



**What are some resources
or apps that can help people
quit vaping?**

Apps like **Quash** were developed for youth and offer personalized support and resources to help young people quit vaping. Another resource is Not an Experiment's quitting page, which can help you create a quit plan. A quit plan helps you anticipate challenges, set goals, and stay prepared with strategies for when cravings hit. Speaking with a healthcare provider can also be helpful.

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**What might you say to a friend
who feels like quitting
vaping is too hard?**

You could remind them that it takes time, but quitting is worth it for their health and future. Let them know they're not alone by offering support, checking in with them regularly, or helping them find activities to distract them from cravings.



What could someone do to manage the feelings of irritability or anxiety that are common when first quitting vaping?

Try relaxation techniques like meditation, deep breathing, or exercise to help manage mood swings.



Why might it help to avoid triggers that remind someone of vaping (like certain places or people) when they're trying to quit?

Avoiding triggers can reduce cravings by helping you break your brain's association with vaping in certain situations.



TRUE OR FALSE

Drinking water, distracting yourself with another activity, and deep breathing can help with nicotine withdrawal.

True. These techniques are called the 4 D's—distract, delay, deep breathing, and drink water and they help you manage and reduce cravings until they pass.



Vapes are considered hazardous waste, so how do you think improperly disposing of them could affect the environment?

Vapes contain batteries, toxic chemicals, and plastic that can harm soil, water, and wildlife if not disposed of correctly.



**What happens to the plastic
and metal parts of vapes
when they're thrown
away improperly?**

The plastic and metal in vapes don't break down and can end up polluting land and water for hundreds of years and add to plastic waste in the environment.



**How does the production of
vaping devices impact
the environment?**

The production process requires mining for metals, uses a lot of energy, and generates waste, which contributes to pollution and resource depletion.



**How might single-use vapes
contribute to plastic waste?**

Single-use vapes are disposable and add to the growing problem of plastic pollution because they're often discarded after just a few uses.



TRUE OR FALSE
E-cigarettes are
biodegradable and can
be thrown in the trash.

False. Vapes contain toxic waste and should be disposed of properly.



**WHAT ARE THE CHANCES?
DRAW 2 MORE!**



PICK A CARD FOR A FRIEND!



BUZZER CHALLENGE
CHALLENGE SOMEONE TO A FEUD!
who can answer first?



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Is vaping cannabis more harmful to your lungs than smoking cannabis?

While vaping is considered to be less harmful than smoking, it's important to be aware there are still risks, especially when using unregulated vapes and vapes with high amounts of THC (the part of cannabis that makes people feel 'high').



**How can you help a friend
if you're worried about their
cannabis use?**

First, learn some facts about cannabis so you understand what's happening. Then, find a private space to talk to your friend. Listen to them without interrupting and share your concerns in a kind and caring way. Let them know you are there to support them. Be patient and don't rush the conversation. You can also offer resources like the Kids Help Phone.

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**Why is it important to know
your own biases before
talking to a friend
about cannabis?**

Knowing your own biases means you can be more open-minded during the conversation. It helps you avoid judging your friend and makes it easier to listen and understand their situation without being critical.



A friend wants to stop using cannabis but doesn't know where to start, how could you help your friend?

Quitting cannabis can be challenging, but you don't have to do it alone! Here are some ways to offer help to your friend:

- Talk to someone you trust – A parent, teacher, counselor, or coach can support you.
 - Reach out to your doctor, school counselor, or a mental health professional. They can help you make a plan to quit.
 - Use quit support services – YOUTH- VAST (youth vaping, substance use, and technology dependence program), youth can book an appointment online and will be assigned a care coordinator who will help create a personalized treatment plan. You can call or text Kids Help Phone (1-800-668-6868 or text CONNECT to 686868) for free, private support 24/7.
 - Drug Free Kids Canada has tools to help you quit.
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What are some ways the tobacco industry makes vaping appeal to youth?

The industry uses fruity and candy flavouring, bright packaging, social media influencers, and even cartoon characters to make vaping attractive to young people. These tactics also make vaping seem trendy, fun and harmless.



Who do you think the industry is trying to attract by using flavours like cotton candy, bubble gum, and mango?

These flavours are designed to appeal to younger audiences, not adults trying to quit smoking.



Why do you think the industry uses social media influencers to promote vaping products?

Many influencers have young followers,
which helps the industry target youth without
using traditional advertising.



Why do you think the industry wants young people to start vaping?

If they start young, they're more likely to become long-term customers and remain addicted to nicotine, providing the industry with more money.



**Some vape companies
are owned by large
tobacco corporations.
Why do you think they
invested in vaping?**

They see vaping as a new way to keep people addicted to nicotine and keep making money as smoking rates decline.



**Do you think the industry
cares more about the
health of young people
or making money?
Why?**

The industry is more focused on profits. In fact, they often prioritize marketing strategies that encourage young people to start using their products, which are damaging to their health.



**What role does social media
and flashy packaging play in
vape marketing?**

Social media makes vaping look trendy, while bright colors and fun designs catch young people's attention, making it seem cool or harmless.



**How does the industry make
it harder for youth to quit
vaping once they start?**

The industry makes vapes with high nicotine levels, appealing flavours and packaging. The products are also easily available. All of these factors keep youth using, leading to stronger addiction.



**Do you think tobacco
companies should be held
accountable for the
health impacts of their
products on youth?**

Why or why not?

Yes, because they intentionally market addictive products that harm young.



Why does the tobacco industry work to prevent vape regulations?

Regulations could reduce their sales by limiting access and appeal to youth, so they try to prevent these laws.



Why might the tobacco industry try to position vaping as a “healthier” alternative to smoking?

By positioning it as “safer”, the industry downplays the health risks of vaping, making it more appealing to young people, including those who may be more concerned about health risks or wouldn't consider smoking.



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How does nicotine affect brain development in teens?

Nicotine disrupts brain development,
impacting memory and concentration
and making it harder to learn.



What are some of the immediate physical health effects of vaping?

Some effects include dry mouth, coughing
and throat irritation.



**Why might vaping make
asthma or other lung
conditions worse?**

Vaping introduces harmful particles and chemicals into the lungs, which can irritate and inflame airways, worsening conditions like asthma. Vaping also weakens lung health, making it easier to develop respiratory infections like bronchitis and pneumonia.



**What chemicals in vapes are
known to be toxic
or cancer-causing?**

Some of the toxic chemicals vapors can contain are formaldehyde, acetaldehyde and heavy metals like lead.



**How does nicotine
withdrawal affect mood
and behaviour?**

Withdrawal can lead to irritability,
restlessness, anxiety and
difficulty concentrating.



**What are the symptoms of
nicotine poisoning?**

Symptoms can include nausea,
vomiting, dizziness, rapid heartbeat,
in severe cases seizures and if not
treated death.



How can vaping affect your heart and blood pressure?

Nicotine raises blood pressure and increases heart rate. Over time this can put stress on the heart and increase the risk of heart disease and heart attack.



**Is secondhand vapour
exposure harmful to others?**

Yes, secondhand vapour contains nicotine and toxic particles that can harm others, especially people with lung conditions.



Why is it important to understand the long-term effects of vaping, even if they aren't fully known yet?

The long-term effects are still being studied. Knowing that vaping contains harmful chemicals and nicotine that can lead to addiction and health problems is important for making informed decisions.



How could you help a friend understand the health risks of vaping?

Share facts about how vaping can damage the lungs, cause addiction, and harm mental health. Direct them to trusted resources like [NotAnExperiment.ca](https://www.notanexperiment.ca).



What would you say to a friend who thinks that vaping is not as harmful as smoking cigarettes?

You could explain that vaping still contains harmful chemicals and nicotine, and it can lead to addiction and long-term health problems.



TRUE OR FALSE

Youth who vape are 3-4 times more likely to start smoking cigarettes.

True. The nicotine found in vapes, cigarettes and nicotine pouches can all cause addiction to nicotine. Once addicted, your brain does not care whether it comes from a vape or a cigarette. Becoming addicted to nicotine at an early age can lead to addiction to other drugs.



TRUE OR FALSE
**The teenage brain gets
addicted to nicotine faster
than the adult brain.**

True. The teenage brain is still developing, which makes it more susceptible to nicotine addiction compared to a fully developed adult brain.



TRUE OR FALSE
**Vaping daily can lead to dry
mouth and tooth problems.**

True. Vaping can cause dry mouth, which may lead to cavities and gum disease.



TRUE OR FALSE
**Vaping has no impact on
athletic performance
or fitness.**

False. Vaping can cause shortness of breath and reduced endurance. Regular vaping can increase the risk of developing a chronic cough. These can all impact athletic performance.



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TRUE OR FALSE
**Using cannabis with other
drugs increases risks
to your health.**

TRUE. Using cannabis with substances like commercial tobacco, alcohol, or other drugs makes the risk to your health worse. It can cause more problems with your body and your mind, increases the chances of injury, and can lead to risky decision-making.



How can cannabis affect your health in the short-term?

Cannabis can affect people in different ways, depending on the type and amount used.

Some possible short-term effects can include red eyes, feeling light-headed, anxiety, difficulty with coordination, thinking, problem solving and remembering.

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How can cannabis affect your health in the long-term?

Using cannabis regularly or for a long time can affect a young person's developing brain, increasing the risk of mental health issues like psychosis and dependence. It can also hurt your lungs, causing coughing, wheezing, lung infections, worsening asthma, and even cancer.



What are some potential harms from using cannabis regularly?

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- Dependence or addiction
 - Less motivation and worse school performance (because it can affect your memory, thinking, judgment, and problem-solving)
 - More risky behaviour (because it can affect your judgment and decision-making)
 - Mental health problems: like depression, anxiety, hallucinations, and paranoia
 - Breathing problems: like chronic cough, bronchitis, and even the risk of cancer
 - Risk of psychosis or schizophrenia (especially for people with a family history of mental illness)
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**What are some dangers
of vaping cannabis?**

Vaping cannabis has risks. It can create harmful chemicals that could hurt your lungs and brain.



What is THC, and why is it risky in cannabis vapes?

THC (Tetrahydrocannabinol), is the part of cannabis that makes people feel “high.”

Most cannabis vapes have very high amounts of THC. Taking in too much THC quickly can make a person feel very sick or overly intoxicated.

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**What harmful things might be
in flavoured cannabis
vaping products?**

Flavoured cannabis vapes may contain harmful chemicals like carbonyls, volatile organics, nitrosamines, and heavy metals. These can be toxic and even cause cancer.



Why is it important that young people be aware of vaping high-potency cannabis products?

As the brain is still developing, it is more susceptible to the effects of cannabis. This can cause harmful effects to the body and mind, as well as addiction to cannabis and other drugs.

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What are some ways you can politely tell a friend “you aren’t interested” or delay deciding if you are offered a vape?

You could say, “No thanks, I’m not interested,” make a joke like, “I’m addicted to fresh air!”, blame your parents “My parents would kill me if they found out,” or say “I don’t want to mess up my sports performance.” You can also suggest doing a different activity together instead.

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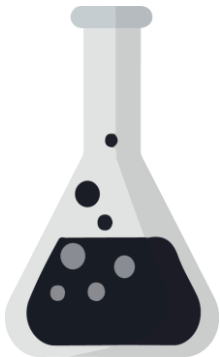
What would you say to someone who keeps asking you to vape, even after you've said "you aren't interested"?

You could say, “I’ve already made my choice,” or “I’m just not into it, let’s do something else!”



**How can preparing a
response ahead of time help
if you're offered a vape?**

Having a response ready can make it easier to give your answer confidently, with no hesitation.



**What are some signs
that someone might be
pressuring you to vape?**

Pressure to vape can feel like repeated offers, teasing, or making you feel bad for saying “you don’t want to.”



**How can surrounding yourself
with friends who don't
vape help you resist?**

Friends who respect your choices make it easier to stay true to yourself and your decision related to vaping.



**How can talking to someone
you trust help you resist
vaping if you feel pressured?**

Talking to a friend, family member, or mentor can provide support and advice to stay confident in your decision.



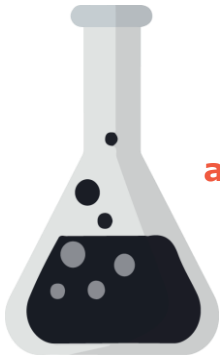
**What might you say to a friend
who tries to convince you that
“just one hit” won’t hurt?**

You could say, “That’s just not something I want to start,” or, “I’m not going to risk addiction. I’m not interested.”



**If your friend is feeling
pressured to vape by others,
how can you be there
for them?**

You can support them by helping them come up with what to say in those situations and practice it to build their confidence.



**Is it legal to give or share
a vape with someone under
19 in Ontario?**

No, it's illegal to give or share vape products with anyone under 19. The fine for doing so is \$490. This means it's also illegal for adults to buy vapes to give or share with someone under 19.



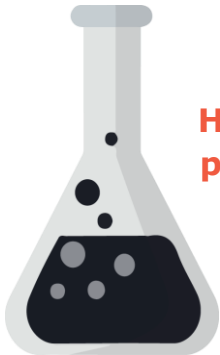
**What is the minimum age
to purchase vaping products
in Ontario?**

The minimum age is 19. Stores are required to check ID for anyone who appears under 25 to ensure compliance. Stores that sell vape products to people under 19 face fines.



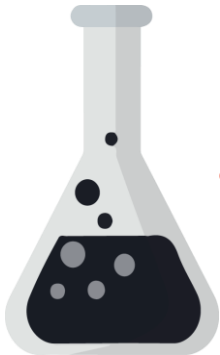
**Can you legally vape on
school property in Ontario?**

No, vaping is prohibited on all school property in Ontario, and violators can be fined \$305.



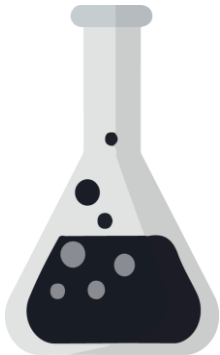
How far away from school property do you need to be to vape legally?

You must be at least two school bus lengths away from school property to vape legally.



**Are there rules about
advertising vape products
in Ontario?**

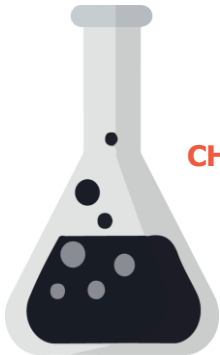
Yes, advertising of vape products in ways that can be seen by youth, such as in store windows or on social media, is restricted to prevent youth exposure.



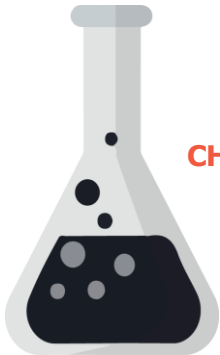
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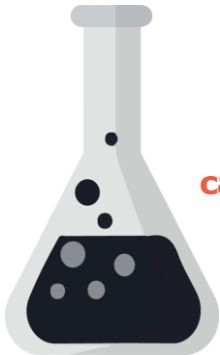
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**What is the safe level of
cannabis use before driving?**

ZERO. There is no safe level of cannabis use before driving. Cannabis can make it hard to think clearly, pay attention, react quickly, and control your movements—all of which are important for safe driving. Drivers who are high on cannabis are 2-3 times more likely to get into a crash. Also, driving under the influence of cannabis is illegal, and there are laws with zero tolerance.



**Why are cannabis
concentrates in vapes risky?**

Most cannabis vapes use concentrates with very high amounts of THC (Tetrahydrocannabinol). Using too much THC can cause over-intoxication, which is also called “greening out.”

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What is 'greening out' related to vaping of cannabis?

“Greening out” happens when someone uses too much THC (Tetrahydrocannabinol) and feels very sick or uncomfortable. They might feel dizzy, anxious, or even throw up.

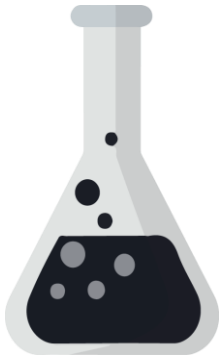
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**Why is more research needed
about cannabis vaping?**

Scientists are still learning about how vaping cannabis affects the body. More research is needed to understand all the possible harms.



Vape pens can contain concentrates that have high levels of THC (tetrahydrocannabinol). What are some of the health effects of THC?

Concentrates include shatter, wax, oil, and distillate. Because they are so strong (higher levels of THC) they can increase the risk of health problems like feeling very sick, paranoia, or even the development of cannabis dependence.

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**How does nicotine
withdrawal impact mood?**

Nicotine withdrawal can lead to irritability, anxiety, restlessness, and even depression as the body adjusts to not having nicotine.



**Why might someone who
vapes and thinks vaping
helps with stress feel more
stressed over time?**

Nicotine can provide a short-term dopamine boost that feels good at first, but as dependence grows, people often feel more stress, especially during cravings or withdrawal. While it may provide temporary relief, vaping is not a healthy way to cope with stress or anxiety. It increases stress and anxiety in the long run because of nicotine addiction.

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Vaping can change brain chemistry. How do you think that affects emotions and behaviour?

Nicotine affects the release of dopamine, a brain chemical that gives the feeling of pleasure and reward.

This can cause:

- Changes in mood
 - Impaired ability to focus
 - Alter stress response
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**How do you think
vaping nicotine affects
mental health?**

Vaping nicotine triggers the release of dopamine, cortisol, and adrenaline, creating a temporary “feel-good” effect. However, when nicotine levels drop, withdrawal symptoms can lead to increased stress and anxiety, reinforcing the addiction pathway.

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**Vaping can increase
feelings
of loneliness.
Why might this happen?**

People who vape may feel isolated, especially if they try to hide their addiction from friends or family, which can lead to loneliness and affect relationships. Yes, vaping can sometimes create social divides, especially if peers don't approve, or if someone feels embarrassed or anxious about their habit.



**How can nicotine cravings
impact your daily activities
or relationships?**

Cravings can interfere with focus and mood, potentially leading to conflicts or making it harder to enjoy activities and be present in relationships when worrying about when you can vape next or feeling anxious if you can't vape.

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**What physical and
mental health effects
occur when someone
stops vaping?**

Quitting vaping can:

- Reduce anxiety and mood swings
 - Help restore natural brain balance
 - Improved energy and focus
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If a friend is nervous about quitting because they don't know how to handle stress without vaping, what could you say to reassure them?

Offer to explore other stress-relief strategies together, like deep breathing, physical activity or meditation, to show them that there are other ways to manage stress. Sometimes talking can help too: you can offer to listen or suggest journaling and practicing mindfulness or relaxation techniques.



**How can you practice deep
breathing to calm down
in stressful moments?**

You can take slow, deep breaths, counting to four as you inhale and four as you exhale, to slow your heart rate and relax.



**Why might practicing
mindfulness or meditation
help reduce stress?**

These practices help you stay present, clear your mind, and reduce anxiety by focusing on the current moment.



**How could setting small goals
or creating a to-do list
help with stress?**

Organizing tasks into manageable steps can make things feel less overwhelming and help you focus on one thing at a time.



**How might spending time
in nature help you
manage stress?**

Being outdoors can be calming and refreshing, helping you clear your mind and boost your mood.



**How can talking to someone
you trust about your stress
help you feel better?**

Sharing your feelings with someone who cares about you can provide comfort, advice, and a new perspective.



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TRUE OF FALSE
**Frequent cannabis
use can cause a substance-
induced psychosis.**

TRUE. Using cannabis often, especially strong cannabis with a lot of THC (Tetrahydrocannabinol), can cause something called substance-induced psychosis. This means you might; see or hear things that aren't real, believe things that aren't true, feel confused and have trouble thinking clearly or paying attention. To lower your risk, wait until you are older to use cannabis, or if you use, use cannabis less often and choose cannabis with lower THC (under 15%).

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Are people with a family history of mental health issues (like psychosis or substance use disorder) at a higher risk if they use cannabis?

Yes. People who have a family member (like a parent or sibling) with mental health problems, are at a higher risk from using cannabis. It's best for them to avoid using cannabis.

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**Can cannabis use affect
school performance?**

Yes, it can lower motivation and hurt school performance because it affects your memory, thinking, judgment, and problem-solving skills.



**What are some potential
mental health issues that can
occur from using cannabis?**

- Dependence or addiction
- Mental health issues: depression, anxiety, hallucinations, paranoia
- Psychosis/schizophrenia risk: especially for individuals with a personal or family history of mental illness



**What does cannabis
addiction look like?**

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- Using more often than you planned
 - Spending a lot of time thinking about or using cannabis
 - Needing more cannabis to feel the same effect
 - Continuing to use cannabis even though it's causing problems in your body, mind, or social life
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**What can happen to youth
who vape cannabis daily
or almost daily for
a long time?**

They have a higher risk of having mental and physical health problems, and they might also have trouble with friends, school, or family.
