

Consider the Consequences of Vaping

ONLINE LEARNING MODULE



TEACHER'S RESOURCE

This resource outlines the content found in the module, including the narration and onscreen text, so that teachers or presenters can familiarize themselves with the content before sharing it with their classes or in recreational and community settings.

It also outlines places where interactive elements appear throughout the module, including videos, activities and Q&As.

PART 1



Thanks for taking the time to learn more about the health risks of vaping! Let's get started with Part 1 of Health Canada's Consider the Consequences of Vaping experience.

In this section, we'll talk about the harms and risks of vaping nicotine and cannabis. We'll learn about vaping products, and the regulations in Canada.

◆ Select 'Start' to begin.



Vaping might not seem like a big deal, but there are real risks.

First off, it exposes you to nicotine or cannabis. Nicotine and cannabis are addictive and both substances can cause dependence.

Addiction is when someone cannot stop using a substance despite negative impacts.

Dependence happens when the body gets used to a substance over time and has trouble functioning without it.

Symptoms of cannabis or nicotine dependence can include needing to use more of the substance to feel the same effects, cravings to vape, and feeling increasingly restless, moody or anxious when not vaping.

Both substances can harm healthy teen brain development since the brain is still developing until you're around the age of 25. Vaping cannabis, especially frequently, can lead to more mental health challenges, like severe anxiety and depression.

Plus, vaping in general can increase your exposure to chemicals and metals that are harmful to your lungs and your body.

And here's something important to remember, we still don't know what the long-term health effects of vaping are.

Let's get started by taking a look at the mechanics of vaping.



◆ Select 'Play' to watch the video.



Let's talk about some key facts about vaping products.

Most of the vaping products that are available for sale:

- are flavoured
- contain nicotine or cannabis, and
- are liquids

In nicotine vapes, the vaping liquids contain nicotine, flavouring and other chemicals. Flavouring includes chemicals and blends of chemicals that are used to make different flavours.

In cannabis vapes, the vaping liquids contain the strongest levels of THC compared to other cannabis products. Cannabis vapes can also contain flavouring.

You should know that the number of chemicals in vaping liquids can vary. There are sometimes dozens of them, which we'll cover soon.



Now let's look at some of the regulations in Canada for nicotine vaping products.

- Vaping products can't be sold or given to anyone under 18, but some provinces and territories have increased the age limit to 19 or even 21. So check your local laws.
- Legal nicotine vaping products must have a health warning message and be in child-resistant packaging.
- Vaping products can't be shown in stores where young people can see them, and the promotion of appealing flavours like candy or desserts isn't allowed. Some provinces and territories have banned all flavoured vapes except tobacco.
- There's a limit on nicotine in vapes. It can't be higher than 20 mg/mL.
- Vaping isn't allowed in indoor public places, like schools, stores and workplaces. It also isn't allowed in many outdoor spaces like parks, school grounds and building entrances. Depending on where you live, the penalties for breaking the rules can vary – but they can include fines.

As we learn more about the risks of vaping, new rules could be proposed for vaping products in Canada.



There are also regulations that apply to cannabis vaping products in Canada. Here's some information you should know.

- Cannabis vaping products are only legal in Canada for those of legal age, which varies depending on which province or territory you're in.
- Legal cannabis vaping products must have a standardized cannabis symbol, a health warning message and be in child-resistant packaging.
- There is also a THC limit on legal cannabis vaping products. They can't contain more than 1,000 mg/mL of THC per vape.
- They can't contain nicotine.

The same restrictions on use in public places that apply to nicotine vaping also apply to cannabis vaping.



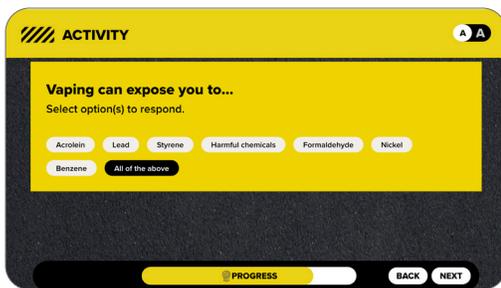
It's important to know what's going in your body when you vape.

Did you know that harmful heavy metal particles like nickel and lead can be found in vapes?

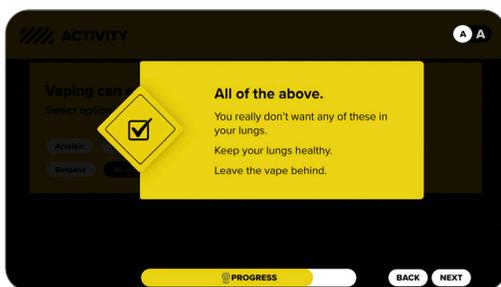
Or that vaping can expose you to other potentially harmful chemicals like formaldehyde and benzenes?

Vaping liquids typically contain glycerol and flavouring chemicals, while nicotine liquids also commonly contain propylene glycol.

Vaping can expose you to all of these things and may harm your lungs and body.

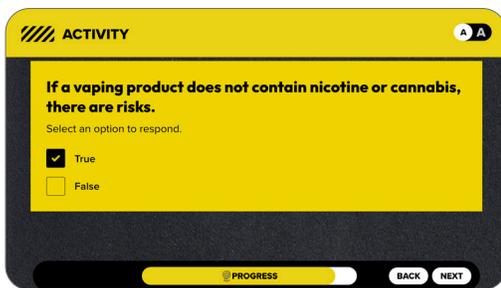


◆ Select any of the options that apply.

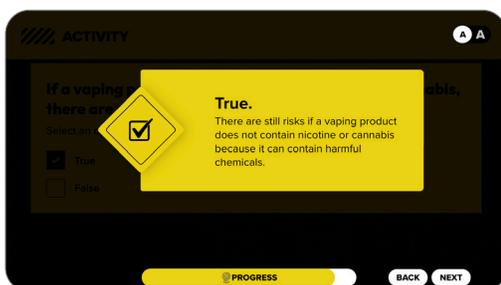


◆ The answer is: All of the above.

You really don't want any of these in your lungs. Keep your lungs healthy. Leave the vape behind.



◆ Select an answer on screen.



◆ The answer is: True.

There are still risks if a vaping product does not contain nicotine or cannabis because it can contain harmful chemicals.



Congrats! You've finished Part 1 of the module.

Next, move on to Part 2 where you'll learn about how vaping nicotine and cannabis can affect teen health.

◆ Select 'Next Part' to continue to Part 2.

PART 2



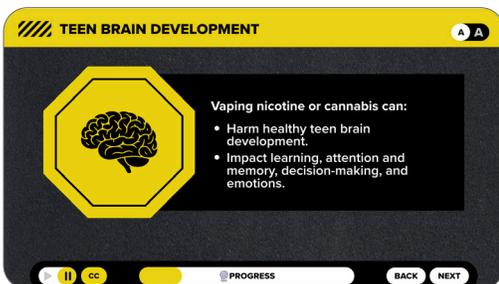
Let's move on to Part 2 of the Consider the Consequences of Vaping Experience.

In this section, we'll share info about how vaping nicotine or cannabis can affect your health. Let's get started by watching a video about teen vaping and nicotine.

◆ Select 'Start' to begin.



◆ Select 'Play' to watch the video.



The teenage years are a critical period for brain development which continues until you are around the age of 25. Vaping either substance, especially every day or most days, can harm healthy teen brain development. Over time, it can make it harder for you to concentrate, learn and manage your emotions.

Nicotine can disrupt the development of brain circuits that control attention and learning, and young people who vape with nicotine or use tobacco products are at increased risk for deficits in these areas.

Compounds in cannabis, like THC, can change the way brain cells communicate with one another and can have long-term effects on things like your learning, attention and memory, decision-making, and emotions.

NICOTINE AND CANNABIS DEPENDENCE AND/OR ADDICTION



Nicotine and cannabis are addictive and can also lead to physical dependence.

- It can take less of either substance for teens to develop dependence than adults.
- There are risk factors that can impact the potential to develop a dependency or addiction.
- Once you become dependent or get addicted, it can be really hard to quit.

UI: Progress bar, BACK, NEXT, CC, A A

Did you know your brain as a teen is more sensitive to nicotine and cannabis than an adult? This means it can take less of either substance for you to experience dependence compared to adults.

How easily someone can become dependent can be different for everyone, and there are several risk factors that can impact the potential for someone to develop a dependency or addiction.

This includes:

- Starting to use these substances earlier in life.
- The amount of nicotine or cannabis a person is exposed to, which depends on the amount in the vaping liquid, the vaping device they use, and how often a person vapes.
- A person's genetics can impact how their brain responds to nicotine or cannabis.
- Family history of mental health disorders or struggles with addiction or any existing mental health challenges.
- Their environment. Do their family or friends smoke cigarettes or vape?

All of this can affect how quickly you might become dependent or addicted to nicotine or cannabis and how difficult it might be to quit.

CANNABIS AND OTHER MENTAL HEALTH CHALLENGES



- Cannabis vapes are particularly harmful because they have the highest levels of THC.
- Higher THC levels mean a higher likelihood of experiencing mental health challenges such as dependence, anxiety, and depression, especially when used frequently.
- In more severe cases, it can also lead to psychosis and schizophrenia.
- Reducing or stopping cannabis vaping can reverse some or all of its effects.

UI: Progress bar, BACK, NEXT, CC, A A

Though all forms of cannabis can harm your mental health, especially in the period of life when your brain is developing, cannabis vapes can be particularly harmful since they have the highest levels of THC compared to other legal cannabis products. Vaping cannabis products that are high in THC can lead to cannabis dependence, anxiety, depression, psychosis and schizophrenia.

Psychosis can involve severe paranoia and seeing and hearing things that are not real. Schizophrenia is a serious disorder and a longer-term form of psychosis that requires life-long treatment.

These impacts are more likely to surface among teenagers and young adults who use cannabis every day or most days, because their brains are developing and more vulnerable.

However, evidence also shows that reducing or stopping cannabis vaping can reverse some or all of its effects, and can help improve your long-term mental health and brain function.

VAPING CAN IMPACT YOUR SPORTS AND ACTIVITIES



- Vaping can increase coughing, wheezing and intensify asthma symptoms in teens.
- This can affect your performance in sports and other activities.
- Avoid vaping so you can really enjoy the things you love doing.

UI: Progress bar, BACK, NEXT, CC, A A

Some studies have shown that vaping can increase coughing, wheezing and intensify asthma symptoms in teens. This can affect your performance in sports and other activities.

If you want to perform your best, it's important to keep your lungs in good shape. Avoid vaping so you can really enjoy the things you love doing.

SECOND-HAND AEROSOL



- Second-hand aerosol is not harmless.
- The health effects from exposure to second-hand aerosol are still being studied.

UI: Progress bar, BACK, NEXT, CC, A A

It's important to know that second-hand aerosol isn't harmless, even though it has fewer chemicals than second-hand smoke.

When someone vapes, the aerosol they breathe out can affect people nearby because they may breathe in chemicals from the second-hand aerosol.

We're still learning about the health effects of second-hand aerosol, but there's some evidence that vaping can leave nicotine and other chemicals on indoor surfaces. Nicotine has even been found in the urine of people who weren't vaping but were exposed to the second-hand aerosol.

ENVIRONMENTAL AND SAFETY RISKS OF VAPING PRODUCTS



When not discarded properly, vape devices and accessories can:

- Pollute the environment with plastic.
- Leak harmful chemicals from e-liquid and batteries.
- Harm wildlife and damage ecosystems.
- Create explosion risks for garbage disposal trucks and waste facilities.

Proper disposal can help limit the risks!

PROGRESS BACK NEXT

Used vaping products can become litter and pollute the environment. If not disposed of properly, these devices can end up as plastic pollution, leak harmful chemicals, and cause fires. When littered, they may harm wildlife and damage ecosystems. Additionally, vape batteries can explode when crushed in garbage or recycling trucks or at waste facilities, creating serious safety hazards.

Disposable vapes are a major concern because they combine single-use plastics, lithium batteries, and e-vaping liquid, in a single device. All-in-one designs makes recycling difficult, since the components cannot safely be separated.

That's why it's important to properly discard vaping products. You can do this by taking them to an e-waste or hazardous waste facility, or somewhere that offers a take-back program.

ACTIVITY

Complete the sentence: Nicotine...

Select option(s) to respond.

Is highly addictive and can lead to dependence. Can harm healthy teen brain development.

Can make it harder for youth to concentrate, learn and manage their emotions. All of the above.

PROGRESS BACK NEXT

◆ Select an option to complete the sentence.

ACTIVITY

Complete the sentence: Nicotine...

Select option(s) to respond.

All of the listed answers are correct. They are all potential risks of nicotine.

PROGRESS BACK NEXT

All of the listed answers are correct. They are all potential risks of nicotine.

QUESTION

Which mental health impacts can be linked to vaping cannabis with high levels of THC?

Select option(s) to respond.

Cannabis dependence Depression

Anxiety Schizophrenia

Psychosis All of the above

PROGRESS BACK NEXT

◆ Select any of the options that apply.

QUESTION

Which mental health impacts can be linked to vaping cannabis with high levels of THC?

Select option(s) to respond.

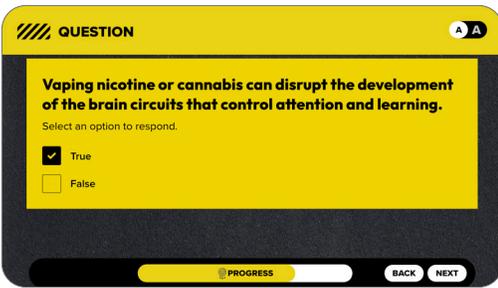
All of the listed answers are correct. Vaping cannabis with high THC levels can lead to cannabis dependence, anxiety, depression, psychosis, and schizophrenia in some people. These risks are especially high for teens and young adults because their brains are still developing and more vulnerable than adults.

PROGRESS BACK NEXT

All of the listed answers are correct.

Vaping cannabis with high THC levels can lead to cannabis dependence, anxiety, depression, psychosis, and schizophrenia in some people.

These risks are especially high for teens and young adults because their brains are still developing and more vulnerable than adults.



◆ Select an answer on screen.

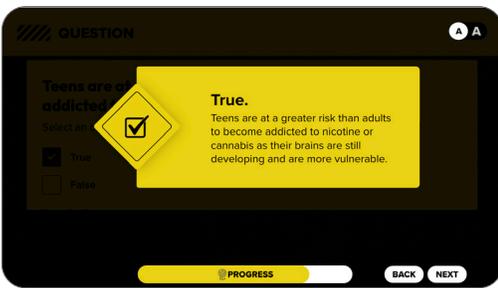


◆ The answer is: True.

It is true that nicotine and cannabis can disrupt the development of the brain circuits that control attention and learning.

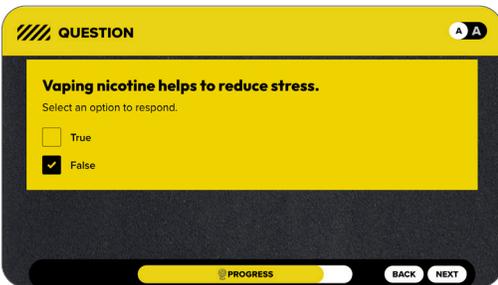


◆ Select an answer on screen.

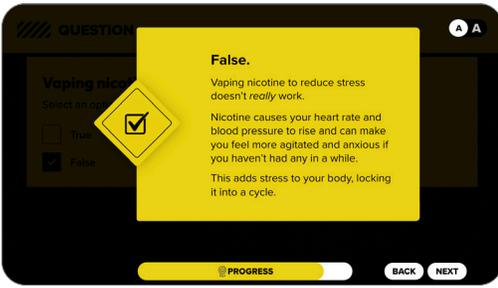


◆ The answer is: True.

Teens are at a greater risk than adults to become addicted to nicotine or cannabis as their brains are still developing and are more vulnerable.



◆ Select an answer on screen.



◆ The answer is: False.

Vaping nicotine to reduce stress doesn't really work.

Nicotine causes your heart rate and blood pressure to rise and can make you feel more agitated and anxious if you haven't had any in a while.

This adds stress to your body, locking it into a cycle.



Can you spot the hidden dangers of vaping?

◆ Select 'Continue' to start the activity and learn more about the harms and risks of vaping.



Congrats! You've finished Part 2 of the module. Keep going to Part 3 to find out about how much vaping can cost and how to handle peer pressure. If you missed Part 1, no worries, you can go back and do it anytime!

◆ Select 'Next Part' to continue to Part 3.

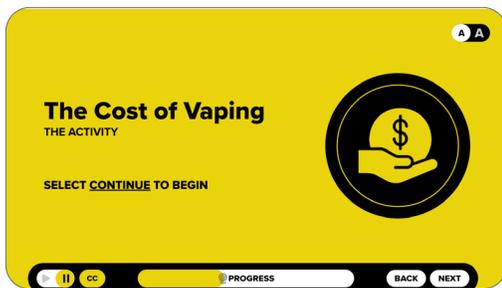
PART 3



Now, let's move on to Part 3 of the Consider the Consequences of Vaping experience, brought to you by Health Canada.

In this section, we'll talk about how much vaping can cost and share some tips on how to handle peer pressure.

◆ Select 'Start' to begin.



Vaping can really make a dent in your bank account.

This activity will show you how much of your money is vanishing into thin air when you vape, and what better things you could be spending it on.

◆ Select 'Continue' to begin the activity.



◆ Select 'Play' to watch the video.



Peer pressure is one of the most common reasons why so many young people said they started to vape, and the majority of them who have tried vaping did it with others.

Here are some tips to help you say no when you're in that situation:

- Simply say, "No thanks, I'm not interested," and walk away. Your confidence might even inspire others to do the same.
- Ask questions like, "What if we get caught?" or "Isn't vaping bad for us?" Thinking about the consequences can make it easier to say no.
- Use an excuse like, "I have practice" or "I need to walk my dog." It's a simple way to get out of a situation.
- Blame your parents: "I can't, I'd be in trouble if they found out," or "Sorry, I'm grounded." It's okay to use them as an excuse to avoid pressure.
- Create a code word with your parents. If you're in a situation where you feel uncomfortable, text or call them to get an excuse or leave.
- Spend time with friends who respect your choices and don't vape. They'll back you up.
- Talk to a trusted adult, like a teacher or coach, who can help you handle peer pressure and make the best choices.

Peer pressure isn't always a bad thing. Friends can push each other to work harder, help each other study, or just be there for each other when someone is feeling down. They get it because they've been through similar struggles. But it's important to listen, to yourself and others, and not create the kind of pressure that's negative or hurtful.



Congrats! You've completed Part 3 of the online learning module.

Let's move on to Part 4 to explore ways to help you quit vaping.

◆ Select 'Next Part' to continue to Part 4.

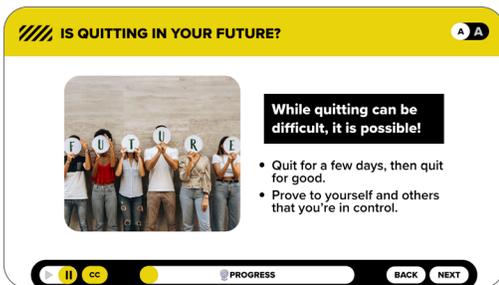
PART 4



Let's get started on Part 4 of the Consider the Consequences of Vaping Experience, brought to you by Health Canada.

You've already learned about the harmful effects of vaping nicotine or cannabis, so here we'll talk about ways to help you quit vaping. In this experience, you'll learn how to do it for yourself with help from the **I quit for me** guide.

◆ Select 'Start' to begin.



Many teens just like you are trying to quit vaping. While quitting can be difficult, it is possible. There are services and tools that can help you get there!

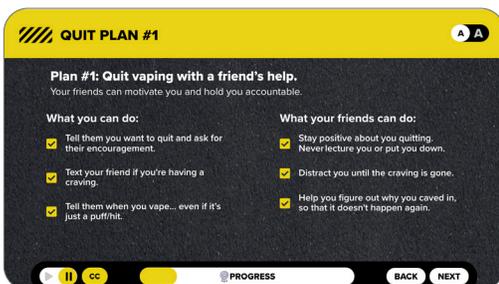
In fact, if you are thinking about quitting, why not quit right now?

You can prove to yourself and others that you're in control. Take charge, it's your life.



Your reasons to quit might be similar to those of your classmates and many other teens just like you. If you're not ready to quit yet, that's okay. But if these reasons make you think about quitting, the **I quit for me** guide is a good place to find advice and tips to help you quit vaping.

Let's take a look at the three quit plan ideas.



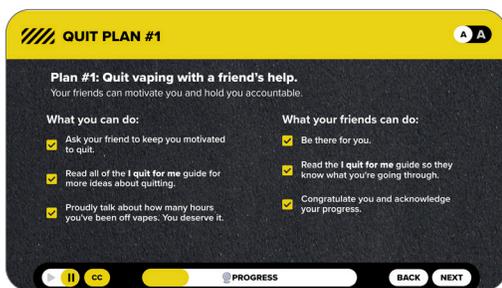
Here's quit plan number one.

Your friends can be a great support for when you want to quit.

They can also hold you accountable and keep you motivated.

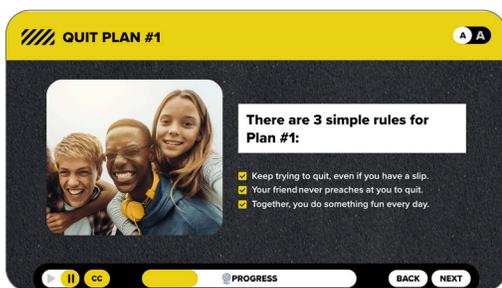
Tell your friends that you are trying to quit and ask them to support you. Tell them what they can do to help you.

Here are some ideas of what you can do and what your friends can do.



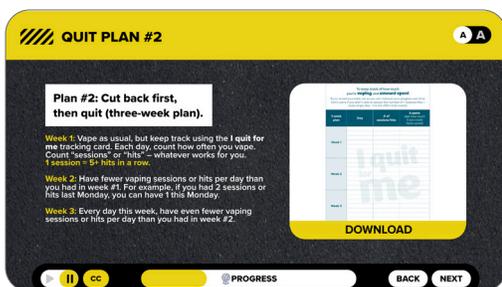
Here are a few more ideas of what you and your friends can do.

◆ Take a look at the ideas on screen.



There are 3 simple rules for Plan #1:

- Keep trying to quit, even if you have a slip.
- Your friend never preaches at you to quit.
- Together, you do something fun every day.



Here's quit plan two. In this plan, the goal is to cut back first and then quit.

There are 3 weeks in this plan. Here's what you do each week.

In week 1, vape as usual, but keep track using the **I quit for me** tracking card. Track your hits or sessions.

Count 5 hits in a row as one session.

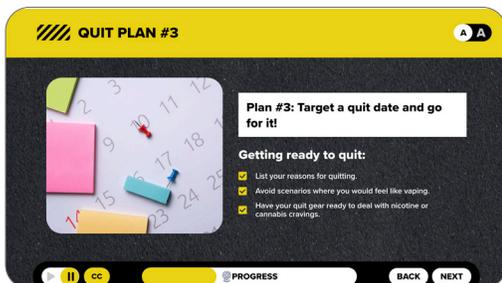
In week 2, try to have fewer vaping sessions or hits than you had in week 1. For example, if you had 2 sessions last Monday, have just 1 this Monday.

In the last week of this plan, have even fewer sessions every day of the week.

At the end of it, you can decide if you want to keep cutting back, or if you're ready to completely quit.

If you don't want to quit, that's okay. Maybe you'll feel like quitting in the future. That works too.

◆ Download the tracking card to fill in later.

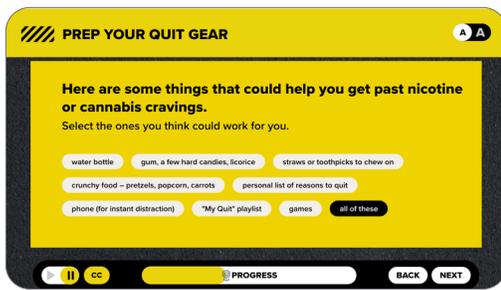


The third plan is about when you choose to quit.

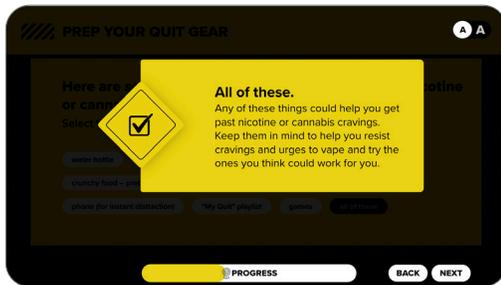
You can pick a date that's not too stressful, your birthday or even tomorrow is a good day. Pick a date that works best for you.

Get yourself ready to quit by listing your reasons and remembering why you want to quit. Avoid scenarios where you would feel like vaping such as people, places and things that might make you want to vape, and be ready to deal with nicotine or cannabis cravings.

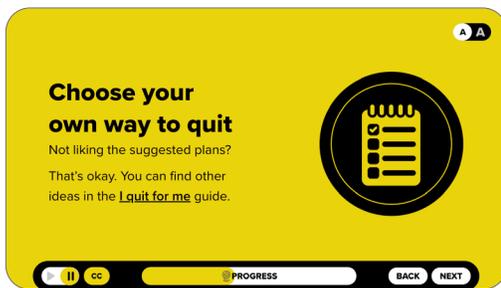
This can be done by having your quit gear ready. Your quit gear will help you fight off cravings and distract you from the urge to vape.



Here are some things that could help you get past nicotine or cannabis cravings. Select the ones you think could work for you.



Any of these things could help you get past nicotine cravings. Keep them in mind to help you resist cravings and urges to vape and try the ones you think could work for you.

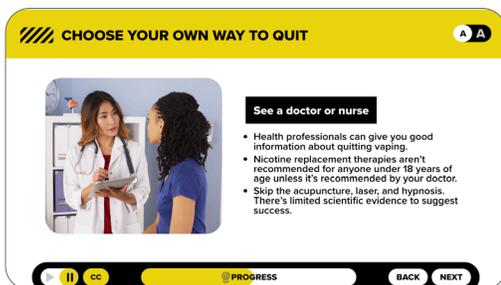


Not liking the suggested plans? That's okay. You can find other ideas in the **I quit for me** guide and there are lots of other supports available to you.

Let's take a look at some of them.



Your phone is your most accessible tool. You can call the Kids Help Phone or speak to a personal quit coach. Remember, these resources are free and at your fingertips.



Or, if you'd rather talk to someone in person, healthcare professionals are experts you can rely on. And you don't have to be sick to see your doctor.

Nicotine replacement therapies including nicotine patches, gums, lozenges and pouches aren't recommended for anyone under 18 years of age unless it's recommended by your doctor. These products can be harmful if not used as directed.

While some people report success in quitting smoking by using acupuncture, laser, and hypnosis, there's little scientific evidence to support their success. They aren't recommended for vaping either.

CHOOSE YOUR OWN WAY TO QUIT



Community Support

Kids Help Phone 2SLGBTQ+ youth and allies:

- Call: 1-800-658-6868
- Text: 686868
- Online information: kidshelpphone.ca/get-info/2slgbtq-youth-allies-this-is-your-space

|| CC PROGRESS BACK NEXT

Your community can support you while you quit.

Here's a youth organization offering support that you can reach out to in person or online.

CHOOSE YOUR OWN WAY TO QUIT



Support for Indigenous Peoples

Connecting with your cultural beliefs might help you quit.

Hope for Wellness Canada:

- Call: 1-855-242-3310
- Online information: www.hopeforwellness.ca
- Online chat also available

|| CC PROGRESS BACK NEXT

For the indigenous community, connecting with your cultural beliefs and believing in the methods of your Elders can help you along your quitting journey. Elders can teach traditional methods of quitting that respect the links between physical, spiritual, emotional, and mental wellbeing.

CHOOSE YOUR OWN WAY TO QUIT



Vaping cessation resources and mobile applications

Additional free tools:

- I quit for me guide
- Quash app
- Stop Vaping Challenge App
- Crush the Crave
- Nod from 2050

|| CC PROGRESS BACK NEXT

Here are some free vaping cessation resources and mobile applications that can help you quit for good and they're all at your fingertips.

GIVE AND RECEIVE SUPPORT

Getting help to quit vaping from the right people can make all the difference in the world.

Use this tool to identify the people or services you could ask for support or people that you can support.

Download a copy and fill it out for yourself.



DOWNLOAD

|| CC PROGRESS BACK NEXT

Getting help to quit vaping from the right people can make all the difference in the world.

This tool from the **I quit for me** program can help you identify the people or services you could ask for support. Download a copy and fill it out for yourself.

Try to name lots of people and services so you end up with a large network of support for yourself. Of course, not everyone can help with every issue. If the first person you reach out to is unable or unwilling to help, try someone else.

And don't forget to also list the people that you can or already do support. In supporting others, you can make all the difference in their quit efforts!

◆ **Download a copy of the chart to fill in.**

DEALING WITH CRAVINGS

Withdrawal symptoms:

- headaches
- feeling hungry
- feeling really moody
- coughing
- problems sleeping
- trouble concentrating
- cravings to vape (can last less than 1 minute)

Withdrawal symptoms are signs that your body is getting healthier. They will disappear in about 1 week.

|| CC PROGRESS BACK NEXT

When you stop vaping nicotine or cannabis your body fights back with withdrawal symptoms and cravings.

Right after quitting, some people get headaches, cough a lot, feel hungry, and have problems sleeping. More people say they feel really moody and have trouble concentrating.

These symptoms are actually signs your body is getting healthier. They will disappear in about 1 week.

So be ready to dig deep, be strong, and wait them out.

A craving may be very short, about a minute long. But you can have one after the other.

A great way to handle a craving is to change whatever you're doing, get away from what's making you crave and shift your attention to something else.

HEAR FROM OTHER YOUNG CANADIANS WHO HAVE QUIT

“Exercise! I try to do sports or stuff like that every day.”

“Do deep breathing... whatever. Most of what makes a craving bad is the panic you feel. Breathing basically calms you down and makes the panic go away.”

Progress bar and navigation buttons (BACK, NEXT) are visible at the bottom.

Here is some advice from other young Canadians who have quit.

“Exercise! I try to do sports or stuff like that every day.”

“Do deep breathing... whatever. Most of what makes a craving bad is the panic you feel. Breathing basically calms you down and makes the panic go away.”

Take the time to think about what you'll do if you get the urge to vape.

AFTER QUITTING



Have you ever started vaping again after quitting?

This doesn't mean you failed.

- Keep track of what made you go back to vaping.
- Next time you quit, you can prevent it from happening again.

Progress bar and navigation buttons (BACK, NEXT) are visible at the bottom.

Maybe you quit vaping and totally start up again. This doesn't mean you failed.

Most people who go back to vaping after quitting can say exactly what made them start again. If this happens to you when quitting vaping, keep track of what made you go back to it. The next time you quit, be prepared to get past that glitch in your plan.

STRESS

Stress is the number one reason people start vaping again.

There are other ways to handle stress than vaping:

- ✓ Ask your friends to support and help you.
- ✓ Get help from the right people.
- ✓ Don't stress about who else is vaping.
- ✓ Stay active. Make an excuse to not join them outside.
- ✓ Be honest and explain your plan to quit vaping.

Progress bar and navigation buttons (BACK, NEXT) are visible at the bottom.

Stress is cited as the number one reason people start vaping again.

The good news is, you don't have to vape to handle stress. You can stay vape free just for a day, right? Well, that's all you need to do. Don't stress about tomorrow, take one day at a time. Just stick with your quit plan and you'll get there. Your stress won't last forever.

It's the simpler things that will help you quit, like getting support and help from your friends or others, or connecting with people who are like you. With their support, the stress might be easier to handle. And last but not the least, don't stress about who else is vaping. Make an excuse to not join them outside, like you have to go to meet or talk to someone. Or be honest and explain that you're trying to quit and need to avoid vaping areas.

QUIT VAPING TODAY



Remember, quitting can be difficult, but it is possible.

Make a plan that works for you and keep trying.

Keep busy, physically and mentally.

Use all your supports.

Progress bar and navigation buttons (BACK, NEXT) are visible at the bottom.

Remember, quitting can be difficult, but it is possible.

Make a plan that works for you and keep trying.

Do whatever it takes to stay clear of vaping. Keep busy, physically and mentally. Use all your supports.

RESOURCES

Resources to help you quit and get support

- [Quit for me, outside](#)
- [Quash app](#)
- [Stop Vaping Challenge App](#)
- [Crush the Crave](#)
- [Nod from 2050](#)
- [Canada.ca/vaping-info](#)
- [Canada.ca/cannabis](#)
- **Kids Help Phone:**
 - Call 1-800-668-6868
 - Text CONNECT to 686868
 - [2SLGBTQ+ youth and allies](#)
- **Hope for Wellness Canada:** (or call 1-855-242-3310)

Progress bar and navigation buttons (BACK, NEXT) are visible at the bottom.

Here's a recap of all of the great resources that were mentioned in this part of the module.



Congrats! You've completed Part 4 of the Consider the Consequences of Vaping experience.

Don't forget to go back and complete Parts 1, 2, or 3 if you haven't finished them.

◆ Select 'Complete' to finish here.