

**What is a vape?**

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) that is heated into a vapour and inhaled by the user. Vapes have batteries (rechargeable), a heating element, a mouthpiece, and a place to hold vape liquid.

Vapes come in different shapes and sizes:

- may look like a pen or USB (which makes them easy to conceal) or like a “lighter” with a refillable tank and often sport cool or pretty designs
- some vapes are hidden in stealth products, like watches, hoodies, or gaming devices

**What is vape liquid?**

It is a mix of chemicals, flavours, and different levels of nicotine. It comes in flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

**Why do young people vape?**

Teens say they vape because it's enjoyable or they like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress or help them fit in with friends.

**How harmful is vaping?**

Scientists are still learning, but here is what we know right now:

- Most vapes have nicotine, which alters the development of the teen brain and can affect memory and concentration. It causes intense cravings and nasty withdrawal symptoms.
- Vaping liquid and the aerosol created contain harmful substances, some cause cancer and lung disease.
- Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

**Talk to your children about vaping**

With time and practice, talking about vaping will strengthen the relationship you have with your teen.

- Check out credible sources of information together. [Consider the Consequences of Vaping](#) - is a great resource. Help them think about the consequences of vaping in ways that are meaningful to them.
- Talk about vaping when it comes up in real life. Ask open-ended questions like what have you heard about vaping?
- Talk with them about what it means to think and act independently; and to make good decisions.

**MORE RESOURCES**

[Schools.HealthierTogether.ca](https://schools.healthiertogether.ca)

Search “vaping”

[AlbertaQuits.HealthierTogether.ca](https://albertaquits.healthiertogether.ca)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

