

Vaping – frequently asked questions

1. What is in a vape?

- A vaporizer – also known as a vape, electronic cigarette or e-cigarette – contains liquid. Vaping liquid – also known as e-juice or e-liquid – typically contains glycerol, flavours, propylene, glycol and varying levels of nicotine. Some studies have found that even though e-juice might be sold as nicotine-free, it may still contain traces. Even trace amounts of nicotine can be harmful.
- Cannabis is also used by some in vaporizers.
- Additionally, the process of heating the liquid can cause reactions, which can create new chemicals.

2. What is vaping?

- It's the process where e-juice or cannabis is heated and changes the initial form to vapour; the act of inhaling and exhaling the aerosol produced is called vaping.

3. What does a vaporizer “vape” look like?

- Vapes come in various shapes and sizes, with some as small as USB sticks. All have a mouthpiece, tank or cartridge containing the e-juice, an atomizer that heats the e-juice to create the vapour, and a battery to power the atomizer.

4. Is vaping allowed at school?

- Students cannot vape on school property. Our existing policies and [Code of Conduct](#) apply; collectively, they prohibit smoking of any substance, including vaping, on school property.

5. How does the District provide education around substance use prevention and health?

- The District has a Safe and Caring Schools team (that provides education in schools for staff, students, and parents) who talk to students about prevention, health, addiction, and the impact of substance abuse. Conversations about vaping are part of how staff support students to make safe decisions.
- Additionally, other partners – such as Fraser Health and RCMP School Liaisons – provide education in schools about health concerns and substance use.

6. What resources are available for me, as a parent or guardian, to learn more about the effects of vaporizer use on health for underage users?

- Various resources exist within the community or through your health provider. Here are some resources:

- [Health Canada – Consider the Consequences of Vaping](#)
- [Video about what vaping is and possible health impacts](#)

7. I want to talk to my child about vaporizer use, where can I find information about how to have that conversation?

- There are resources available, such as Health Canada’s [Talking with your teen about vaping: a tip sheet for parents](#). There are also local community agencies that can support you with information about how to have a conversation with your child about vaping or other substance-related concerns. An example is [Odyssey I Boys and Girls Club](#).

8. I still have concerns about this, who can I talk to?

- Please talk with your student’s Principal or school counsellor, either of whom would be pleased to have a conversation with you or connect you with the District’s Substance Use Prevention and Health Promotion Worker, who is part of the Safe and Caring Schools team.