

Vaping

Vaping products have many names, like e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They come in different shapes and sizes, and some even look like everyday items such as pens or USB drives.

Do you know the health risks of vaping?

Even short-term vaping can cause:

- Sore mouth or throat
- Cough
- Shortness of breath
- Nausea

Nicotine is a common ingredient in vapes and is especially harmful to young people. It can:

- Affect brain development
- Negatively impact memory, concentration, impulse control, and mood
- Increase anxiety and stress
- Increase heart rate and blood pressure
- Be highly addictive

Talk to your teen about vaping:

Having open, ongoing conversations with your teen is important. Here are some tips to get started:

- Be patient and ready to listen. Give your teen space to share their thoughts without fear of judgment.
- Focus on the facts. Share reliable information about the risks of vaping and avoid scare tactics.
- Stay open and non-judgmental. If your teen tells you they've tried vaping, thank them for being honest. Offer to share some information and explore the benefits of being smoke- and vape-free together.

Get support:

- Ask your healthcare provider to talk with you and your teen about the risks of vaping and ways to be smoke- and vape-free.

- Consider suggesting that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message.

Keep the conversation going:

- Vaping discussions are not a one-time talk; it is an ongoing conversation. Odds are you will probably need to talk about the subject many times and in many different places.
- Strike up a conversation again, whenever you have some time together. You will also find that as your teen grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face.

To learn more about vaping, please visit [Grand Erie Public Health's website](#) or call us at 519-753-4937 ext. 459.

