

VAPES

INFORMATION FOR PARENTS

WHAT ARE THEY?



A vape, is an electronic device that heats a liquid — called e-liquid or vape juice — into an aerosol that the user inhales. Despite the name, it's not water vapor — it's a mix of chemicals, many of which have unknown effects on the body.

Most e-liquids contain a mix of nicotine, flavorings, propylene glycol, glycerin and other substances (including heavy metals and ultrafine particles).

Similar in look and function to a vape, some devices may actually be wax pens that contain THC in place of nicotine.

RISKS

- Nicotine can change how a teen's brain develops, affecting attention, mood, and impulse control.
- Teens who vape are more likely to start smoking regular cigarettes.
- Flavored vapes make it easy for young people to start — and very hard to stop.

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.

APPEARANCE

Vapes come in many different forms. They can be small and sleek like a usb stick or a pen, or they can be larger rectangular types that look more like a box that fits in the palm of your hand. They can be disposable or refillable.

When used they emit a sweet smelling vapor that often comes in candy flavors like grape or mango.



MORE INFO



- [Canadian Government tips sheet for parents](#)
- [Lung Association Tips for parents](#)
- [Drug free kids resources for parents](#)