

VAPING: THINKING IT THROUGH



Algoma

PUBLIC HEALTH

Santé publique Algoma



SAFER SPACE GUIDELINES

Respect yourself and others

One person talking at a time

Ask questions

No using people's names if sharing stories,
"someone that I know"

Explain what you mean by using words that
you know

Commercial vs Traditional/Sacred tobacco

Anything else?

Why would
someone want to
vape?

Why would
someone choose
not to vape?





TRUE OR FALSE

The tobacco industry spends nearly
\$1 million per hour on marketing

TRUE

The tobacco industry
spends nearly \$1 million
per hour on marketing





Photo by E-Liquids UK on Unsplash

NEW

Drip'n
BY ENVI
5000



UP TO 5000 PUFFS

LONG-LASTING FLAVOUR

RECHARGEABLE

15 FLAVOURS NOW AVAILABLE

SHOP NOW

APPEALING FLAVOURS

ATTRACTIVE DESIGNS



Photo by You Me on Unsplash



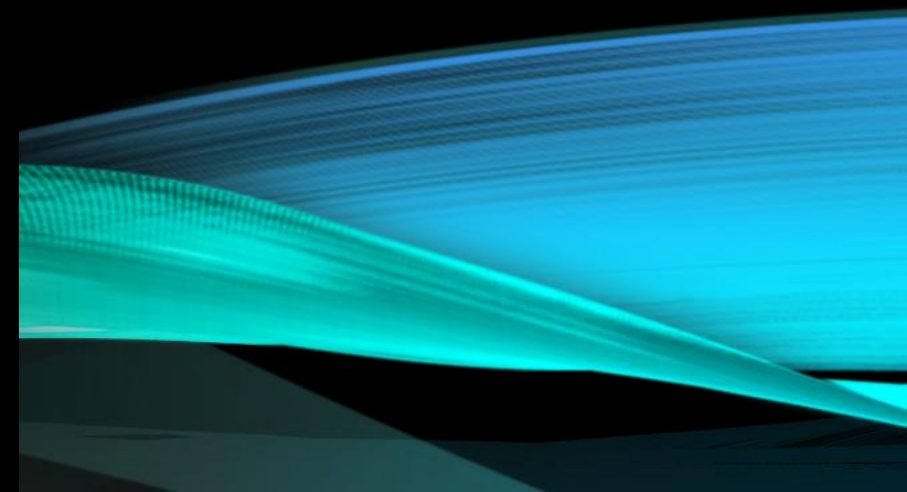
Photo by Vaporesso on Unsplash

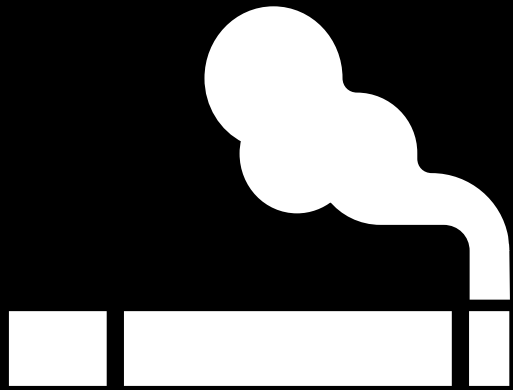


Photo by Johnathan Cooper on Unsplash



TARGETED MARKETING



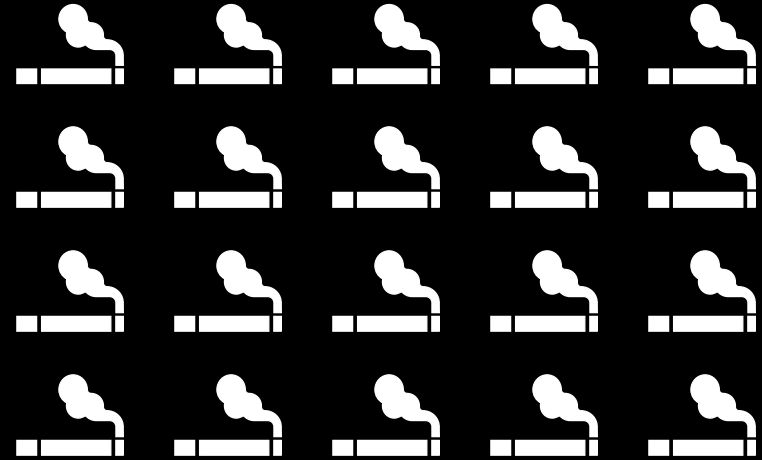


TRUE OR FALSE

The nicotine in one vape pod is equal to one cigarette

FALSE

The nicotine in one
vape pod can be equal
to up to 20 cigarettes



There are many
chemicals
besides nicotine
in vape liquid

TRUE OR FALSE



TRUE

There are many
chemicals besides
nicotine in vape liquid



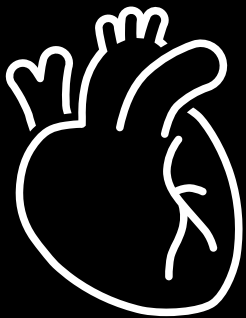
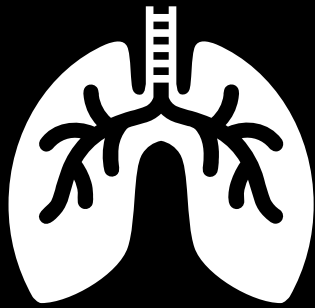
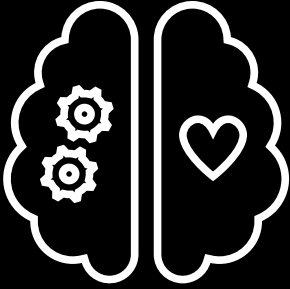
HEALTH RISKS



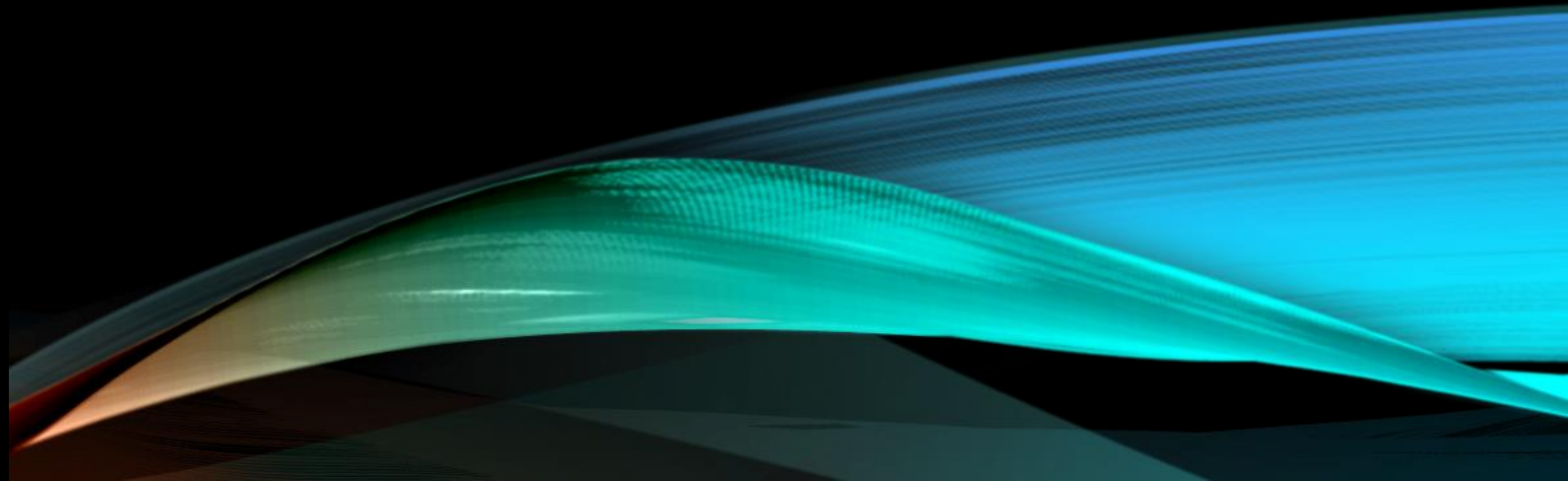
BRAIN

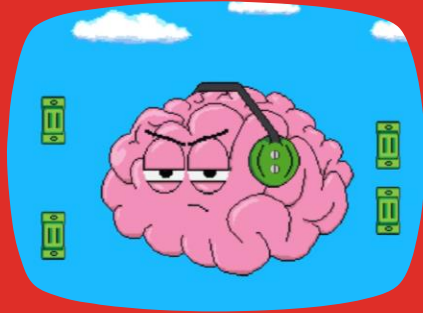
- Highly addictive
- Changes brain chemistry
- Changes your behaviour

ADDICTION & WITHDRAWAL



HEALTH RISKS TO THE VAPE USER





THE DENOBLE FILES “EARMUFFS” VIDEO

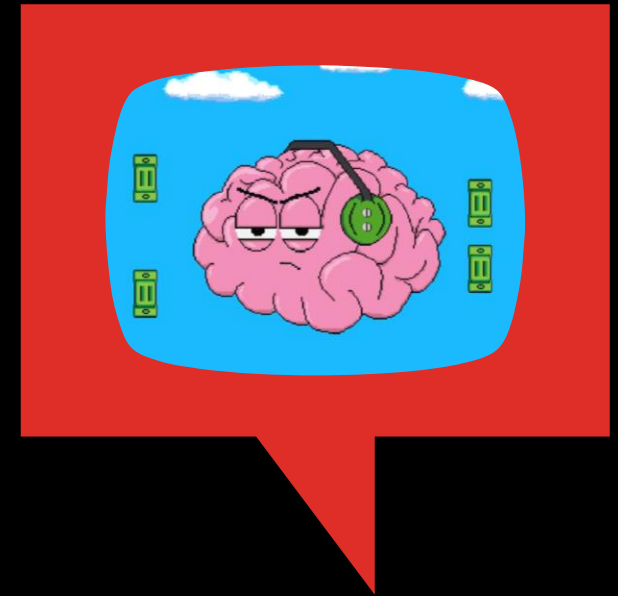
https://youtu.be/uFX9F-KD7co?list=PLeL9ROmy1WLSIfA5-Njp_TKwz1vZpaRcP

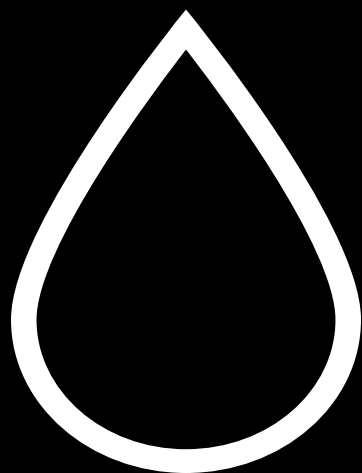
VIDEO QUESTIONS

What is DeNoble
trying to tell us in this
video?

Do you have any
questions about the
video? Are any of the
concepts confusing
or unclear?

Did any of the
information in the
video surprise you?





TRUE OR FALSE

Vapes create a harmless water vapour

FALSE

Vapes create an aerosol
which can contain many
different chemicals





HAIR SPRAY ACTIVITY

*Adapted with permission from Stanford University
– Tobacco Prevention Tool Kit*

LONG TERM HEALTH EFFECTS

SCIENCE HEALTH

Nicotine in e-cigs is not only addictive, it might also increase your risk of heart disease

Nicotine can affect a smoker's health in more than one way

by [Alessandra Potenza](#) | [@ale_potenza](#) | Sep 20, 2017, 4:00pm EDT

[f](#) SHARE [t](#) TWEET [in](#) LINKEDIN



Possible New E-Cigarette Health Risk: Cardiovascular Disease

New research reveals a possible link between electronic cigarettes and heart problems

By Jeneen Interlandi
February 01, 2017



THE BRIDGE TO CIGARETTES

DO NOT
VAPE
WITHIN 20
METERS OF:

- Schools
- Playgrounds
- Community recreational facilities
- Publicly owned indoor and outdoor sports areas



There are
consequences
to getting
caught vaping
at school

TRUE OR FALSE

TRUE

There are consequences
to getting caught vaping
at school



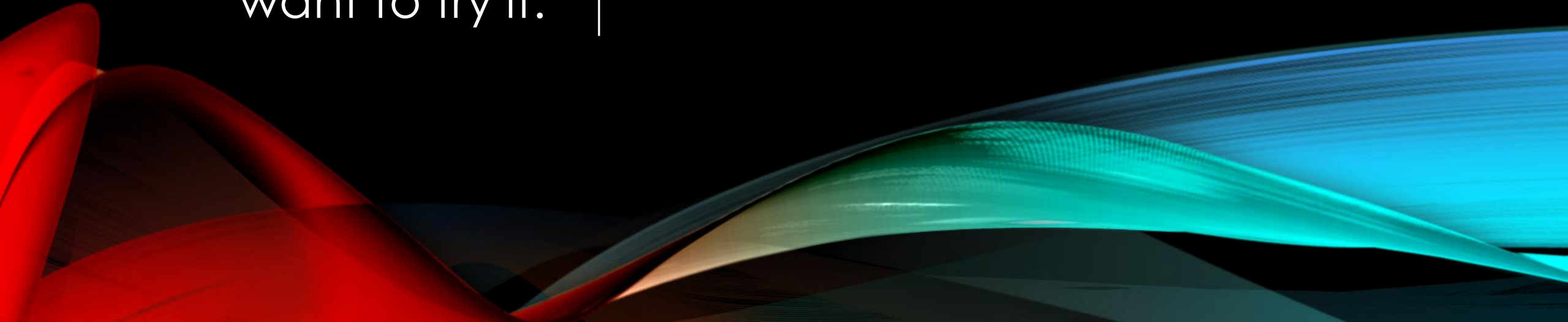
LET'S THINK IT
THROUGH!



*Adapted with permission from Stanford University
– Tobacco Prevention Tool Kit*

On the
playground at
recess your
friend shows a
vape they found
and asks if you
want to try it.

SCENARIO #1

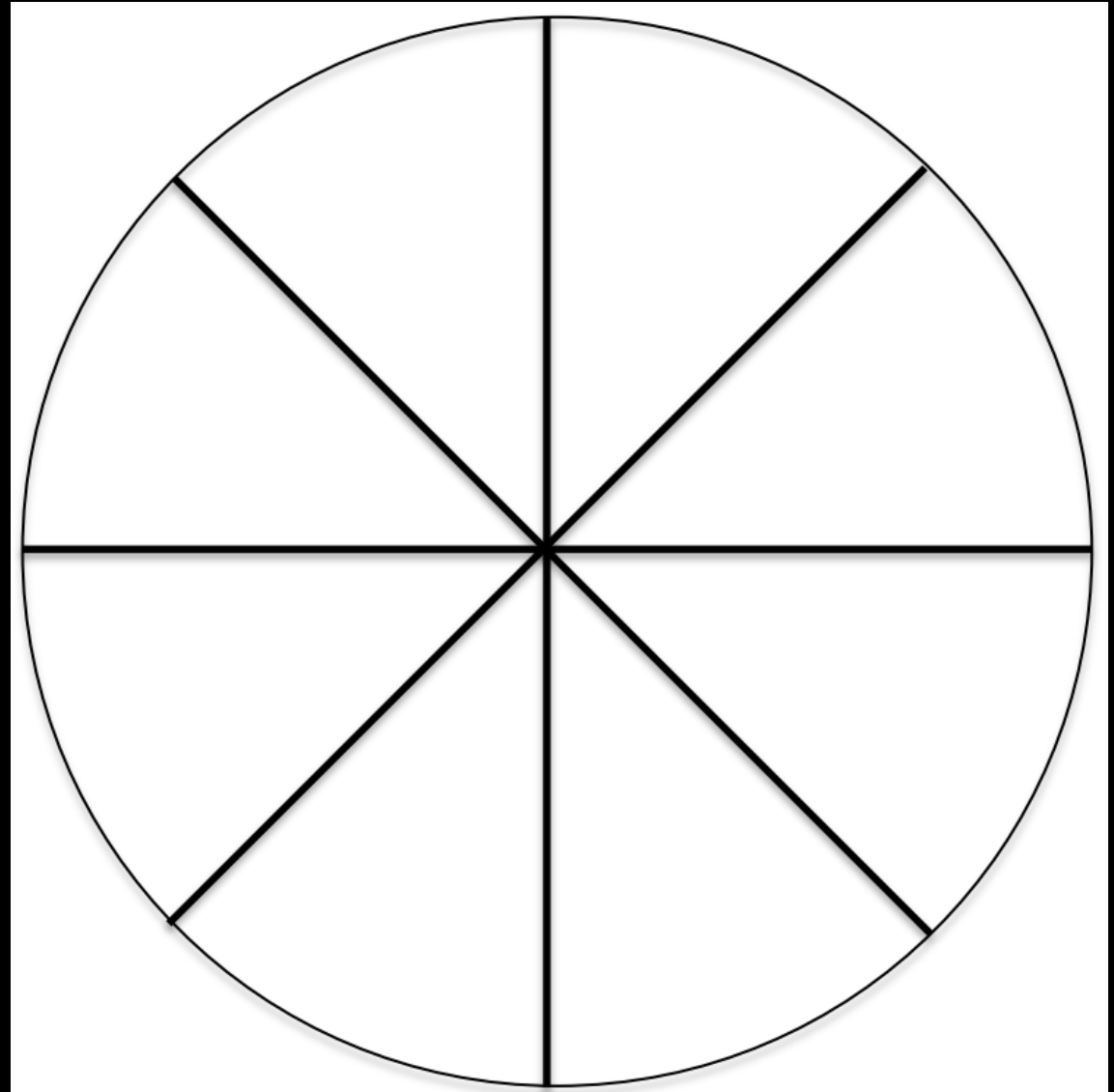




SCENARIO #2

You leave math class to use the bathroom and find that a few of your friends are in there vaping, they offer you a hit.

WHEEL OF REFUSAL ACTIVITY



*Adapted with permission from Stanford University
– Tobacco Prevention Tool Kit*

Refusal Skills Activity

Adapted from PHE Canada STOMP program



The background is a dark, textured surface covered with numerous 3D dollar signs (\$). Overlaid on this are several flowing, translucent ribbons in vibrant colors: a red ribbon in the bottom left, a yellow and orange ribbon in the top left, and a blue and green ribbon in the bottom right. A single, larger 3D dollar sign is highlighted in a golden-brown color, positioned centrally behind the text.

VAPING: WHY QUIT?



TIPS AND SUPPORT TO QUIT?

- Pick a date & know your “why”
- Understand nicotine withdrawal and cravings
- Find supportive personal supports (friend, family)
- Access online resources, support and quit apps
- Consider counselling, health care provider, Pharmacist, Algoma Public Health, school supports when needed.

QUIT VAPING APPS



QUASH



Stop Vaping Challenge



Crush the Crave

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THANK YOU!