

Appendix: Additional resources

2 Truths and a Lie - Lungs are for Life!

Name _____

In each set of statements below, two statements are true and one is a lie. Can you pick the lie? Circle the statement that's a lie, then change the sentence so that it becomes true.

1. Vapes do not contain nicotine.
2. People can experience second-hand exposure to the aerosol released from vapes.
3. Vaping nicotine can lead to physical dependence and addiction.

1. Vapes only produce vapour.
2. In addition to what's listed on the label, the aerosol from vaping devices contains new chemicals are produced when the e-liquid is heated.
3. The aerosol from vapes contains toxic chemicals.

1. It's possible to get addicted to nicotine after using it only a few times.
2. Smoking and vaping are bad for your lungs, but research shows they don't harm your brain.
3. People think vaping and smoking can help relieve stress, but it actually makes stress worse over the longer term.

Appendix: Additional resources

2 Truths and a Lie - Lungs are for Life!

1. In Ontario, it is illegal to sell or provide vaping products to anyone under the age of 19.
 2. More and more schools are banning vapes.
 3. Unlike cigarettes, vapes can be used anywhere.
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1. When using vapes, there is a risk of explosions of electronics and batteries.
 2. Health Canada currently regulates the chemical ingredients in e-liquid.
 3. Children have been poisoned due to accidental exposure and consumption of e-liquids.
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1. Vapes do not contain nicotine. **(LIE)**
2. People can experience second-hand exposure to the aerosol released from vapes. **(TRUTH)**
3. Vaping nicotine can lead to physical dependence and addiction. **(TRUTH)**

Many vapes do contain nicotine.

The amount of nicotine can vary from none or low levels to levels similar to 3 packages of cigarettes.

1. Vapes only produce vapour. **(LIE)**
2. In addition to what's listed on the label, the aerosol from vaping devices contains new chemicals are produced when the e-liquid is heated. **(TRUTH)**
3. The aerosol from vapes contains toxic chemicals. **(TRUTH)**

Vapes produce aerosol, not vapour

Despite what the industry says, there is no "vapour" in vaping.

1. It's possible to get addicted to nicotine after using it only a few times. **(TRUTH)**
2. Smoking and vaping are bad for your lungs, but research shows they don't harm your brain. **(LIE)**
3. People think vaping and smoking can help relieve stress, but it actually makes stress worse over the longer term. **(TRUTH)**

Smoking and vaping are bad for your lungs as well as your brain and nervous system, your heart and circulatory system and your teeth and gums.

Even though vaping is relatively new, there is plenty of research evidence showing how it can harm the body, just like smoking cigarettes.

1. In Ontario, it is illegal to sell or provide vaping products to anyone under the age of 19. **(TRUTH)**
2. More and more schools are banning vapes. **(TRUTH)**
3. Unlike cigarettes, vapes can be used anywhere. **(LIE)**

Vapes cannot be used everywhere. In fact, regulations in Ontario require people who vape to respect the same laws as people who smoke.

According to the Smoke-Free Ontario, 2017 there are many places you cannot vape (or smoke), including on and within 20 metres of school property, playgrounds and sporting and spectator areas and in motor vehicles while another person who is less than 16 years of age is present.

1. When using vapes, there is a risk of explosions of electronics and batteries. **(TRUTH)**
2. Health Canada currently regulates the chemical ingredients in e-liquid. **(LIE)**
3. Children have been poisoned due to accidental exposure and consumption of e-liquids. **(TRUTH)**

Health Canada does not currently regulate the toxic additives in e-liquids.

The concern with unregulated e-liquids is that they may contain substances that could pose health risks when heated and inhaled.