

# Get the Facts

What you should know about alcohol, cannabis, tobacco and vaping products.

## SUMMARY

Alcohol, cannabis, tobacco and vaping products can change the way the brain and body work - including how they can affect a person's mental health. Although these substances are all different, they have a few things in common:

1.

They can change how a person's body or brain works for a few hours after use.

2.

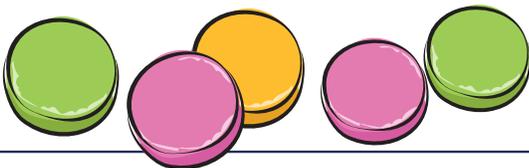
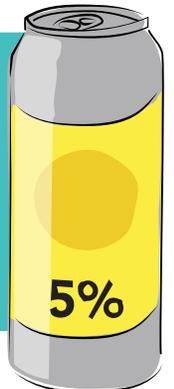
Using them comes with long and short-term health risks, especially for kids or teens, because their brains and bodies are still developing until around the age of 25.

3.

The effects of using alcohol, cannabis, tobacco, and vaping products can impact a person's ability to do the things they enjoy.

4.

They can be addictive and lead to other mental health problems over time.



Do your students still have questions and want to continue the conversation?

Additional resources are available:

- [General information on substances](#)
- [Toolkit for talking with teens about substance use](#)
- [healthcanadaexperiences.ca](http://healthcanadaexperiences.ca)

If a child you know is struggling with, or has questions about, substance use and/or mental health, the Kids Help Phone can help.

The service offers confidential support in both English and French by phone and text, 24/7, as well as live, online chat in the evenings if the child doesn't have a phone:

**Text 686868**  
**[KidsHelpPhone.ca](http://KidsHelpPhone.ca)**  
**Call 1-800-668-6868**



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