

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 vaping devices look like
- Signs of vaping behaviour
- How children and youth access devices

Did you know...

Vaping exposes users to harmful chemicals and toxic substances with unknown long-term consequences (Government of Canada, 2023)

What do vaping devices look like?

Vaping products have many names, such as e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names including Juul or Vuse. Vaping devices can be difficult to recognize. Devices come in a variety of shapes, sizes and colours. Some resemble a USB flash drive.



What are some of the signs of vaping behaviour?

- Online purchases/packages arriving in the mail
- Visible white vapour and odours from the vapour that smell like bubble gum, fruit, chocolate cake or mint. Some students state that they vape in their bedrooms as the odour can be mistaken for chewing gum or sucking on hard candy.
- New friend groups or spending more time with friends who smoke or vape.
- Changes in mood such as irritability, anxiety, difficulty concentrating, or lack of appetite.
- Physical symptoms of vaping can include trouble breathing, blood-shot eyes, headaches, cough, wheezing, chest pain, etc.

How do youth and children access vape pens/pods and liquid cartridges?

Students tell us that they can easily access vape devices in many ways including from friends, online ordering and sharing devices. The devices are easy to conceal from parents, guardians, and teachers.

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

Parents and other caring adults play an important role in helping children and youth make decisions about vaping. You may not believe it, but teenaged youth say that parents are the biggest influence in their lives. Check out www.NotanExperiment.ca/Parents for information on how to talk with your youth about vaping.

For more information and support, please contact your health care provider, your school's public health nurse or go the website <https://www.healthunit.com/tobacco>

Sources:

Not an Experiment (2022) <https://www.notanexperiment.ca/> Government of Canada. (2023, February 17). Consider the Consequences of Vaping. <https://www.canada.ca/en/services/health/campaigns/vaping.html>



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