

Vaping:

The New Look of Nicotine Addiction



Did you know?

Vaping is harmful for youth. It's the new look of nicotine addiction.

Nicotine is a highly addictive substance found in most vaping products and all tobacco products. Young people are so susceptible to nicotine addiction, many kids who may never have started smoking are now addicted to nicotine because of vaping. The long-term effects of vaping are unknown – it's just not worth the risk.

[Click here to learn more.](#)



It's **not** just flavoured water vapour.

Vapes produce an aerosol, commonly called vapour, which users inhale from the device and exhale. While it may look like water vapour, it can actually contain harmful and potentially harmful substances, including nicotine, heavy metals, chemicals, and flavourings that appeal to youth.

[Click here to learn more.](#)

Vaping nicotine can **damage the developing brain.**

Nicotine is highly addictive. Teens can get addicted more easily than adults, and it can have harmful impacts on their developing brains, affecting memory, concentration, and brain development. It alters parts of the brain that control attention, learning, mood, and impulse control.

Youth and young adults are uniquely at risk for **long-term, long-lasting effects** of exposing their developing brains to nicotine.

[Click here to learn more.](#)



Vaping, like smoking, is **not permitted** at school, on school grounds, at school-sponsored events, or on school busses.

Newfoundland and Labrador School District has a Cannabis and Smoke Free policy that includes vaping.

[Click to learn more](#)



Vaping is **hard to stop.**

Withdrawal from nicotine can make you feel physically and mentally unwell, making it hard to stop vaping.

[Click here to learn more.](#)

There are resources available to help youth quit. Check out the links below for more information.

More information and support:

To learn more about vaping and how to support your child, please visit:

Truth About Vaping: Parent Resources

Alliance for the Control of Tobacco (ACT NL)

truthaboutvaping.ca/parent

Consider the Consequences of Vaping

Health Canada

<https://www.canada.ca/vaping-info>

Vaping

Bridge the Gapp

nl.bridgethegapp.ca/vaping

If your child needs help reducing or quitting vaping, please visit:

Quit Vaping Support

Smokers' Helpline NL

smokershelp.net/vaping

Vaping is an ongoing public health issue. The NL English School District and Conseil Scolaire Francophone Provinciale de Terre-Neuve-et-Labrador previously approved these messages.

This is a collaborative project of NL Health Services, the NL Alliance for the Control of Tobacco (ACT), and partners.

