

## Vaping Myths

*Myth: Everyone Vapes.*

**20%** of youth in British Columbia report using vaping e-liquids with or without nicotine. 1 in 5 youth may try, not everyone.

*Myth: Vaping doesn't affect others.*

Second-hand vapour contains nicotine, heavy metal and tiny particles, which may cause inflammation and other health problems.

*Myth: Vaping is safer than smoking tobacco.*

While e-liquids do not contain the 7000 toxic chemicals found in tobacco, the ingredients within e-liquid, when heated, are toxic for our bodies.

*Myth: It's nicotine-free?*

While some vaping products claim to have no nicotine, some of these products do contain trace amounts without labelling.

## FOR MORE INFORMATION



**VSBC's Supporting And Connecting Youth (SACY)**

program provides substance use/health promotion to engage Vancouver students, parents, teachers, administrators and the greater community. It is a joint partnership with the Vancouver Coastal Health.

[vsb.bc.ca/sacy](http://vsb.bc.ca/sacy)

**SACY**

SUPPORTING AND CONNECTING YOUTH



Be **VOCAL**  
about **VAPING**

what you need to know about  
**VAPING**



**VSBC** Vancouver School Board

**Vancouver Coastal Health**

## How Vaping Works

Vaping is a smokeless form of nicotine delivery that vaporizes nicotine-containing (or non-nicotine containing) liquids into an inhaled aerosol. Vaping devices include 4 core components: a mouthpiece, a cartridge (holds the e-liquid), an atomizer (for heating the e-liquid) and the battery (to power the atomizer). Many of the vaping devices are easy to conceal from view and produce colourless vapour.

## Vaping and the Law

In BC, you must be 19 years or older to buy vaping products. It is illegal to use, sell, or give any vapour products to someone under the age of 19. Vaping BC Tobacco and Vaping Products Act bans vaping in all places where smoking is not allowed.

## Did you know?

Studies show health benefits if youth postpone the experimentation with vaping for as long as possible.

## Also...

For optimal health, it's best to not try at all.

## The Effects of Nicotine in the Brain

### Nicotine Addiction

Nicotine is highly addictive. Vaping causes the brain to release dopamine, and if someone wants to repeat the process, it can lead to nicotine dependence and addiction.

### Physical Symptoms

It includes: increased heart rate, breathing rate and blood pressure, suppressed appetite, nausea or vomiting.

### Mental Symptoms

Vaping affects brain development, including emotion irregularity, mood swings and increased anxiety.

### Time of Use

Youth are more sensitive to the symptoms of nicotine from early use because their brains are still developing. The earlier that vaping begins, the higher risk of lifelong use.

### Nicotine Withdrawal

This increases anxiety and perceived stress, irritability, depressed mood, restlessness, difficulty concentrating, increased hunger cravings, insomnia.

### Long Term Effects

Vaping can cause a lowered sensation of happiness due to the suppression of dopamine release over time, and potentially affect your lungs and heart.

### Short Term Effects

In small doses: vaping can cause nausea, vomiting, diarrhea.

In larger doses: vaping can cause an abnormal lowered heart rate, seizures, pulmonary diseases, or fatality.



It's easy to feel social pressure to vape. Social media and online advertisements may project vaping as being the norm. Youth may experiment to gain autonomy, belong to a peer group, or because they feel bored and rebellious. It is a way youth try to cope with stress, anxiety or depression.

**SACY** works to prevent, delay and reduce problematic substance use. Prevention activities explore the social, emotional, and health impacts of youth substance use.