

Class discussion

What's in a vape?

The questions below are designed for you to initiate an essential conversation with your students.

It does not matter if you know the answer; you can research that together at a later time. What is important is that you are able to communicate with the students, to broaden their perspectives on this topic.

ASK:

- What do you know about the differences between the terms “vapour” and “aerosol?”
- What are your personal concerns regarding the safety of vapes, if any?
- What are some of the reasons that vapes are appealing to young people in particular?
- Where are the places that you hear information about vapes? What sources do you trust to give you accurate information about these products?
- What would you tell an adult who doesn't know anything about vaping?

TALKING POINTS: VAPOUR, GAS OR AEROSOL

- Vapes allow you to make large clouds that many think are just water vapour, but in reality, the ‘cloud’ is a mixture of many different chemicals that were either present in the e-liquid before or produced during the heating process.
- Even though we refer to it as vapour, vape devices actually produce an aerosol mist.
- Aerosol mist is not water vapour, it contains ultra-fine particles that are inhaled into the lungs.
- Instead of just mixing with the air like pure gas, aerosols can leave drops behind.

TALKING POINTS: VAPES CREATING AEROSOLS

- Vapes produce aerosol that often contain propylene glycol, glycerin, flavourings, and nicotine.
- Nicotine itself is a highly addictive compound, though not all contain nicotine.
- And while more research is being done, it is possible that many of the same chemicals found in commercial cigarettes are also in the aerosols.