

Talking with your Teen about e-Cigarettes

Tips and Tricks for Parents

1

BEFORE THE TALK

Know the facts. Learn about e-cigarettes and how they can negatively impact your teen.

Be patient and ready to listen. Remember that you want to start a conversation, not an argument.

Be a good role model, be tobacco-free! If you do use commercial tobacco, it's never too late to quit.

2

START THE CONVERSATION

Find the right moment. Rather than saying "we need to talk," you might ask your teen what they think about a situation you run into, like seeing someone use an e-cigarette.

Ask for support. Not sure where to begin? Ask your doctor, nurse, or an adult that your teen trusts to talk about the risks of e-cigarettes.

3

ANSWER THEIR QUESTIONS

Be prepared for questions such as "Why don't you want me to use e-cigarettes?" "What's the big deal about nicotine?" or "Aren't e-cigarettes better than regular cigarettes?" Have reasonable answers ready that your teen could relate to.



Adapted with permission from the Prevention of Gestational and Neonatal Exposure to Tobacco Smoke (PREGNETS) and Centre for Disease Control and Prevention (CDCP)



Get the facts on e-cigarettes

WHAT PARENTS SHOULD KNOW



What is an e-cigarette?

e-cigarettes (electronic cigarettes) are battery-run devices that appear and behave like real cigarettes. They are made up of flavoured e-liquid in a cartridge, a vaporizer, and a battery.

The battery powers the vaporizer, which heats the e-liquid in the cartridge, and is then inhaled in a vapour.

Smoking e-cigarettes is often called “vaping”.

How Does An E-Cig Work?



What's in the e-liquid?

Nicotine: The levels of nicotine in e-liquids vary. Some contain very high levels of nicotine. Even e-liquid cartridges labeled “0mg of nicotine” do contain some nicotine. Vaping a whole cartridge containing high levels of nicotine (around 36mg) is roughly the same as smoking more than 60 cigarettes.

Flavouring: Hundreds of different flavours exist, designed to target a younger audience to get them addicted at an earlier age.

Aerosol: Often referred to as the “vapour”, made of mainly propylene glycol (an ingredient in antifreeze) and some vegetable glycerin.

How can it impact my health?

These products are so new, that proving their potential health impacts is difficult. We do know, however, there are still high levels of nicotine in the e-liquid. This means that the use of e-cigarettes can still be addictive.

There are also misconceptions about the “vapour” produced from the e-cigarette. Unlike what is advertised, the vape is not purely water vapour, and may contain a variety of dangerous chemicals.



Will it help me quit smoking?

e-cigarettes have not been proven to help people quit smoking.

In fact, recent studies have shown that young people who start “vaping” are 8 times more likely to become smokers.

e-Cigarette marketing appears to target young people with many flavours of e-liquid and claims that “vaping” is not harmful.

Is second hand “vapour” harmful?

It is not yet known whether second hand “vapour” is harmful. However, most public spaces consider e-cigarettes and regular cigarettes to be the same, so the same smoking bylaws apply.



Quitting the use of e-cigarettes is very similar to quitting smoking cigarettes. Check out the 5-Steps to Quitting brochure and create a quit plan on the back page to quit as effectively as possible.