

Vaping Resource for Schools

ADDRESSING STUDENT USE OF E-CIGARETTES AND OTHER VAPING PRODUCTS

Youth tobacco use has suddenly increased in Canada. The rapid uptake of e-cigarettes and other vaping devices has reversed a trend of declining teen tobacco use in the country, to the point where public health officials are declaring the issue to be 'alarming'.

Vaping products have now surpassed tobacco as the most common nicotine-containing products used by Canadian and PEI youth. In 2018-19 PEI CSTADS data showed that:

- **39%** of students reported 'ever trying' an e-cigarette (up from 24% in 2015).
 - Grades 7-9: 23% of students
 - Grades 10-12: 55% of students
- **27%** of students reported using an e-cigarette in the past 30 days (up from 10% in 2015).
 - Grades 7-9: 14% of students
 - Grades 10-12: 39% of students

This toolkit is intended for school staff that are working to address the use of e-cigarettes and other vaping products in schools. It outlines opportunities for action along with resources and information to help.

E-cigarettes and other Vaping Products

E-cigarettes are battery-powered devices that allow users to inhale, or vape, aerosolized liquid (e-juice).

E-cigarettes, vapes, hookah pens, e-pipes, and other vaping products recently surpassed conventional cigarettes as the most commonly used nicotine-containing product among youth. It is critical that school staff, parents, and the general public understand the potential risks of using them.

Nearly all e-cigarettes contain nicotine. Nicotine is highly addictive and can harm the developing adolescent brain. Because the brain is still developing until about age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning. No amount of nicotine is safe for youth. There are also cannabis vaping products. These products may be used in devices originally intended to vape nicotine or in separate devices specifically for cannabis. Cannabis vaping products will be legal for sale in late 2019; they may be available illegally also. These products often have high levels of THC which, similar to nicotine, pose risks to developing brains and are addictive, as well as cause greater levels of impairment and increase risks of short and

long-term harms. There may or may not be an identifiable odour associated with cannabis vaping products.

Examples of E-Cigarettes:



In the past year, concern about the health impacts of vaping and e-cigarettes, particularly for youth, has led to more awareness of the importance of a comprehensive school health approach to this issue.

There are four components to a comprehensive school health approach: **Teaching and Learning**, **Social and Physical Environment**, **Healthy School Policy**, and **Partnerships and Services**. All four are necessary and helpful in schools' efforts to support youth and respond to the escalating use of vaping products in schools.



YOUR SCHOOL CAN MAKE A DIFFERENCE BY:

Teaching and Learning

- **Ensuring that all educators have reviewed fact sheets about vaping.**
 - PEI Tobacco Reduction Alliance (PETRA) – Youth Vaping Web Site
 - Vaping: Know the Risks - Infographic
 - Talking with Youth about Vaping: A Tip Sheet
 - Health Canada's – About Vaping Web Site
 - Vaping: The Mechanics - Infographic
 - Talking with Teens About Vaping: A Tip Sheet
- **Engaging students in researching evidence on vaping and providing opportunities for them to share this information with peers.**
 - Health Canada – Risks of Vaping Web Site
 - Consider the consequences of vaping – Web Site

- High school students' vaping documentary brings puff of change (CBC News)
- **Using current, relevant, youth friendly classroom resources that include the harms of nicotine and e-cigarette use.**
 - PETRA Vaping: Know the Risks - Infographic
 - Talking with Teens About Vaping: A Tip Sheet
 - Consider the Consequences of Vaping – Web Site and Resources
 - On-line Activities
 - On-line Activity Sheet
 - Posters and Tip Sheets
 - Canadian Cancer Society – Think Before You Vape

Social and Physical Environment

- **Ensuring the social and physical culture of your school focuses on preventing problematic substance abuse by championing school community wellbeing initiatives.**
 - Beyond health education: Preventing problematic substance use by enhancing students' well-being
- **Promoting student leadership opportunities, including those supported by local grants.**
 - Dept. of Health and Wellness - Community Catalyst Grant (\$1,000)
- **Utilizing available resources (e.g. posters, tip sheets, mirror clings) that can be displayed around your school to remind students of the health harms of vaping.**
 - Consider the Consequences of Vaping - Posters and Tip Sheets

Policy

- **Ensuring that your school follows the school board/branch policies re: alcohol and drug possession and use.**
 - Public Schools Branch – Alcohol and Drugs – Operational Policy
 - Operational Procedure
 - Appendix A – Incident Reference Guideline
 - La Commission scolaire de langue française - Possession et/ou consommation de drogues ou d'alcool
- **Using current evidence to inform school goals and school based initiatives.**
 - PEI Patterns of E-Cigarette Use (Canadian Student Tobacco, Alcohol and Drugs Survey)

- **Ensuring students and parents are aware that vaping is treated the same way as tobacco, alcohol, and drug use is at school.**
 - Circulate school board/branch messaging for students and parents re: vaping and cannabis via school website, newsletters, and other communications.

Partnerships and Services

- **Using parents and other ‘adult influencers’ of students (e.g. volunteers, coaches, uncles, aunts, family members) as partners in preventing student e-cigarette use.**
 - [Talking with Teens About Vaping: A Tip Sheet](#)
 - [Talking with Your Teen about Vaping – A Tip Sheet For Parents](#)
 - [So, your teenager is vaping: Here's what you can do \(CBC News\)](#)
- **Seeking resources from partners in your own province, as well as national supports.**
 - Provincial Resources
 - [PEI Tobacco Reduction Alliance \(PETRA\) – Youth Vaping Web Site](#)
 - National Resources
 - [Health Canada’s – About Vaping Web Site](#)
 - [Heart & Stroke Foundation – E-Cigarettes in Canada](#)
 - Drug Free Kids Canada
 - [Youth and Vaping – Parent Resources](#)
- **Staying up to date with news items.**

Some of the most recent ones include how the language is changing on terms such as vaping, increasing the challenge for public health and youth health advocates:

 - [Health Canada Statement on Use of Vaping Products by Youth](#)
 - [Teens say they don't vape, they Juul, making e-cigarette use hard to track](#)
 - [Study finds dramatic 74% increase in youth vaping in Canada](#)
 - [Youth vaping an ‘epidemic’, Ottawa Public Health says](#)
 - [The science behind why vaping is becoming so popular in Canada](#)
 - [What are vaping associated illnesses and why are doctors concerned?](#)



Joint Consortium for School Health
Governments Working Across the Health and Education Sectors