

Vaping Parent Resource

**Vaping continues to be a popular trend among children and youth in Middlesex-London.
Talking to your child about vaping is one of the best ways to keep them vape-free.**

In this Resource:

- What is in a Vape
- Potential Health Effects

Did you know...

Many vapes contain the highly addictive drug nicotine. Using nicotine in adolescence can harm parts of the brain that control mood, learning and impulse control.

What is in a Vape?

Vape aerosol contains many chemicals and ultrafine particles, none of which belong in the lungs or body. These can include but are not limited to:

- Propylene glycol, glycerin
- Nicotine which can lead to addiction
- Diacetyl, which is a flavouring chemical that has been linked to a serious lung disease
- Dozens of toxic chemicals, such as, benzene, formaldehyde, and arsenic, which can lead to negative health effects including cancer
- Heavy metals such as nickel, tin, and lead

Potential Health Effects

Nicotine Effects

The developing teen brain can become addicted to nicotine faster and with less exposure when compared to adults. Exposure to nicotine before the age of 25 can “rewire” the brain. This can cause long-lasting effects on attention, memory, concentration, and learning. It can also decrease impulse control and increase the risk of behavioral problems. Youth who become addicted to nicotine may be more likely to start smoking cigarettes or develop addictions to other drugs.

Respiratory Effects

Particles in the aerosol can cause numerous respiratory effects such as nose and throat irritation, chronic cough, shortness of breath, chest pain, and bronchitis. It can also make existing lung conditions like asthma worse.

Injuries

E-cigarettes use lithium-ion batteries which can overheat and explode. As a result, there have been numerous heat and chemical burn injuries to the mouth, face, head, and eyes.

Research and new information on the effects of vaping continue to emerge. Long-term risks are still unknown.

What can parents and guardians do if these devices are found?

Youth say that parents are the biggest influence in their lives. Parents and other caring adults play an important role in helping children and youth make decisions about vaping. Check out www.NotanExperiment.ca/Parents for information on how to talk with your youth about vaping.

Sources-

Not an Experiment (2022) <https://www.notanexperiment.ca/>

Government of Canada (2022) *Consider the Consequences of Vaping*. Retrieved from: <https://www.canada.ca/en/services/health/campaigns/vaping.html>

Canadian Lung Association (2022) *Vaping-what you need to know*. Retrieved from: <https://www.lung.ca/lung-health/vaping-what-you-need-know>

