

Consider the Consequences of Vaping

ONLINE LEARNING MODULE



DEAR PARENTS, GUARDIANS, AND CAREGIVERS,

Today, students took part in Health Canada's *Consider the Consequences of Vaping* online learning module, where they learned about:

- The risks and harms of vaping
- How vaping nicotine or cannabis affects their health
- How to deal with peer pressure
- Ways to quit and where to find support

Talking about these topics at home can reinforce what kids are learning and make conversations about substance use feel more natural. Here are a few simple conversation starters and key points you can use:

QUESTION: WHAT DID YOU LEARN TODAY THAT STOOD OUT TO YOU ABOUT VAPING?

DISCUSSION POINTS:

- Vaping nicotine or cannabis can harm healthy teen brain development, which continues until around age 25.
- Nicotine and cannabis are addictive, and both can cause dependence.
 - ◆ Addiction means someone can't 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.
- Vaping can expose you to harmful chemicals and metals that may harm your lungs and body.
- Vaping can really hurt your bank account.

QUESTION: WHAT DID YOU LEARN ABOUT HOW VAPING AFFECTS YOUR HEALTH?

DISCUSSION POINTS:

- Teens are at a greater risk of becoming addicted to nicotine or cannabis as their brains are still developing and are more vulnerable. It can take less of either substance for teens to develop dependence compared to adults.
- It can make it harder to concentrate, learn, and manage emotions.
- It can increase coughing, wheezing, and intensify asthma symptoms in teens.
- Vaping cannabis products that are high in THC over time can lead to cannabis dependence, anxiety, depression, and in more severe cases psychosis and schizophrenia.

QUESTION: WHY DO YOU THINK PEOPLE VAPE?

DISCUSSION POINTS:

- Peer pressure is one of the most common reasons why so many young people said they started to vape. The majority who have tried vaping did it with others.
 - ◆ Walking through scenarios with your teen can help prepare them to say no to vaping if peers bring it up. Here are *possible scenarios*.
- 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.

Talking with teens is not always easy, but asking open-ended questions, listening to understand their views, and creating a relaxed, judgment-free space is a great way to promote a positive conversation. To help, read through the [*Consider the Consequences of Vaping module*](#) or the [*teacher's guide*](#), and consult the [*tip sheet*](#) especially designed for parents, on how to talk with their teens about vaping.

Want more tips? Visit the [*Parent Resources section*](#).

Want to discuss other substances with youth? Check out our other programs on [**healthcanadaexperiences.ca**](http://healthcanadaexperiences.ca).