



VAPING INFORMATION FOR FAMILIES

VAPE-FREE SCHOOLS

HPSD recognizes the health risks associated with tobacco products including chewing tobacco, electronic cigarettes and vaping products. Smoking, vaping and the use of tobacco products in any form are not conducive to the maintenance of a healthy environment and may lead to addiction and/or illness.

VAPING AND THE LAW

It is illegal to sell tobacco and vapour products to anyone under the age of 18 in Alberta. Smoking and vaping are banned in the following places in Alberta, at a minimum:

- (a) on a hospital property, including the building, grounds and parking areas used in relation to the hospital property,
- (b) on a child care facility property, including the building, grounds and parking areas used in relation to the child care facility property,
- (c) on a school property, including the building, grounds and parking areas used in relation to the school property,
- (d) in a workplace,
- (e) in a public place,
- (f) in a public vehicle,
- (g) in a vehicle in which a minor is present,
- (h) in or within a prescribed distance from any of the following:
 - (i) a playground;
 - (ii) a sports or playing field;
 - (iii) a skateboard or bicycle park;
 - (iv) a zoo;
 - (v) an outdoor theatre;
 - (vi) a public outdoor pool or splash pad;
 - (vii) any other place that is prescribed or otherwise described in the regulations,

or

- (i) within a prescribed distance from a doorway, window or air intake of any place referred to in clauses (a) to (e) and (h)(vii), as the case may be.

SCHOOL CONSEQUENCES

Students caught vaping on school property will face immediate consequences:

- Required to meet with school administration, who will immediately contact the student's parents to inform them of the violation. Vapes and vaping substances will be confiscated and disposed of. Confiscated items will not be returned to families as it is illegal for minors to be in possession of these materials.
- Parents will be asked to come to the school to pick up their child and take them home for the rest of the school day.
- Student suspensions will range from 1-5 days out of school, depending on the individual case.
- As with any incident contravening the school code of conduct, the opportunity to participate in extracurricular activities or attend field trips or excursions may be restricted.

Consequences shall be applied to all students involved in vaping activities, whether they are vaping themselves or bystanders.

AROUND THE SCHOOL

If your child encounters other students vaping on school grounds or in the school (bathroom or secluded space), they should immediately separate themselves from those who are vaping and temporarily avoid that area and report this to administration.

Students are not to vape on neighbouring private or public property. Leaving the school property to vape is not acceptable. HPSPD does not condone vaping anywhere. Any questions or concerns regarding vaping in or around your child's school should be directed to the principal.





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WHAT IS VAPING?

Vaping is the act of inhaling and exhaling an aerosol produced by a vaping product, such as an electronic cigarette. Vaping does not require burning like cigarette smoking. The device heats a liquid into a vapour, which then turns into an aerosol. This vapour is often flavoured and may contain nicotine. Cannabis can also be consumed by vaping (breathing in dried cannabis or liquid cannabis vapours).

Vaping devices are usually battery-powered and may have removable parts. Vaping products have many names: dab pens, vape pens, mods, vapes, sub-ohms, e-hookahs, tank systems, electronic cigarettes, and e-cigarettes. Most vaping devices contain a battery, mouthpiece, heating element, and a chamber (tank or reservoir containing a liquid solution).

SCHOOL-BASED SUPPORT

We are here to help. Students suspended for a policy violation or who voluntarily request help are referred to a staff member for assistance.

Contact your child's principal to learn more about what services are available to meet your child's needs.

HEALTH RISKS OF VAPING

Most vape products contain significant amounts of nicotine, an exceedingly addictive chemical. According to Health Canada, children and youth are especially susceptible to the harmful effects of nicotine, including addiction. They may become dependent on nicotine with lower levels of exposure than adults. Research has shown that teens and young adults who vape are almost four times as likely as their non-vaping peers to begin smoking traditional cigarettes. Data from the Canadian Community Health Survey indicates that two-thirds (66.1%) of 12- to -17 year-olds who had used both tobacco and e-cigarettes reported trying e-cigarettes first.

Nicotine can affect memory and concentration and is known to alter brain development. Vaping may also result in lung damage. There is no burning during vaping, but the vaping process needs the liquid to be heated, which can create new chemicals, such as formaldehyde. Some contaminants (e.g. nickel, tin, and aluminum) might also get into the vaping products and the vapour. The ingredients typically found in vaping liquids include glycerol, flavours, and propylene glycol. The long-term safety of inhaling these substances in vaping products is unknown.



START THE CONVERSATION

It's never too late to start the conversation with your child. Discuss the facts and correct any misconceptions, but be patient and engage in dialogue. Teenagers are likelier to be honest, and keep the conversation going if they feel heard and respected. Don't expect to have just one conversation with your child. You will probably need to discuss the subject repeatedly and in different places.