Before we start…

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will also be shared at the end of the module.
What is vaping?
Vaping devices

1st Generation - Disposable

2nd Generation - Vape Pens

3rd Generation - Tanks or MODS

3rd Generation – Sub-Ohm Tank

4th Generation – Pod Mods

Vaporizers
Vaping liquids (E-liquid)
Which of these chemicals have been found in vapour?

A. Formaldehyde
B. Nickel
C. Aluminium
D. All of the above.
Which of these chemicals have been found in vapour?

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The industry
Marketing to youth
Why do tobacco/vaping companies target YOUth?

A. YOUth may have money.
B. YOUth are developing their independence.
C. YOUth can replace consumers who have quit.
D. YOUth will live longer and buy more cigarettes/vapes than adults.
E. All of the above.
Why do tobacco/vaping companies target YOUth?

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What is the law?

- No smoking or vaping:
  - anywhere on school property
  - 20m from perimeter of school or community center grounds
  - in enclosed workplaces or public spaces
  - 9m from a restaurant or bar patio

- The fine for vaping in a prohibited area is $305.00.

- It is against the law to give or sell vapour products to youth under the age of 19.
Short-term health risks

- Mouth and throat irritation
- Cough
- Shortness of breath
- Nausea
Health risks associated to vaping

- Lung damage
- Effects on cardiovascular system
- Ears, eyes and throat irritation
- Effects on the developing brain
- Nicotine poisoning
Cannabis use and youth

Early use of cannabis can:

• affect brain function which may not be reversible
• impact decision-making, judgement and problem solving
• lead to poor decision-making
• contribute to difficulty learning, paying attention and remembering things
Nicotine

- Nicotine is a stimulant which increases heart rate and blood pressure
- Can reach the brain in 10 seconds
- Can affect brain development, memory and concentration
What about second-hand exposure to vapour?
Vaping can have risks because...

A. It has not been fully tested for safety.
B. Long-term effects are unknown.
C. There are possible health risks with vaping and second hand vapours.
D. All of the above.
Vaping can have risks because...

A. It has not been fully tested for safety.
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## What’s the difference?

<table>
<thead>
<tr>
<th>Physical dependence</th>
<th>Addiction</th>
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<tbody>
<tr>
<td><strong>Body</strong> gets used to regular amounts of cannabis</td>
<td>Changes how the brain works</td>
</tr>
<tr>
<td><strong>Withdrawal symptoms:</strong></td>
<td>The 4 C’s:</td>
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<tr>
<td>• feeling irritable</td>
<td>• <strong>Compulsive use</strong></td>
</tr>
<tr>
<td>• upset stomach</td>
<td>• <strong>Consequences</strong></td>
</tr>
<tr>
<td>• trouble sleeping</td>
<td>• <strong>Cravings</strong></td>
</tr>
<tr>
<td>• loss of appetite</td>
<td>• <strong>Loss of Control</strong></td>
</tr>
<tr>
<td>• sweating</td>
<td></td>
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</tbody>
</table>
Behaviours

Addictions can develop to behaviors and processes:

- Substance Use
- Gambling
- Gaming
- Technology
- Exercise
- Sexual activity
- Excessive working
Addiction

Addictions are not a choice and do not mean someone is bad or weak.
How does drug addiction happen?
Why do youth start vaping?

- Curiosity
- Peer pressure or wanting to fit in
- Normalized
- Marketing
Group discussion

Video – Ophea

https://www.youtube.com/watch?v=xdiaPaDjhWU
Responding to peer pressure
Healthy ways to boost dopamine levels
Positive ways to cope with stress

- Talk to someone you trust
  - Parent, friend, teacher, sibling, etc.
- Keep a journal
- Identify what is causing stress
- Label your feelings
- Positive self-talk
Reducing harm
Stigma

- Stigma can make people living with an addiction hide their symptoms and stop them from getting help, which can lead to poorer health.
Recovery

- Addiction is a medical condition and like other medical conditions a person may need help with their recovery.
- Treatment does work and recovery is possible.
Community resources: substance use health

- Your school’s addiction/guidance counsellor, family doctor or Nurse Practitioner (NP)

- Access.MHA.ca
  An easier way to reach services in eastern Ontario’s system of care for mental health and addictions (16+) years)

- BreakingFreeOntario.ca
  A free virtual tool for those experiencing substance use disorder available free for all Ontarians

- Rideauwood Addiction and Family Services
  Rideawood.org 613-724-4881

- 1call1click.ca
  For ages up to 21 years and their family

- National Overdose Prevention Line at 1-888-688-NORS (6677)

- Free Brave app for anonymous support (works with IOS and android phones)
Community resources: mental health

24/7 Crisis Support
- **Mental Health Crisis Line** at 613-722-6914 (for people 16+ years old)
- Youth Services Bureau at 613-260-2360 or Crisis Chat: [www.ysb.ca](http://www.ysb.ca)
- **Kids Help Phone** at 1-800-668-6868, text CONNECT to 686868
  - Live Chat (open 7 pm – midnight ET); [https://kidshelppphone.ca/live-chat/](https://kidshelppphone.ca/live-chat/)

Counselling Services
- **Walk in Counseling Clinics** at [walkincounselling.com](http://walkincounselling.com) or 613-755-2277
  - Services in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin at a variety of different locations.
- **Counselling Connect** at [counsellingconnect.org](http://counsellingconnect.org)
  - Provides free quick way to get phone or video counselling.
Want to learn more?

- Ottawa Public Health
- The LINK Ottawa
- Community Addictions Peer Support Association (CAPSA)
- Health Canada
- Canadian Centre on Substance Use and Addiction (CCSA)
- Centre for Addiction and Mental Health (CAMH)
- Centers for Disease Control (CDC)
Located in a rural area?
Here’s where to find help:

www.ruralottawayouth.ca

@RuralOttawaYouth