



Dear Parents/Guardians:

RE: VAPING

We are sending this letter to raise awareness of the increase in vaping among youth.

The Government of Canada's Tobacco and Vaping Products Act (WPA) regulates vaping products to protect young persons from nicotine addiction and tobacco use. It is against the law to sell vapour products to a person under 18 years of age.

Vaping is the act of inhaling and exhaling an aerosol produced by a vaping device. Vaping devices come in many forms and sizes. Some devices are small and look like USB drives or pens, while others are much larger. There are two types of vaping devices:

- open, which means they can be refilled; and, • closed, which means either the whole product or the part that holds the vaping substances, cannot be refilled.

The vaping device heats a liquid into a vapour, which then turns into an aerosol that may contain dozens of chemicals. Vaping liquids and substances that are available for sale:

. can be flavoured; • contain nicotine or other substances such as cannabis; and, • can be liquids, wax or herbs.

How do I recognize if my child is vaping?

- unfamiliar handheld objects or devices, such as USB drives or pens; look for holes on each end as it could be a vaporizer; • unfamiliar batteries and chargers, some vaporizers can be charged using a USB cable, others use 18650 batteries and a charger; • device accessories such as discarded small containers or pods and concentrate containers; • unexplained sweet scent, such as candy, mint, fruit punch and so on; • finding organic cotton balls, empty plastic vials or thin metallic wires; and, • increased thirst, dry mouth and drinking more water.

Some strategies to help your teen quit vaping

- Prepare to quit by leaving the vaping device at home during the day.
- Identify things in your life that prompt you to reach for your vaping device.
- Figure out the types of cravings you have, and have strategies ready to counter your cravings. Ask family and friends to help you quit vaping.

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It is normal for teens to be moody, have a larger appetite during a growth spurt or tire easily. Look for changes in your teen's pattern or routine. Have open, honest and ongoing conversations with your teen about the risks of vaping.

For more information or to seek additional help:

- Government of Canada: [Tobacco and Vaping Products Act / La Loi sur le tabac et les produits de vapotage](#)
- Government of Canada: [About Vaping / Au sujet du vapotage](#)
- Government of Canada: [Risks of Vaping / Les risques du vapotage](#)
- Government of Canada: [Talking with your teen about vaping: a tip sheet for parents / Parler de vapotage avec votre adolescent : une fiche de conseils pour les parents](#)
- Become a Smokefree Teen: [Quit Vaping](#) (Government of United States)
- For free help, visit [gosomekefree.gc.ca/quit](https://gosomekefree.gc.ca/quit) or call 1-866-366-3667

Note: This material is for information only and should not replace the advice from an addictions counsellor, doctor or other health care providers.