

A VAPING CONVERSATION GUIDE FOR PARENTS

Is it worth it?

Vaping can affect more than just your child's health. It can keep them from doing what they love and prevent them from reaching their goals.

There's nothing pretty about vaping

Vaping can affect the skin, causing redness, inflammation, dry skin and pre-mature aging.

Vaping has also been linked to dry mouth, bad breathe, tooth decay and a buildup of dead skin cells on the tongue called "black, hairy tongue".

Vaping could put your child's extracurricular activities at risk

Many school and community sports teams and other clubs have a code of conduct for participants. Being caught vaping may be a violation, and it could lead to your child being suspended or removed from the team or activity.

If your child is on a team or in a club that has a participant code of conduct, review the code with your child. Consider speaking to a leader, coach or team manager if it's unclear if vaping violates the code.



Vaping could cost your child big bucks

Vaping and the sale of vaping products are subject to many of the same restrictions as tobacco products. In most provinces and territories, vaping is banned on school grounds, on restaurant patios, in indoor public spaces and in private vehicles when minors are present. In some provinces, such as Ontario, vaping is banned in playgrounds, outdoor recreational facilities and at beaches.

Being caught vaping where it isn't allowed could mean fines of hundreds of dollars.

Vaping waste is terrible for the environment

If your child is passionate about the environment, they should be aware that vaping has serious environmental consequences.

Throwing away a vaping device means throwing away hazardous waste, electronic waste and single-use plastic waste all at the same time.

Hazardous waste

Nicotine salts and heavy metals, like nickel, cadmium, lead and mercury can leech into water and soil.

Electronic waste

Lithium in the batteries is a finite resource that could be used to create batteries for electric cars or e-bikes. It's also flammable, and discarded vapes have caused fires in garbage bins and at waste facilities.

Single-use plastic waste

The plastic components of vaping devices eventually break down into microplastics, which can accumulate in and damage cells of living organisms.