

SAFEGUARDING

NEWSLETTER



February 2023

The Dangers of Vaping

What are E- Cigarettes?

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- Using an e-cigarette is sometimes called “vaping.”

How do E-cigarettes work?

- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavourings, and other chemicals that help to make the aerosol.
- The liquid used in e-cigarettes often contains nicotine and flavourings. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.”
- Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.
- E-cigarette devices can be used to deliver marijuana and other drugs.

Why is Nicotine unsafe or children, teens & young adults?

- Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.
- Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.
- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.

DO YOU KNOW WHAT THEY'RE VAPING?

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| <p>Many vapes contain nicotine making them very addictive</p> | <p>The nicotine in 1 vape can = 50 cigarettes</p> | <p>Young people who vape are 3 times as likely to take up smoking</p> |
| <p>Vaping has been linked to serious lung disease</p> | <p>Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray</p> | <p>Vapes come in a variety of designs and styles and can be easy to conceal</p> |

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How does nicotine addiction affect youth mental health?

When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal.

Nicotine withdrawal symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine.

People may keep using tobacco products to help relieve these symptoms.

- Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can be a source of stress.
- What may start as social experimentation can become an addiction.
- The most common reason that high school students give for trying an e-cigarette is “a friend used them.”
- The most common reason youth give for continuing to use e-cigarettes is “I am feeling anxious, stressed, or depressed.”
- Youth e-cigarette and cigarette use have been associated with mental health symptoms such as depression.

What can I do to prevent my child from using E-cigarettes or to help them stop?

- Set a good example by being tobacco-free and ensure that your child is not exposed to the second hand emissions from any tobacco products, including e-cigarettes.
- If you use tobacco, it's never too late to quit.
- Talk to your child or teen about why e-cigarettes are harmful for them.
- Start the conversation early with children about why e-cigarettes are harmful for them. Let your child know that you want them to stay away from all tobacco products, including e-cigarettes, because they are not safe for them. Seek help and get involved.

