

TALK TO YOUR CHILD ABOUT E-CIGARETTES



Questions and comments you might get from your Child about e-cigarettes and some possible ways to answer them.

Why don't you want me to use e-cigarettes?

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body. Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.
- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

What's the big deal about nicotine?

- Your brain is still developing until about age 25. The U.S. Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meths and cocaine.
- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

Aren't e-cigarettes safer than conventional cigarettes?

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes. Whether you get nicotine from an e-cigarette or a cigarette, it's still risky. Some e-cigarette batteries have even exploded and hurt people.

I thought e-cigarettes didn't have nicotine , just water and flavoring?

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.

I (or my friends) have tried e-cigarettes and it was no big deal.

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.

Adults use tobacco, so why shouldn't I?

- Many are trying to quit. People who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke.
- Quitting can be really hard, and I don't want you to go through that. The best thing is to not start at all.

Source: https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

Additional resources: [E-cigarettes.SurgeonGeneral.gov](https://www.e-cigarettes.surgeongeneral.gov)





CHILDREN & E-CIGARETTES

WHAT IS AN ELECTRONIC CIGARETTE?

An electronic cigarette, referred to as an e-cigarette, is a battery operated device that heats a liquid into an aerosol that the user then inhales and exhales. Nicotine is the most typical liquid used, however, flavourings and other chemicals such as propylene glycol (a solvent found in anti-freeze) and marijuana and other drugs can also be used in e-cigarettes. One particular brand of e-cigarette's liquid contains as much nicotine as a pack of 20 cigarettes. Most e-cigarettes have three components to them; a battery, a heating element and a place to hold a liquid. They come in many shapes and sizes. Some e-cigarettes can resemble regular cigarettes, cigars and pipes but some e-cigarettes can look like USB flash drives, pens and other everyday items.

E-cigarettes are known by many names including "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems" and "electronic nicotine delivery systems."

WHAT IS VAPING?

The liquid in e-cigarettes is heated to produce an aerosol.

The aerosol is then inhaled into the lungs then exhaled, an act known as vaping. Besides nicotine, the aerosol can contain chemicals linked to lung cancer and diseases, heavy metals such as nickel, tin and lead and ultra-fine particles that can be inhaled into the lungs.

ARE E-CIGARETTES HARMFUL TO CHILDREN?

The short of it is yes. Besides the fact nicotine is addictive, it can also interfere with brain development affecting memory and learning; long term effects of vaping on the developing

brain are not yet known. This is of significance for children since the brain doesn't fully develop until age 25. There is some evidence that young people who use e-cigarettes are more likely to use cigarettes in the future. E-cigarettes are not regulated therefore the contents of the liquid vary greatly between brands and can contain chemicals that are harmful to the lungs when inhaled. Also due to the lack of quality control, some brands contain nicotine although they are labelled as 0% nicotine. Nicotine is highly toxic and any ingestion may cause mild toxicity. Children and adults have been poisoned by swallowing, breathing, or absorbing the liquid of e-cigarettes through their skin or eyes. It is important to seek medical attention immediately if the liquid of e-cigarettes is absorbed or ingested. There have also been incidents when defective batteries have caused fires, explosions and serious injuries to individuals.

WHAT CAN YOU DO?

Parents, Educators and Healthcare providers should learn and talk about e-cigarettes and their potential harm.

Be aware of the various shapes and sizes of e-cigarettes in particular those that resemble usb flash drives or everyday items.

Discourage and do not use e-cigarettes and tobacco products.

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

<https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>



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