

# HEALTH PROMOTING SCHOOLS

## Vaping Risks

### HEALTH NOTE FACTS:

Did you know that data from the 2023-24 Grades 6-12 NB STUDENT WELLNESS AND EDUCATION SURVEY shows that 26.6% of students in ASD-W have tried vaping.

Vaping has its risks, especially for youth:

- Nicotine is a highly addictive chemical.
- Can interfere with healthy teen brain development.
- Nicotine can negatively impact anxiety and depression.
- Can affect memory and concentration.
- Leads to physical dependence and/or addiction.
- Youth may become dependent on nicotine with lower levels of exposure than adults.
- The long-term health consequences of vaping are unknown. However, long-term impacts of nicotine and exposure to other chemicals could cause lasting brain impairments, increased risk of cancer, heart or lung disease.
- Plus, did you know that those who use e-cigarettes are more likely to try and start smoking conventional cigarettes.

The Tobacco and Vaping Products Act (TVPA) prohibits tobacco and vaping products to be sold or given to anyone under the age of 19 in New Brunswick. Selling or providing tobacco, smoking supplies or electronic cigarette to a person under the age of 19 is illegal. Did you know that the minimum age for purchasing tobacco and vaping products in PEI is 21 years of age. Be aware of the laws in the provinces and territories you visit.

### RESOURCE LINKS:

[Talking to your teen about vaping](#)

[Grade 6-12 Substance: NBHC](#)

[About Vaping](#)

[Vaping Fact Sheet](#)

### Support Tips:

What can we do to support youth:

- Promote healthy lifestyles and ensure youth are following school policies on substances and e-cigarette use.
- Take advantage of situations where you can talk about vaping. Learn some of the language associated with vaping to better relate to youth. [Vaping: Learn the lingo - Canada.ca](#)
- Be patient, honest and ready to listen when they are ready to talk. Let them know you are concerned about their vape use. Take opportunities to share some information about the risks of vaping and the benefits of being vape-free.
- Be supportive when they express interest in quitting. Connect them with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping that can help support them in their journey of quitting.

### Additional Resource:

**Quitting Support:**

For free help, visit [Gosmokefree.gc.ca/quit](https://gosmokefree.gc.ca/quit) or call 1-866-366-3667.

[QUASH App](#) - a judgement-free app to help you quit smoking or vaping —the way you want!

**School Resources:**

[Posters](#)

[STOMP PHE Canada](#)