



## The Risks of Vaping in Youth

- Vaping in youth can lead to smoking or using other drugs. Vaping was not meant for youth and non-smokers, it was meant to help smokers quit using tobacco.
- Some vaping juices contain nicotine. Vaping nicotine in youth is unsafe because:
  - There is a greater chance that youth will become hooked and keep using it.
  - Youth are at higher risk to the harm caused by nicotine.
  - Some vaping liquids contain enough nicotine to be poisonous, especially to young kids.
  - In youth, nicotine can affect memory, focus and can alter brain growth.
  - Using nicotine as a youth can cause problems with thinking and behaviour.
- The long-term safety of inhaling substances in vaping is not known.
- Chemicals used to flavour vape juice have not been tested to see if they are safe to breathe in.
- New chemicals can form when vape juice is heated. Contaminants can get into vape products and then into the vapour inhaled. Some contaminants can cause lung damage.
- The effects of second hand vapour are not known.
- Flawed batteries in vaping products can cause fires and explosions.



To learn more about vaping, visit Health Canada's website at:  
<https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>

If you would like to speak to a local health professional regarding concerns of a youth vaping, call Mental Health Intake at 306-691-6464.



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