
Vaping: The Real Cost - Risks and Consequences

Why do students vape?

- Fitting in
- To look cool
- Maybe you're curious
- Feeling left out
- Wanting to try it
- Friends do it
- Parents or family do it
- Peer pressure
- Not understanding the health effects

Addictions

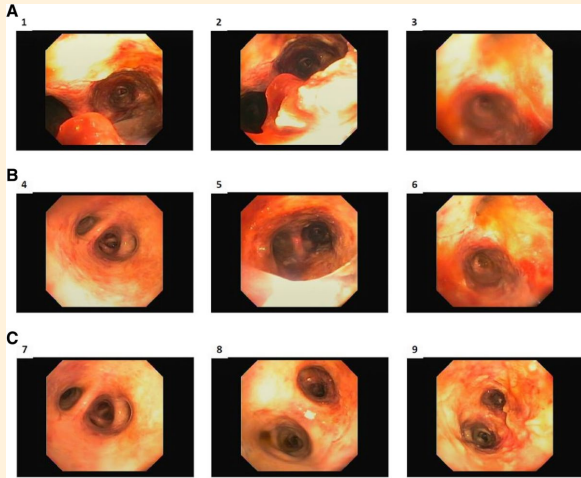
1 Physical addictions

- Your body can have a reaction if you don't have it
- You may feel sick without it
- It could be part of your routine - feels weird and off if you don't have it
- Being unable to stop using it
- Your body building a tolerance (needing more to feel the same)

2 Mental addictions

- Increase of anxiety
- Increase in depression
- Worse mood swings
- Vaping can increase the likelihood of substance abuse in later years

Health risks over time



Photos of a deadly Vaping-induced lung injury.

1 Long term

- Lung damage
- Cardiovascular disease
- Cancer risk
- Nicotine addiction
- Harmful chemicals and metals
- Respiratory issues (coughing, weezing, headaches, may cause brain and organ issues, damage to central nervous system)

2 Short term

- Coughing, Shortness or breath
- Nausea
- Eye irritation and Throat and mouth irritation
- Headaches, dizziness
- Restlessness
- (EVALI) e-cigarette, or vaping, product use - associated lung injury, is a serious lung condition caused by vaping

What happens if you get caught vaping at school?

- Confiscation of the vaping device
- Suspension may be issued (1-3 days = “light suspension or issue” 3-5 days = “bigger issue or repeated action”)
- Parent meetings (usually to discuss the issue and or the students behaviour)
- If a student is found owning or being in possession of a vaping device that contains illegal substances the matter may need to inform law enforcements

When a student is caught selling a vape at school, the school will take immediate action. This can include:

- Confiscation of the vape or substances
- Immediate suspension (3-5 days) and or possible expulsion
- An investigation including other students, families and possibly other parents (law enforcements involvement)

Laws around purchase and use of vapes

1 France

- Vaping is banned in schools, educational institutions, on public transport and in enclosed work areas.
- The sale and offering of disposable vapes are banned
- You must be 18 years and older to be in possession of a vape
- Vaping products cannot be advertised on television, radio, or print media

2 Australia

- individuals aged 18 and over can purchase nicotine vapes with a concentration of 20 mL or less from participating pharmacies without a prescription
- If you are under 18 you require a prescription to access any vaping product, regardless of nicotine content
- Importing nicotine vaping products without a prescription is prohibited.

3 Calgary

- You must be 18 years or older to purchase a vape
- Vapes must be sold in a licensed vape or tobacco store
- Vaping is prohibited in schools, work places, public transport, restaurants etc.
- The nicotine concentration limit is 20 mL

Some things you can do to stop vaping/ encourage others to stop

- Understand the impacts that vaping can cause on yourself and your body
- Reachout for support (tell a friend, family member, teacher)
- Chew gum or mints (to help with cravings)
- Get rid of your vape
- Avoid friends, things, places etc that make you want to vape
- Remember the benefits of quitting
- Think about your future
- Distract yourself

Where you can find more information

[QuitNow – Quit Smoking and Vaping](#)

[E-Cigarettes \(Vapes\)](#)

[Smokefree.gov](#)

[About vapingCanada.ca](#)<https://www.canada.ca › services › smoking-tobacco>

[Consider the Consequences of VapingCanada.ca](#)<https://www.canada.ca › services › health › campaigns>

<https://www.cancer.ca/en/cancer-information/cancer-encyclopedia/vaping>

The following links have places for quitting, information about what happens to your lungs, what is in them etc

If you ever have any
question don't be afraid
to ask your parents,
friends and teachers
they will always answer
your questions



That's all!