

SMART VAPES

AN EMERGING TREND TO LOOK OUT FOR

APPEARANCE

Smart vapes are small, sleek, and often resemble everyday electronics, about the size of a credit card. They may have flat or curved bodies with touch screens that connect to smartphones for notifications, music, or games.

This design makes them look like gadgets rather than nicotine products, making detection difficult for adults.

Most are disposable and not refillable, contributing to waste.

WHAT CAN YOU DO

Talk Early. Talk Often.

- Ask open-ended questions: “What have you heard about vaping?”
- Stay calm and curious — avoid judgment.
- Share facts, not fear.
- Keep the conversation going.

WHAT ARE THEY?



A smart vape takes the idea of a regular vape and upgrades it with technology designed to feel familiar to teens. Just like a regular vape, it heats liquid nicotine into vapor for discreet use. However, these models go further, connecting to smartphones and offering interactive, competitive features like games and usage stats.

RISKS

- Nicotine addiction and related harms
- Harms to the developing adolescent brain
- Damage to heart and lungs
- Increase of anxiety and depression
- Unknown long term impacts

Smart vapes are engineered to be as addictive for teens as their phones, targeting the brains reward system in the same way, compounding attention and behavior harms.

MORE INFO

- [Health Canada Info on Vaping](#)
- [CDC info on Smart Vapes](#)
- [DFK Vaping info](#)
- [Video on risks of smart phone use](#)

