

# Parents and Caregivers Vaping Info Sheet

## What is vaping and what does the law say?

**Vaping** is the action of inhaling a heated solution, often containing liquid nicotine and other chemicals. It can cause damage to the lungs, heart and brain, and can also lead to nicotine addiction.

The Smoke-Free Ontario Act, 2017, prohibits smoking, vaping, and cannabis use in schools, on school grounds, and on public areas within 20 meters of school property. It's also illegal to sell or give tobacco or vapor products to anyone under 19, and violators can be fined.

**Fines include:**

**Smoking/vaping in a prohibited area: \$305**

**Selling/giving tobacco/vaping products to someone under 19: \$490**

**Both violations: \$795**

School staff can report violations, and enforcement officers from the Middlesex London Health Unit or Southwestern Public Health can issue fines. If someone under 16 breaks the law, they may be required to go to Youth Justice Court with a parent or guardian.

## Suggestions about how to talk to your kids about vaping

1. Open Communication: Start by having an open and non-judgmental conversation with your child. Ask them about their experiences and feelings related to vaping. **Think conversation, not interrogation**
2. Educate: Share information about the health risks associated with vaping, including addiction, respiratory issues, and other long-term effects.
3. Set Clear Expectations: Reinforce your family's rules and expectations regarding substance use and discuss the consequences of breaking these rules.

Example ways to start conversations:

- "I noticed you've been staying in your room a lot recently and I'm worried you might be having a hard time, can we talk about it?"
- "I know you know vaping is harming you, can we talk about why you're still doing it?"

**Brief Conversations Toolkit:**

<https://www.quashapp.com/conversations>

*A toolkit that empowers caring adults to help students make decisions about vaping.*



## Providing Support



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 Challenge

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