

# CONSIDER THE CONSEQUENCES OF VAPING:

## ONLINE SELF-LED MODULE



### GUIDE FOR USERS

#### OVERVIEW

The Consider the Consequences of Vaping self-led module aims to provide youth aged 13-18 with information about vaping to help them make informed decisions about their health. It also helps and supports educators in engaging with youth on the issue. This module includes activities, videos and informative content that covers multiple topics related to vaping, including the risks and harms of youth vaping, the effects of nicotine and cannabis use during adolescence, legislation and regulations in Canada, the cost of vaping and tips to deal with peer pressure.

#### INTENDED PRESENTER(S)

The self-led module is intended to be delivered by adults such as teachers, coaches, youth workers in community settings, health professionals, etc.

**Note:** *The module has not been designed to replace school curriculum on the topics. We encourage you to take the time to explore each part and to assess if the content is age-appropriate for sharing with your audience.*

#### ABOUT THE MODULE

The module is organized into three (3) key topic areas:

**Part 1:** An introduction to teen vaping and its harms and risks. (10-15 mins)

**Part 2:** Information on the health effects of vaping nicotine and cannabis for teens. (10-15 mins)

**Part 3:** Insights into the cost of vaping, and tips and tricks to overcome peer pressure. (10-15 mins)

**Length and Format:** The presentation will take approximately 30 to 45 minutes and includes the script with voice over audio - the presenter does not need additional information to deliver the presentation. The module can be used in whole or in part.

#### SET-UP

Before you begin the presentation, please ensure you have the following:

- Access to a projector or smartboard and connection to a speaker system.
- Youth should have access to a computer, tablet or mobile phone.
- Access to the internet.

### ADDITIONAL RESOURCES

Access these resources for more information about vaping, tips for teachers, tobacco, and/or cannabis.

- [About Vaping – Canada.ca/vaping](https://www.canada.ca/vaping)
- [Talking with teens about vaping: Tip sheet](#)
- [Youth vaping prevention resources](#)
- [Smoking, vaping and tobacco](#)
- [Cannabis in Canada: Get the facts – Canada.ca/cannabis](https://www.canada.ca/cannabis)