

**Vaping FAQs - STUDENTS**

Questions	Answers
Is smoking worse than vaping?	We know how harmful tobacco is. However, there is not enough research on the long-term effects of vaping. We do know the short-term effects and that there are risks to vaping.
What makes it addictive?	The e-juice may contain nicotine, which is a highly addictive drug. People may also become addicted to the behaviour, device, or brand.
Can vaping make you high?	No, vaping e-juice cannot make you high. Some short-term effects are feelings of light-headedness or dizziness.
Can you vape if you are pregnant?	However, vaping cannabis products with THC can cause a high. Many e-juices contain nicotine and nicotine can result in the lack of oxygen and nutrients to the baby. Although there is not enough research done, there are still chemicals being inhaled which may pose a risk.
What do I do if older people are vaping around me?	Walk away and find somewhere where you feel comfortable. Use refusal skills if needed.
Can you hurt other things than just your lungs if you vape?	Yes. It can affect your brain development (e.g. memory, concentration). It may lead to nicotine addiction and possibly other drugs.
Do drugs and vaping have the same addiction?	Nicotine, which is found in e-juice, is a drug and it is highly addictive.
Is there a safe way to smoke/vape?	There are always risks to smoking/vaping.
Can you get hurt if you inhale someone else's vapour?	Yes, it may be similar to second-hand smoke (second-hand vapour).
Everyone says "you don't know what's going in your lungs" but the ingredients are on the bottle. How is that dangerous?	Although the chemicals are all labeled on the bottle, when they are heated together, chemical reactions happen, and produces a harmful aerosol that may then be inhaled into the lungs.
Is it equivalent to smoking? Worse or better?	Although it may be safer, safer does NOT mean safe. There is limited long-term research so we still do not know the effects it could have.
What's in e-juice?	Main ingredients are propylene glycol, vegetable glycerin and flavouring.
Is it still harmful if there is no nicotine?	There are still other chemicals in the e-juice that may be harmful to the lungs when inhaled.
Why are there so many flavours?	Marketing! The e-cigarette industry sells all different kinds of flavour to attract youth.

**HEALTH-RELATED**

**E-JUICE**

<p>Are there laws to stop creating e-juice so tempting to kids?</p>	<p>Canada has established a strong regulatory framework for vaping products, with a focus on preventing uptake by youth and non-smokers. There are bans on the sale and promotion of vaping products that make the market appealing to youth, such as interesting shapes and sounds; the promotion of certain flavours –like candy, desserts, or soft-drinks; the promotion of lifestyle advertising; sponsorship and giveaways of vapes.</p>
<p>Are there e-juices without nicotine?</p>	<p>Yes. Some e-juices say they do not contain nicotine. But, in the past, they have found that there are even small amount of nicotine in those “nicotine-free” e-juices.</p>
<p>How long does the e-juice last? What are the effects of nicotine on the brain?</p>	<p>It depends on the user and how frequently they vape.</p>
<p>Is there any legal age to vape?</p>	<p><b>*THERE IS NO POSSESSION LAW*</b> (Try to emphasize the legal age to buy e-cigarettes) The legal age to buy an e-cigarette is 19.</p>
<p>Can you get arrested for vaping under age?</p>	<p><b>*NO*</b> (Try to emphasize the fines if caught vaping or supplying to another minor) - \$305 for first offence if caught on school property + 20 m from perimeter - \$490 if caught supplying to minor (e.g. sharing their vape with a friend)</p>
<p>If the vape does not have any tobacco or nicotine can you vape at school?</p>	<p>No. Vaping any substance is not permitted on school property and additionally within 20 meters from the perimeter.</p>
<p>Do they let people under age buy a vape at the vape store?</p>	<p>No. You must show ID and be 19 to purchase a vape.</p>
<p>Could a teacher/adult get in trouble for not reporting a student who is in possession of a vape?</p>	<p>The teacher or staff can report the user. However, they must witness the student vaping.</p>
<p>Why do people vape now and not before?</p>	<p>Vaping has become much more popular in the last few years. In the past, there was a higher rate of cigarette smokers. Recently, there have been a huge increase in marketing to youth.</p>
<p>Who invented vapes?</p>	<p>A Chinese pharmacist, Hon Lik (2001)</p>
<p>Why was vaping invented?</p>	<p>The e-cigarette was originally created as a smoking cessation aid.</p>
<p>What can I do if I think a friend might vape when they are older or will try to make me do it?</p>	<p>Practice refusal skills. You can say, “No, I don’t want to.”</p>
<p>Why do people think it is cool to vape?</p>	<p>There is a ton of marketing done towards youth. There are lots of flavours and even celebrities promoting it.</p>
<p><b>LAWS &amp; LEGISLATION</b></p>	
<p><b>MISCELLANEOUS</b></p>	

Both my parents vape. How can I get them to stop?	You can talk to them about the risks and harms. However, you cannot change someone else's behaviour, only your own.
Do you vape?	<i>You do not have to answer any personal questions.</i>
Why is it considered cool?	It's designed as sleek and discreet. It's techy and colourful.

### Vaping FAQs - PARENTS

	Questions	Answers
<b>LAWS &amp; LEGISLATION</b>	What are the fines/disciplinary measures associated with vaping?	<p>Per the Smoke Free Ontario Act:</p> <ul style="list-style-type: none"> <li>• First offence fine for vaping on school property and/or 20m from the school perimeter = \$305</li> <li>• Multiple offences can result in fines ranging from \$1000 – 5000</li> <li>• First offence fine for the illegal sale and supply of vaping = \$490</li> <li>• There is no possession law per the SFOA, however, schools may have specific disciplinary policies (e.g., suspension) for possession and use</li> </ul>
	In terms vaping on prohibited grounds: What is the approach of the courts? Are they typically progressive in their approach?	<ul style="list-style-type: none"> <li>• It is difficult to gauge the approach of courts as they handle these on a case-by-case basis</li> <li>• Typically, if a judge sees that the student completed the Tobacco Education Program (TEP) they may get their ticket reduced</li> </ul>
	If a student is caught vaping, is there a deeper investigation/follow-up that is conducted?	<ul style="list-style-type: none"> <li>• The Tobacco Control Officer (TCO) will assess on a case-by-case basis</li> </ul>
	How is e-juice regulated?	<ul style="list-style-type: none"> <li>• E-juice is regulated by Health Canada (federal level) in terms of things like warning labels, listing ingredients, packaging etc. but provinces may impose stricter regulations</li> <li>• Essentially, the federal government sets the minimum/basic requirements that provinces can either keep or make stronger</li> </ul>
<b>OTHER</b>	What is the financial cost/price associated with vaping?	<ul style="list-style-type: none"> <li>• Prices vary depend on the e-juice/brand of vaping device purchased (<i>Refer to Vaping Kit for prices of specific products</i>)</li> </ul>

What are the stats on vaping as a smoking cessation tool (i.e. what are the success rates?)

- The effectiveness of e-cigarettes as a smoking cessation aid remains inconclusive. However, emerging evidence suggests that newer e-cigarette devices might be more effective for smoking cessation than earlier devices
- If a long-term daily cigarette smoker does choose to use an e-cigarette for quitting they should:
  - Use the e-cigarette daily
  - Use an e-cigarette that contains nicotine
  - Use the e-cigarette if your purpose is to actually quit smoking