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**CONSIDER THE  
CONSEQUENCES  
OF VAPING**



*"I vape and I started for fun, but I am definitely addicted now. I can't go a full class without thinking about it." - Grade 11 student *

*"I quit vaping to show my boyfriend he could too." - Grade 11 student *

"I didn't realize it was that bad at first. I thought it was harmless" - Grade 10 student 

## So, what's up with vaping?



Vaping has risks and the long-term health effects of vaping are unknown. Youth and non-smokers should not vape. Vaping is a less harmful option only for people who are already smoking if they quit smoking and switch completely. Less harmful doesn't mean harmless. We're here to give you the facts about vaping so you can make informed decisions.



### Vaping can lead to nicotine addiction

Vaping can deliver nicotine to your body, causing you to crave it more and more, leading to addiction and physical dependence. In teens, vaping nicotine can also alter brain development.

[Learn more about the health risks of vaping with nicotine](#)





## Vaping can expose you to harmful chemicals and metals

Vaping can expose you to harmful chemicals, like formaldehyde and acrolein, and metals and contaminants like nickel, tin and aluminum. You don't want any of these in your lungs! Vaping can cause lung damage.

[Learn more about vaping and its risks](#)

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## The long-term health impacts of vaping are unknown

Some of the chemicals found in vaping liquid, like vegetable glycerin and propylene glycol, are safe for use in products like cosmetics and sweeteners but the long-term safety of inhaling these substances is unknown and continues to be assessed. Why risk it?

[Learn more about vaping and its risks](#)

Get the answers to your vaping questions [here](#)

## Videos: Consider the Consequences of Vaping



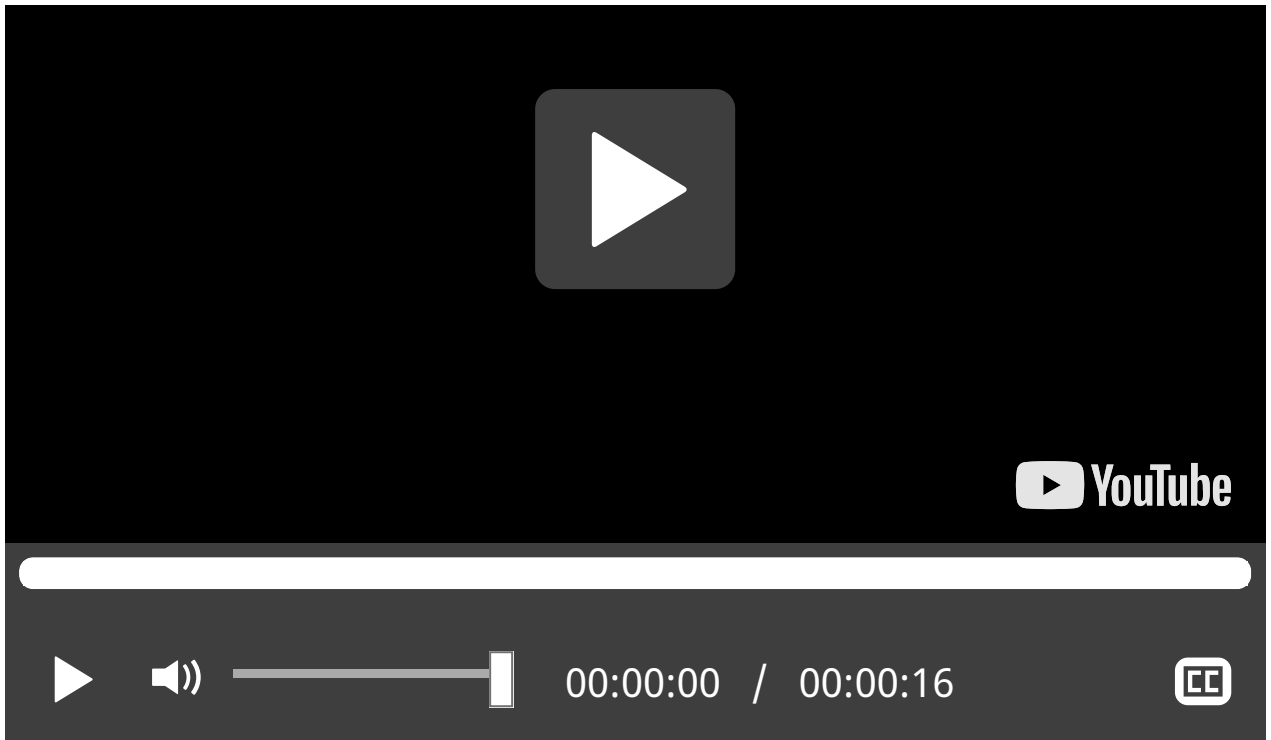
Consider the consequences of vaping: asking wh..



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### Vaping: Asking why is important (video 1)

Transcript

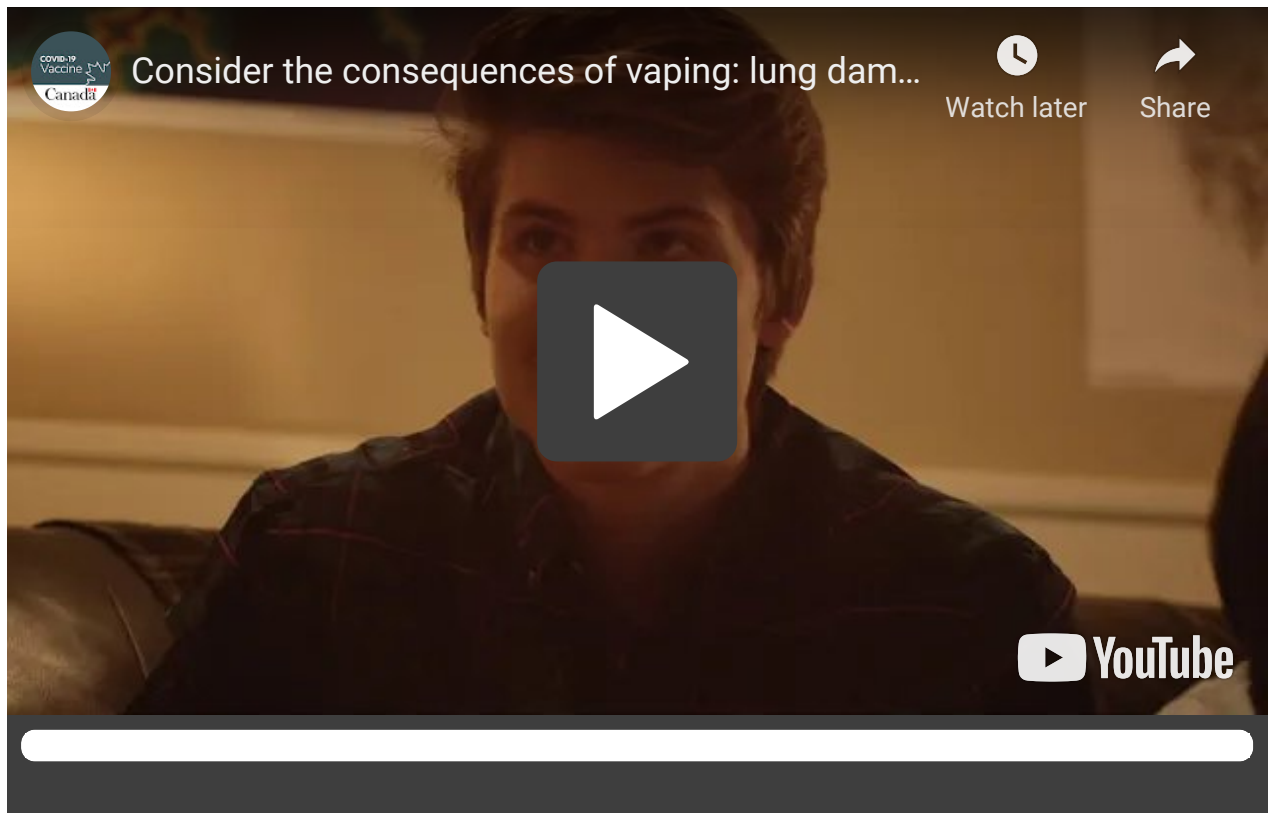


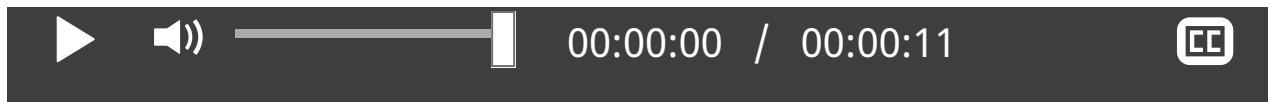
### Vaping: Asking why is important (video 2)

Transcript



**Consider the consequences of vaping: nicotine addiction**





## Consider the consequences of vaping: harmful chemicals



## Consider the consequences of vaping: unknown long-term effects

## Interactive activities

Get the facts and know the risks associated with vaping through three interactive activities.

# Nicotine is Nicotine

Can you identify what contains nicotine?



[Nicotine is Nicotine](#)

# Hidden Dangers

Can you spot the hidden dangers in vaping?



[Hidden Dangers](#)

# The Cost of Vaping

Discover what vaping can cost  
— beyond your health.







## Cost of Vaping

### Dealing with peer pressure



*"Most of my friends started vaping because of peer pressure."*

- Grade 9 student

We've heard from teenagers that they are often faced with difficult situations in which you may feel pressured to try something you are not comfortable with. These pressures can stem from:

- School stress
- Home life and responsibilities
- Family pressure
- Social media
- The desire to fit in and feel accepted by your friends

Not only are you faced with the stress of everyday life, but you are

also faced with trying to make good choices about your school, your future, and your health.

Did you know that peer pressure is one of the most common reasons why so many youth said they started to vape, and the majority of teenagers who tried vaping did it with others <sup>1</sup>? Many youth think that vaping for the first time is not risky because people around them do it, but don't be fooled into vaping. It's not harmless. Get the facts from a credible source, yes, like Health Canada and learn about the harms and risks of vaping.



*"I started vaping last year because of peer pressure and I really don't enjoy it. I do look forward to quitting."* - Grade 11 student <sup>\*</sup>

Before you are in a situation where you might be pressured to try vaping, it's helpful to make a plan and think-through what you'd say, or do. This exercise can help you craft a way to refuse vaping in a way that makes you most comfortable.

Here are some helpful tips to consider before you are in a situation where there could be peer pressure to vape:

▶ **It's ok to say "no thanks, I'm not interested"**

▶ **Ask them questions**

▶ **Blame your parents!**

▶ **Create a code word with your parents**

▶ **Hangout with friends who share your values**

## ► [Talk to a trusted adult](#)

Check out the [Frequently Asked Questions by Youth](#), which provides answers to a number of questions you may have about vaping risks, vaping and brain development, and more.

# Learn more about vaping

## [What is vaping](#)

Discover the mechanics of a vaping device and what's inside vaping liquids and substances

## [Risks of vaping](#)

Learn about the chemicals in vaping products and how they can impact your health

## [Vaping and quitting smoking](#)

Learn more about vaping as a less harmful source of nicotine for those who smoke

## [Resources for parents](#)

Get tips on how to talk with teens about vaping

## [Consider the Consequences of Vaping awareness tour](#)

Learn more about the tour

## [Vaping awareness resources \(print, digital and video\)](#)

Download and order material to help raise awareness of the consequences of vaping for youth

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# Footnotes

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Please note that the testimonials were received as part of the experiential events tour that traveled to high schools across Canada.

[1](#)

Report: *Exploratory Research on Youth Vaping*  
(<https://epe.lac-bac.gc.ca/100/200/301/pwgsc-tpsgc/por-ef/health/2020/069-19-e/index.html>)

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