

E-Cigarettes & Vaping

A Fact Sheet for Educators and Parents/Caregivers

Vaping products, also called e-cigarettes or vapes, are commercial tobacco industry products. They come in many shapes and sizes – ranging from long cylindrical units to small boxes with a mouthpiece, to flat sticks similar in look to USB memory sticks. Depending on the model, a user can fill their own cartridge with e-substances or buy pre-filled sealed cartridges. The fill-your-own or customizable cartridges can be used to vape everything from e-substances to cannabis.

The tobacco industry is spending significant amounts of money to market and promote vapour products and they are making vapes attractive to students. They are readily available at local convenience stores, online and in specialty vape shops for everyone 19 years of age or older. Many students under 19 are using vapes.



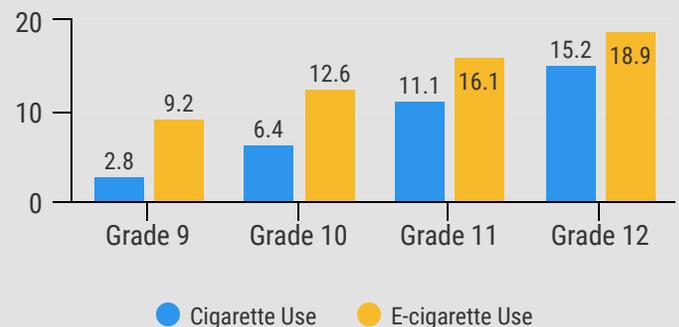
Effective October 17, 2018, the use of vapour products to vape any substance, and the smoking of cannabis (medical or recreational) is banned in all places where smoking cigarettes is prohibited including school grounds and within 20 metres of the perimeter of school property.*



Did You Know?

Vaping among students is outpacing cigarette smoking!

Tobacco Cigarette versus E-cigarette Use (Past Year Use %)



Data from Ontario Student Drug Use and Health Survey, 2017

* See *Smoke-Free Ontario Act, 2017 How the Act Affects: Schools Fact Sheet*

When speaking to staff, students and caregivers some key points to include:

- Vaping is not harmless – short and long-term health effects are still being studied.
- Many e-substances contain nicotine and students using them are at risk of becoming nicotine dependent.
- Nicotine can alter youth brain development and can affect memory and concentration.
- There is growing evidence that youth who vape go on to smoke cigarettes.
- Many e-cigarettes are easy to hide and produce very little vapour and scent.
- Vaping, like tobacco and cannabis smoking, is banned on school property at all times and within 20 meters of the perimeter of the property.
- Vapour product companies use many of the same advertising and marketing tactics as Big Tobacco companies to hook life-long customers.

If You Don't Smoke, Don't Vape!

New Vaping Products in Ontario



JUUL

- New to Canada, wildly popular among youth in the U.S.
- Refills are sealed pods available in 3% and 5% nicotine strength
- One 5% strength pod has the equivalent nicotine content of a pack of cigarettes and is cheaper to buy than regular cigarettes
- JUUL pods contain nicotine salts that some users say produce a less harsh taste, while still delivering high levels of nicotine.
- The verb "juuling" has emerged to describe using the product
- Resembles a USB stick and can be charged via a USB port
- Comes in various flavours that are appealing to youth, such as: mint, mango and vanilla

Vype Products

Vype ePEN3

- Vype ePEN3 pods are made of e-juice that contains various levels of nicotine
- Sleek device that comes in various flavours that are appealing to youth, such as dark cherry and infused vanilla



Vype ePOD

- Vype's newest product on the market which is designed to compete with JUUL
- Vype ePod vPro cartridges are available in 5% nicotine strength and are composed of nicotine salts
- Comes in various flavours that are appealing to youth, such as mango wonder and polar mint

Vype eStick

- Very new product available from Vype and available for sale in Canada
- Cartridges deliver approximately 200 puffs
- Comes in various flavours that are appealing to youth, such as toasted tobacco and cool spearmint



Adapted with the permission of Simcoe Muskoka District Health Unit
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