**

#### **Type of Offence**

- |  |
|--|
| <input type="checkbox"/> Smoking or vaping <u>on</u> or <u>within</u> 20m of school property, including in a vehicle - <b>\$305</b><br><input type="checkbox"/> Selling, supplying or sharing tobacco or vapour products with anyone under the age of 19 - <b>\$490</b><br><input type="checkbox"/> Selling tobacco or vapour products on school property - <b>\$490</b> |
|--|

#### **Description of Alleged Offence**

Date of Offence (yyyy/mm/dd):		Time:		<input type="checkbox"/> am <input type="checkbox"/> pm
Occurrence details and exact location (include address) where alleged offence occurred:				

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1958

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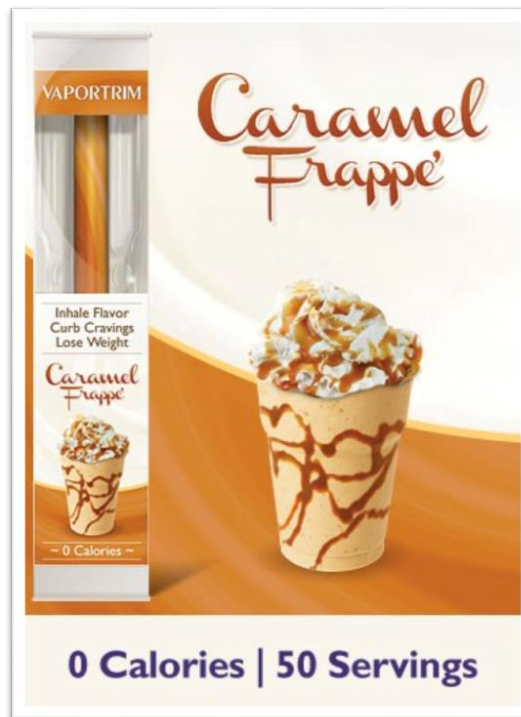
[blucigs.com/store-locator/](http://blucigs.com/store-locator/)



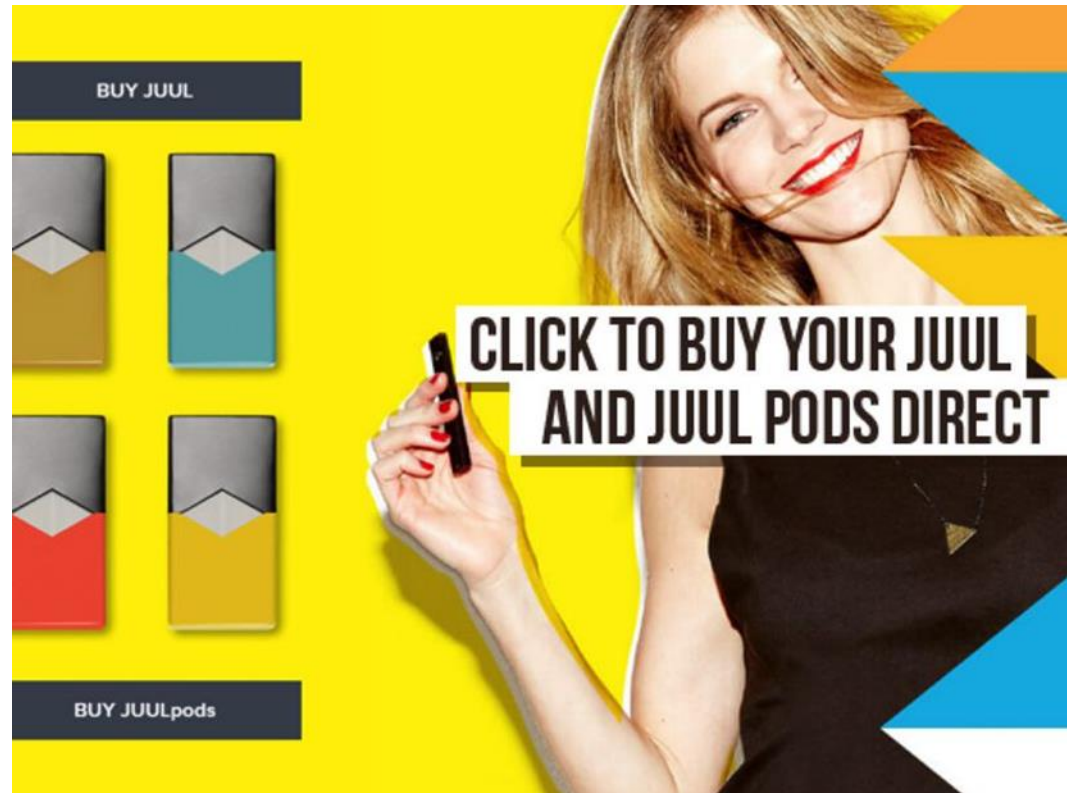
2013



# Marketing and Youth



# Marketing and Youth



# How to Support Student Well-Being and Prevent Harms Related to Vaping



- Approach vaping in a knowledgeable, supportive and non-judgmental way.



- Provide multiple opportunities to learn about vaping.



- Understand students vape in response to stress and difficult feelings
  - Help students explore ways to cope

# How to Support Student Well-Being and Prevent Harms Related to Vaping



- Support students to deal with social pressures



- Help students critically examine marketing tactics used by the industry.



- Collaborate with public health to use a Healthy Schools approach.





## Curriculum Connections

- The Ontario Health and Physical Education Curriculum from Grade 1 - Grade 12 provides diverse opportunities for students to learn about vaping:
- Elementary:
  - Making informed choices; vaping risks & health effects; refusal skills; assertiveness
- Secondary:
  - Effects of substances & behaviours on mental/physical health
  - social factors
  - role of protective and risk factors in developing resilience
  - decision making, assertiveness, refusal skills

## Prevention Campaigns

- Grade 7 and 8 – [Not an Experiment](http://notanexperiment.ca) – notanexperiment.ca



- Grades 9-12 – [Behind the Haze](http://behindthehaze.com) – behindthehaze.com



# Lung Association – “Talking About” Series



**Cannabis**



**Tobacco**



**Waterpipes**



**Vaping**

# Public Health Support for Schools

- Curriculum supports
  - Action guide
- Health Promotion
  - Support for school wide campaigns
- Public Health Clinics
  - Information about quitting vaping
  - Help making a quit plan
  - Quit kits and apps

## Final Facts

- Vaping behaviours are different across grade groups.
- Vaping is NOT harmless.
- E-cigarettes are NOT a proven effective quit smoking aid for youth.
- Vaping is linked to mental health and substance use problems.

# Supporting Students Who Want To Quit

- Kids Help Phone
  - 1-800-668-6868
  - Text CONNECT to 686868
  - [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- Smoker's Helpline
  - Text iQuit to 123456
  - [www.smokershelpline.ca](http://www.smokershelpline.ca)
- Quit Coach @ Telehealth Ontario
  - 1-866-797-0007
- Quash App
  - [www.quashapp.com](http://www.quashapp.com)
- HPEPH Public Health Nurses in all Secondary Schools

## Want More Information?

[www.notanexperiment.ca](http://www.notanexperiment.ca)

[www.quashapp.com](http://www.quashapp.com)

[www.behindthehaze.com](http://www.behindthehaze.com)

[www.hpepublichealth.ca/vaping](http://www.hpepublichealth.ca/vaping)

[www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html](http://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html)