

Vaping and Youth

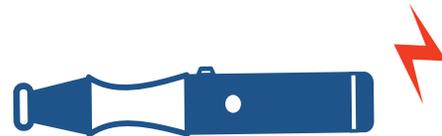


What are vapes?

Vapes or elect cigarettes come in many shapes and sizes.

Most have a battery, a heating element and a place to hold a liquid.

The vape liquid, or e-juice, is heated to produce an aerosol, which the person inhales.



Spoiler alert, it's not just flavoured vapour.
Fact: While vaping aerosol contains fewer chemicals than tobacco smoke, it is still harmful.

What's in a vape?



Vapes contain many dangerous substances:

- **Nicotine** – highly addictive, impacts youth brain development, vapes can also contain cannabis
- **Tiny particles** – inhaled deep into the lungs causing damage
- **Flavouring chemicals** – diacetyl, linked to serious lung disease called “popcorn lung”
- **Toxic chemicals** like:
 - ~ **Propylene glycol** – also found in paint solvent
 - ~ **Diethylene glycol** – also found in antifreeze
 - ~ **Benzene** – also found in car exhaust
 - ~ **Acrolein** – also found in weed killers
- **Cancer-causing chemicals** – acetaldehyde, formaldehyde
- **Heavy metals** – including cadmium, nickel, tin and lead, linked to cancers and brain damage



References

For a list of references, email tobacco@gov.nu.ca

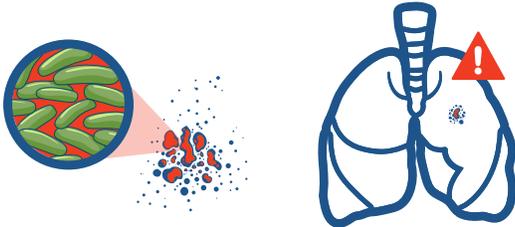
Revised January 2026

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Vaping damages your lungs

- Tiny particles in vapes are inhaled deep into the lungs. This can cause permanent damage.
- This increases the risk of heart and lung disease, and asthma attacks. It also affects how well the lungs work.



Nicotine in vapes

- Nicotine is highly addictive and the withdrawal symptoms can be unpleasant.
- Nicotine harms developing brains.
- It makes it harder to focus, learn and affects your mood and memory.
- Youth who use nicotine may be more likely to develop addictions to other drugs.



Fact: Vapes are not safe. Youth who vape are more likely to begin smoking cigarettes. Vaping has many of the same health risks as smoking. Youth and pregnant women are at higher risk of health harms from vaping.

Immediate health effects of vapes

- Light-headedness
- Eye and throat irritation
- Headaches
- Dizziness
- Coughing and wheezing
- Shortness of breath
- Elevated blood pressure and heart rate



Vaping Has No Place Here

The best way to quit smoking is by using Nicotine Replacement Therapy or medications like Champix and counselling.

Vaping has not been approved in Canada as a quit aid. Visit your health centre or local pharmacy for nicotine patches, gum, lozenges, inhalers and mouth spray at no cost. Talk to your doctor, nurse or local Community Health Representative.



Contact the QuitLine

Toll free: 1-866-368-7848
Email: tobacco@gov.nu.ca



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References

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