

# E-Cigarettes and Vaping

A Fact Sheet for Educators and Parents/Caregivers

Vaping products, also called e-cigarettes or vapes, are commercial tobacco industry products. They come in many shapes and sizes – long cylindrical units, small boxes with a mouthpiece, flat sticks similar in look to USB memory sticks and many more. Depending on the model, a user can fill their own cartridge with e-juice or buy pre-filled sealed pods. The fill-your-own or customizable cartridges can be used to vape everything from e-substances to cannabis.

The tobacco industry is spending significant amounts of money to market and promote vapour products and they are making vapes attractive to students. They are readily available at local convenience stores, online and in specialty vape shops for everyone 19 years of age or older; however, many students under 19 are using vapes.

**NEW**

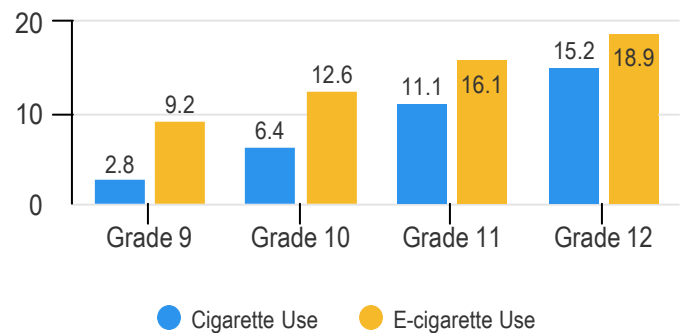
Effective October 17, 2018, the use of vapour products to vape any substance, and the smoking of cannabis (medical or recreational) is banned in all places where smoking cigarettes is prohibited including school grounds and within 20 metres of the perimeter of school property.\*



**Did You Know?**

*Vaping among students is outpacing cigarette smoking!*

**Tobacco Cigarette versus E-cigarette Use (Past Year Use %)**



Data from Ontario Student Drug Use and Health Survey, 2017

\* See Smoke-Free Ontario Act, 2017 How the Act Affects: Schools Fact Sheet

## Key points:

- Vaping is not harmless – short and long-term health effects are still being studied.
- Many e-substances contain nicotine and students using them are at risk of becoming nicotine dependent.
- Nicotine can alter youth brain development and can affect memory and concentration.
- There is growing evidence that youth who vape go on to smoke cigarettes.
- Many e-cigarettes are easy to hide and may produce very little vapour and scent.
- Vaping, like tobacco and cannabis smoking, is banned on school property at all times and within 20 meters of the perimeter of the property.
- Vapour product companies use many of the same advertising and marketing tactics as tobacco companies to hook life-long customers.

**If You Don't Smoke, Don't Vape!**



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# Examples of Vaping Products in Ontario



## JUUL

- ◆ Refills are sealed pods available in various nicotine strengths
- ◆ One 5% strength pod has the equivalent nicotine content of a pack of cigarettes and is cheaper to buy than regular cigarettes
- ◆ JUUL pods contain nicotine salts that some users say produce a less harsh taste, while still delivering high levels of nicotine
- ◆ The verb “*juuling*” has emerged to describe using the product
- ◆ Resembles a USB stick and can be charged via a USB port
- ◆ Comes in various flavours that are appealing to youth, such as: mint, mango and vanilla

## Vype Products

### Vype ePEN3

- ◆ Vype ePEN3 pods are made of e-juice that contains various levels of nicotine
- ◆ Sleek device that comes in various flavours that are appealing to youth, such as dark cherry and infused vanilla



### Vype ePOD

- ◆ Designed to compete with JUUL
- ◆ Vype ePod vPro cartridges are available in different nicotine strengths and are composed of nicotine salts
- ◆ Comes in various flavours that are appealing to youth, such as mango wonder and polar mint

### Vype eStick

- ◆ Cartridges deliver approximately 200 puffs
- ◆ Comes in various flavours that are appealing to youth, such as toasted tobacco and cool spearmint



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