

LET'S TALK

Vaping

WITH OUR KIDS!



PERSONAL WELLNESS 6-9
WELLNESS STRAND

Know the Facts!

DISCUSS RISKS FROM NICOTINE AND CANNABIS MISUSE IN VAPES.

WHY IS IT IMPORTANT?

Vape liquids often contain high amounts of nicotine and other chemicals. Cannabis oils are also being found in vapes at school. These substances are illegal if under 19 years of age.

IDEAS FOR FAMILIES

- Watch [Teen Vaping and Nicotine](#) with your youth to start a discussion.
- Explore information on dealing with peer pressure, hidden dangers and the effects of nicotine on the young brain at [Consider the Consequences of Vaping - Canada.ca \(bilingual/bilangue\)](#)
- Openness, and curiosity helps to foster supportive interactions with your youth. [Talking with Youth About Vaping | PHE Canada](#)
- Check out [iminds-facilitating-dialog.pdf \(uvic.ca\)](#) for ideas to start the important conversation around risks and costs associated with vaping.
- Discuss strategies to manage anxiety other than vaping, which can lead to increased anxiety.
 - [E-Cigs/Vapes & Pod-Based | Tobacco Prevention Toolkit | Stanford Medicine](#)

DID YOU KNOW?

- New Brunswick has the highest vaping prevalence in Canada among youth ages 15-19 years old.
- Nicotine impacts brain development in children and youth.
- Students surveyed reporting trying a vape for the first time as young as 8 years old.
- Most vape pods contain more nicotine than one package of cigarettes.

Visit [Correlates of vaping among adolescents in Canada \(statcan.gc.ca\)](#) for more information.



1 Pack of Cigarettes
≈ 20mg of nicotine



1 JUUL Pod
≈ 41.3mg of nicotine



1 Puff Bar
≈ 50mg of nicotine



1 Suorin Pod
≈ 90mg of nicotine

STAY UP TO DATE ON MARKETING THAT IS TARGETING YOUTH VAPING.

WHY IS IT IMPORTANT?

Vaping products are attractively designed to appear less harmful.

IDEAS FOR FAMILIES

- Read labels of popular vaping products and talk about the harmful ingredients.
- Talk about why companies are branding vaping products like candy.
- Compare how social media, movies and tv shows normalize vaping today to how cigarettes were marketed in the past.
- Check out these resources:
 - [Truth Vaping Lingo Dictionary.pdf \(truthinitiative.org\)](#)
 - [FNHA-E-Cigarettes-What-You-Need-To-Know-To-Stay-Healthy.pdf](#)
 - [Tobacco Marketing | MediaSmarts](#)

RESPECTING SACRED TOBACCO

- Wabanaki First Nations use tobacco as part of ceremonies.
- Gifting packets of loose tobacco, usually wrapped in red fabric, to Elders and Knowledge Keepers who visit schools is a common practice.
- Ceremonial tobacco is different from commercial tobacco.
- It is a medicine used in ceremony by Wabanaki Peoples.
- Sacred tobacco is grown, harvested and dried without additional chemicals.

Visit [Respecting sacred tobacco \(www.lung.ca\)](http://www.lung.ca) for more information.



SWEAT LODGE BY PAULINE YOUNG

Ready to Quit!

REASSURE YOUR YOUTH THAT THEY ARE NOT ALONE IN THEIR QUITTING JOURNEY.

WHY IS IT IMPORTANT?

Problematic substance use is difficult to overcome and will require patience and moral support from family, peers, and connected community members.

IDEAS FOR FAMILIES

- Discuss with your youth which school staff should know to help support if they experience irritability or are distracted at school (ie. Guidance Counsellor, trusted teacher, administrator).
- Discuss strategies for handling withdrawal symptoms in a positive way (ie. asking for help, identifying coping strategies that work for them).
- Decide on the quitting approach that supports their needs and lifestyle.
 - [Talk Tobacco \(smokershelpline.ca\)](#)
 - [QuitNow.ca](#)
 - [Quash app](#)
- Check out these resources:
 - [Vaping is not without risks. | Vitalité \(vitalitenb.ca\)](#)
 - [YouTube: Youth Respecting Tobacco-Zombies](#)