

Appendix: Additional resources

True or false? - Lungs are for Life!

Name _____

- | | | |
|---|------|-------|
| 1. Vapes are battery-operated devices that come in many forms. | True | False |
| 2. It is legal for retailers to advertise on billboards, buses and pop-up stores in Canada. | True | False |
| 3. It is legal to vape in enclosed public places. | True | False |
| 4. Vaping is less harmful than smoking tobacco. | True | False |
| 4. Nicotine is a stimulant drug that speeds up the messages travelling between the brain and body | True | False |
| 5. Some of the effects of smoking cigarettes include dizziness, headaches, fast heartbeat and bad breath. | True | False |
| 6. It is illegal to sell vapes that contain nicotine. | True | False |
| 7. The liquid form of nicotine used in vapes has a risk of poisoning. | True | False |

- 1. Vapes are battery-operated devices that come in many forms. True**

Vapes are battery-powered devices which heat a cartridge containing nicotine, flavouring and other chemicals into an aerosol which is inhaled through a mouthpiece, and then exhaled by the user as a visible aerosol.

- 2. It is legal for retailers to advertise on billboards, buses and pop-up stores in Canada. False**

In Canada, there are severe restrictions on advertising or promoting vapes and vape products. The law forbids it.

- 3. It is legal to vape in enclosed public places. False**

It is against the law in Ontario to use a vape inside public spaces, including workplaces and restaurants, and other places where smoking is already prohibited.

- 4. Vaping is less harmful than smoking tobacco. False**

Any drug has the potential to cause harm. Vaping may expose you to potentially harmful chemicals. Young people should avoid vaping: it is not risk-free.

- 5. Nicotine is a stimulant drug that speeds up the messages travelling between the brain and body True**

- 6. Some of the effects of smoking cigarettes include dizziness, headaches, fast heartbeat and bad breath. True**

As with any drug, the effects may differ for each person; however, these are some effects that are usually experienced.

- 7. It is illegal to sell vapes that contain nicotine. False**

Regardless of whether they contain nicotine or not, vapes may only be sold by a retailer with a license, and may only be purchased by persons 19+ in Ontario.

- 8. There is a risk of nicotine poisoning from the liquid form of nicotine used in vapes. True**

Children have been poisoned by ingesting vaping liquid as it is often flavoured, making it more appealing; ingesting even a small amount of liquid nicotine can be serious and even life-threatening for a child.