

Vaping

Questions	Answers
1. True or False: It's illegal to give or sell a vape to anyone under 19.	<p>True.</p> <p>In Ontario, it's against the law to give or sell vapes to anyone under 19.</p> <ul style="list-style-type: none">• The fine for giving a vape to someone under 19 is \$490.• Example: If one teen shares a vape with 3 others, they can be fined \$490 x 3 = \$1470.
2. True or False: You can vape anywhere outside on school property.	<p>False.</p> <p>You must be at least 20 meters away from school property to vape.</p> <ul style="list-style-type: none">• That's about the length of two school buses.• If you vape on school property, the fine is \$305.
3. True or False: Vaping doesn't have any long-term health effects.	<p>False.</p> <p>Vaping can hurt your heart, lungs, and can even lead to strokes.</p>
4. True or False: E-liquids (the liquid in vapes) contain nicotine, which is addictive.	<p>True.</p> <p>Nicotine is very addictive and hard to quit.</p> <ul style="list-style-type: none">• If you get addicted when you're young, you may be more likely to get addicted to other drugs too.
5. True or False: Teens who vape are more likely to smoke cigarettes later.	<p>True.</p> <p>Teens who vape are 3 to 4 times more likely to start smoking.</p>

<p>6. How does the vaping industry make vaping look fun for teens?</p>	<p>They use:</p> <ul style="list-style-type: none"> • Flavours like cotton candy or mango • Bright and colourful packaging • Influencers on social media • Cartoon characters <p>These tricks make vaping seem fun, safe, and cool—even though they’re not.</p>
<p>7. Who are flavors like cotton candy and bubble gum really for?</p>	<p>These flavors are made to attract kids and teens, not adults.</p>
<p>8. Why do companies use influencers to promote vapes?</p>	<p>Influencers have young followers. Companies know this helps them sell more to youth.</p>
<p>9. Why do companies want teens to start vaping?</p>	<p>If you start young, you’re more likely to get addicted and become a long-term customer.</p>
<p>10. Why do tobacco companies now sell vapes?</p>	<p>Because fewer people are smoking, they want to make money by getting people addicted to vaping instead.</p>
<p>11. Do vape companies care more about your health or their profits?</p>	<p>They care more about making money. Even if it hurts your health.</p>
<p>12. How does social media and packaging make vaping seem cool?</p>	<p>They use trendy posts, bright designs, and fun names to catch your eye and make vaping seem harmless.</p>
<p>13. How do companies make it hard for teens to quit vaping?</p>	<p>They use:</p> <ul style="list-style-type: none"> • High levels of nicotine • Tasty flavors • Cool packaging • Easy access <p>All of these make you want to keep using it.</p>

<p>14. Should vape companies be responsible for hurting youth health? Why?</p>	<p>Yes. Because they purposely make addictive products that harm young people.</p>
<p>15. Why don't vape companies like government rules?</p>	<p>Rules make it harder for them to sell to kids and teens. That means less money for them.</p>
<p>16. Why do companies say vaping is "healthier" than smoking?</p>	<p>To make vaping seem safe, even though it still has health risks. This trick helps them attract more youth.</p>
<p>17. What are some health problems that can happen right after vaping?</p>	<p>You might have:</p> <ul style="list-style-type: none"> • Dry mouth • Coughing • Sore throat
<p>18. How does vaping affect people with asthma or lung problems?</p>	<p>It can:</p> <ul style="list-style-type: none"> • Put harmful chemicals into your lungs that can bother and hurt your airways • Make asthma worse • Make your lungs weaker, so it's easier to get sick with things like bronchitis or pneumonia
<p>19. How can talking to someone you trust help you say no to vaping if you feel pressured?</p>	<p>A friend, parent, or trusted adult can give you support, advice, and help you say no with confidence. They can help you practice ways to say no if someone tries to pressure you into vaping.</p>
<p>20. Can you vape on school property in Ontario?</p>	<p>No. It's illegal to vape anywhere on school property. If you do, you could be fined \$305.</p>
<p>21. What are some signs that someone is pressuring you to vape?</p>	<ul style="list-style-type: none"> • They keep offering it • They might tease you • They make you feel bad for saying no

<p>22. What are some ways to say “no” to vaping politely?</p>	<p>Try saying:</p> <ul style="list-style-type: none"> • “No thanks, I’m not into that.” • “I’m addicted to fresh air!” (make a joke) • “My parents would kill me.” • “I don’t want to mess up my sports.” <p>You can also suggest doing something else instead.</p>
<p>23. How fast does smoking or vaping cannabis work?</p>	<p>You may feel it within seconds to minutes</p> <ul style="list-style-type: none"> • Full effects can peak at 30 minutes • Effects can last up to 6 hours (and sometimes longer)
<p>24. Why is vaping harmful, even if the ingredients are called “food-grade” or “safe”?</p>	<p>Some vape companies say their products are safe because they use "food-grade" ingredients. But just because something is safe to eat doesn’t mean it’s safe to breathe into your lungs. Your lungs are made for clean air, not for breathing in flavors, chemicals, or oils.</p>
<p>25. What are some of the chemicals found in vapes?</p>	<p>Vapes can contain:</p> <ul style="list-style-type: none"> • Nicotine – an addictive drug found in tobacco. • Propylene glycol and glycerin – liquids that create the vapor. • Flavorings – used to make the vape taste like candy or fruit. • Other harmful chemicals – like formaldehyde or heavy metals.

<p>26. Are vape chemicals safe to breathe in?</p>	<p>No. Even though some chemicals are safe to eat (like flavorings), they are not safe to breathe into your lungs.</p>
<p>27. Can vapes have harmful metals in them?</p>	<p>Yes. Some vapes can release tiny metal particles like lead, nickel, and tin, which can be very harmful to your lungs and body.</p>
<p>28. True or False? Vaping cannabis has less THC than smoking or eating it.</p>	<p>Some vape pens can have up to 95% THC, which is much stronger than dried cannabis or edibles.</p>