



COMMON MYTHS ABOUT

You can help prevent and reduce the use of vaping products among youth. Below are some common myths that youth may have about using vapour products, along with some facts to help engage them in meaningful discussion about the harmful effects of vaping.



Vaping is the act of inhaling and exhaling an aerosol produced by a battery-operated device that uses e-liquid (also called e-juice). E-liquids are available in hundreds of fruit and candy flavours. They can also contain different levels of nicotine.

Vaping products have many names such as electronic cigarettes (e-cigarettes), vape pens, mods, and electronic nicotine delivery systems (ENDS). Vaping products are packaged and branded in a way that appeals to youth.

According to the 2017 *Ontario Student Drug Use and Health Survey* (OSDUHS), in the past year, e-cigarette use among Ontario's youth has surpassed tobacco use. Nearly 19% of Ontario high school students in Grade 12 report having used an electronic cigarette at least once compared to 15% that tried tobacco at least once¹.





MYTH #1

“Vaping isn’t bad for you.”

FACT:

- » There is broad scientific consensus that youth should not vape.
- » Vaping products produce a vapour that can contain many chemicals with known toxicity. Vaping e-liquid nicotine can result in nicotine addictionⁱⁱ.
- » Children and youth are vulnerable to the negative effects of e-liquid nicotine. Nicotine can alter brain development and can affect memory and concentration, which may predispose youth to other drug addictionsⁱⁱⁱ.
- » Candy flavoured e-liquid can entice youth to try e-cigarettes.
- » There is *substantial evidence* that e-cigarette use increases the risk of ever using combustible tobacco cigarettes among youth and young adults.
- » Although rare, device malfunctions have resulted in injuries such as burns.
- » Compared to other substances, Ontario students in Grades 7 and 8 believe that regular electronic cigarette use is associated with the least risk^v.

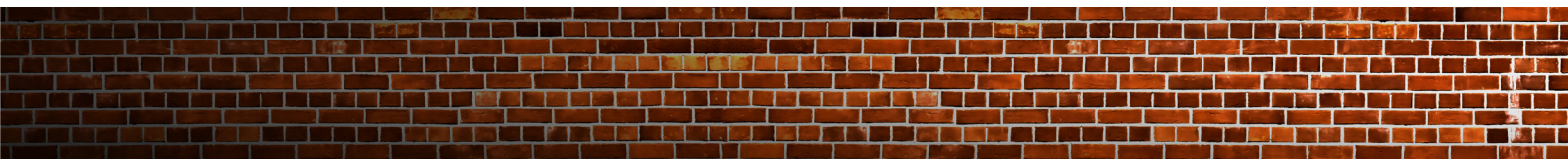


MYTH #2

“Vaping is better than smoking cigarettes.”

FACT:

- » Compared to combustible cigarettes that contain 4000 chemicals, e-cigarettes do produce less chemicals, and at lower levels. However, less harmful does not mean safe.
- » Switching completely from smoking cigarettes to e-cigarettes will significantly reduce an individual’s exposure to many toxic and cancer-causing chemicals.
- » However, the long-term safety of inhaling the chemicals from vaping products is unknown. Vaping is not 100% safe. If you don’t smoke, don’t vape.





COMMON MYTHS ABOUT



»»» MYTH #3

“Vaping will help me quit smoking.”

FACT:

- » There is limited evidence about e-cigarettes as a smoking cessation aid. More research is needed on the effectiveness of vapour products as a tool to help youth quit smoking.
- » To date, no vapour product has been licensed by Health Canada to treat nicotine dependence.
- » Hastings Prince Edward Public Health (HPEPH) recommends that people in search of nicotine replacement therapy (NRT) should use products that have been proven safe and effective. These products include the nicotine inhaler, patch, lozenge, gum and mouth spray.
- » HPEPH also recommends that youth talk with their healthcare provider for support and advice to help them quit smoking.



»»» MYTH #4

“All my friends are vaping.”

FACT:

- » Although there has been a recent rise in vaping experimentation, the truth is that not all youth are vaping.
- » The three most common reasons that youth report trying vapour products include curiosity, flavoring/taste and the idea that it is low risk.
- » Vaping products are currently being marketed to young people. These products are easily accessible and can be purchased on the internet. The Canadian government is planning to introduce new regulations to restrict advertising.
- » Vaping products are packaged and decorated in a way that is attractive to youth. They are also available in a variety of youth friendly flavours such as “Banana Cream”, “S’Mores” and “Sour Skittles”.
- » JUUL is a new product that looks like a USB flash drive. One nicotine e-liquid pod is equivalent to the same amount of nicotine as a pack of cigarettes.





>>> MYTH #5

“I can use vapour products anywhere I want to.”

FACT:

- » There have been reports of youth vaping in schools as the vapour cannot be easily detected, does not set off fire alarms in schools, and is easier to conceal from adults and authorities.
- » Youth also report vaping cannabis for the same reasons.
- » The *Smoke-Free Ontario Act 2017* (SFOA) prohibits the use of e-cigarettes in all the same areas where tobacco smoking is already banned. This includes:
 - » anywhere on school property (indoors and outdoors) and within 20 metres from the perimeter of the school grounds; and
 - » all enclosed public places and workplaces.
- » It is also against the law to give or sell vapour products to youth under the age of 19 in Ontario. The fine for supplying a vapour product is \$490.
- » The fine for vaping in a prohibited area is \$305.
- » HPEPH enforces these rules throughout Hastings & Prince Edward Counties.

- i. Ontario Student Drug Use Health Survey, 2017.
- ii. The National Academies of Sciences, Engineering and Medicine (NASEM): The Public Health Consequences of E-Cigarettes: A Consensus Study Report of the NASEM. 2018.
- iii. Health Canada (Vaping Webpage). Available from: www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html. Accessed: October 4, 2018.
- iv. The National Academies of Sciences, Engineering and Medicine (NASEM): The Public Health Consequences of E-Cigarettes: A Consensus Study Report of the NASEM. 2018.
- v. Ontario Student Drug Use Health Survey, 2017.

CONTACT US

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