

Vaping and Cannabis: What Parents Need to Know

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things to
know about
Cannabis

also known as marijuana, pot, bud, and weed



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What is Cannabis?

Cannabis comes from the plant Cannabis sativa.
Contains 100-400 chemicals.

THC

(Tetrahydrocannabinol)

- Psychoactive cannabinoid
- Causes impairment
- Affects awareness, judgement and memory

CBD

(Cannabidiol)

- Does not cause impairment
- Is prescribed as therapy for certain medical conditions
- May dampen some of the psychoactive affects of THC

Cannabis Terms



| Commonly used terms | Alternatives |
|-----------------------|---------------|
| Weed, grass, pot, etc | Cannabis |
| Recreational | Non-medicinal |
| High | Impaired |
| Smoke | Use |
| Dispensary | Retail Outlet |

Different Ways to Use Cannabis

Inhalation Delivery

- Smoking
- Vaping



Oral Delivery

- Edibles
- Drinks
- Tinctures
- Ingestible oils



Topical Delivery

- Creams

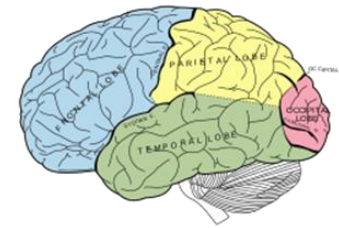


Concern for our Youth

Youth are especially vulnerable, the brain continues to develop until the age of 25.

Early and frequent cannabis use:

- alters the brain
- is linked with reduced IQ,
- lowers school performance and increases the risk of dropping out of school



The younger you start the more prone you are to addiction and mental health issues

Health Effects in Youth

- Makes it harder to learn and remember things
- Makes it difficult to make good decisions
- Lowers their ability to pay attention
- Reduces the ability to perform well on the job or at school
- Impairs coordination and slows reaction time
- May cause physical injuries due to risk taking

Mental Health Effects in Youth

Affects mood and feelings

- Anxious, panicked, sad and fearful

Affects mental health

- Trigger psychotic episodes (not knowing what is real), paranoia, disorganized thoughts & hallucinations

Youth with a **family history** of mental health disorders are at greater risk



Long Term Regular Use



Affects the body

- Damages the lungs - hard to breathe, coughing, wheezing or other breathing problems

Affects mental health

- Anxiety, depression, psychosis and schizophrenia

Develop into addiction and physical dependence

Signs of Concern

Decline in school work and grades

Deteriorating relationships with family

Sudden changes in friends



Decreased honesty and willingness to talk and share

Abnormal health issues or sleeping habits

Driving and Cannabis

After alcohol, cannabis is most linked to motor vehicle collisions

Cannabis:

- makes it harder to pay attention and tell how far away things are
- slows reaction time
- makes hands less steady



Cannabis Ontario Rules



Minimum age to buy, use, possess, or grow



Use in homes, many outdoor public spaces...



Serious impaired driving penalties. Zero tolerance for some drivers



30 g dried cannabis possession limit in public



Mixed public (online, OCS) and private (AGCO licensed) retail sales



Non-medical cannabis use prohibited in workplaces



Home cultivation of up to 4 plants per residence



Cannabis for medicinal use regulated by Health Canada

Lower-Risk Cannabis Use Guidelines





Vaping



1964- 1st surgeon
general report on
smoking

1970's big tobacco
companies start their
own research



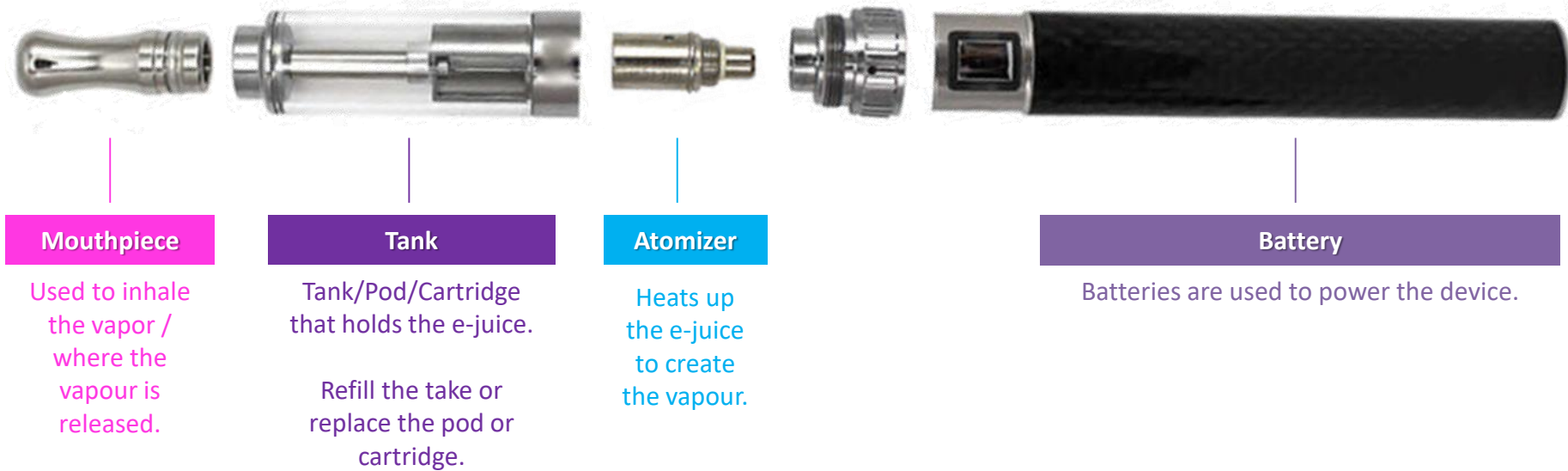
1990's-
information
about addiction
started coming
to light

April 14, 1994: US congressional committee- all swearing that nicotine is not addictive!

The Mechanics of Vaping



What are Vapes?



Vapes may look different but they generally work the same way and have these components.

Vaping Devices are Rapidly Evolving!

1st Generation



2nd Generation



3rd Generation



Novelty



Pod/Cartridge Based



Cig-a-likes [disposable]

Vape Pens, Tank Systems, Mods [refillable e-juice]

Juul, ePen, disks [pod system]

Vapour vs Aerosol



What's the difference?

Flavours



There are over
15,500
[unregulated] e-juice / pod flavours.



What is in E-liquid?

- | | | | |
|------------------------|--------------------------|------------------------------------|-------------|
| • Propylene glycol | • Crotonaldehyde | • Acrolein | • Lead |
| • Glycerin | • Propionaldehyde | • Silver | • Magnesium |
| • Flavourings (many) | • Benzaldehyde | • Nickel | • Manganese |
| • Nicotine | • Valeric acid | • Tin | • Potassium |
| • NNN | • Hexanal | • Sodium | • Titanium |
| • NNK | • Fluorine | • Strontium | • Zinc |
| • NAB | • Anthracene | • Barium | • Zirconium |
| • NAT | • Pyrene | • Aluminum | • Calcium |
| • Ethylbenzene | • Acenaphthylene | • Chromium | • Iron |
| • Benzene | • Acenaphthene | • Boron | • Sulfur |
| • Xylene | • Fluoroanthene | • Copper | • Vanadium |
| • Toluene | • Benz(a)anthracene | • Selenium | • Cobalt |
| • Acetaldehyde | • Chrysene | • Arsenic | • Rubidium |
| • Formaldehyde | • Retene | • Nitrosamines | |
| • Naphthalene | • Benzo(a)pyrene | • Polycyclic aromatic hydrocarbons | |
| • Styrene | • Indeno(1,2,3-cd)pyrene | • Cadmium | |
| • Benzo(b)fluoranthene | • Benzo(ghi)perylene | • Silicon | |
| • Chlorobenzene | • Acetone | • Lithium | |

Some of these chemicals are harmful and potentially harmful

Vape Chemicals in Familiar Places



Propylene glycol
Anti-freeze



Ethylbenzene
Pesticides



Nicotine
Cigarettes



Acetone
Nail polish remover



Rubidium
Fireworks

Nicotine and Brain Development

Nicotine use at a young age:

- can negatively affect teen brain development
- makes it harder to learn, concentrate or control impulses
- leads to addiction to nicotine

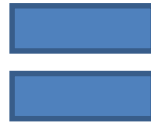


Vaping and Nicotine

- Vaping is used to deliver nicotine
- E-liquid may **contain nicotine** even when it claims to be **nicotine free**
- Nicotine is **addictive**
- Youth that vape are **more likely** to use tobacco products



Nicotine



DeNoble Files Video





Formaldehyde

Nicotine

Carcinogens

What's In a Vape Cloud?

Nitrosamines

Benzene

Acetaldehyde

Health Risks



Long term effects are still unknown

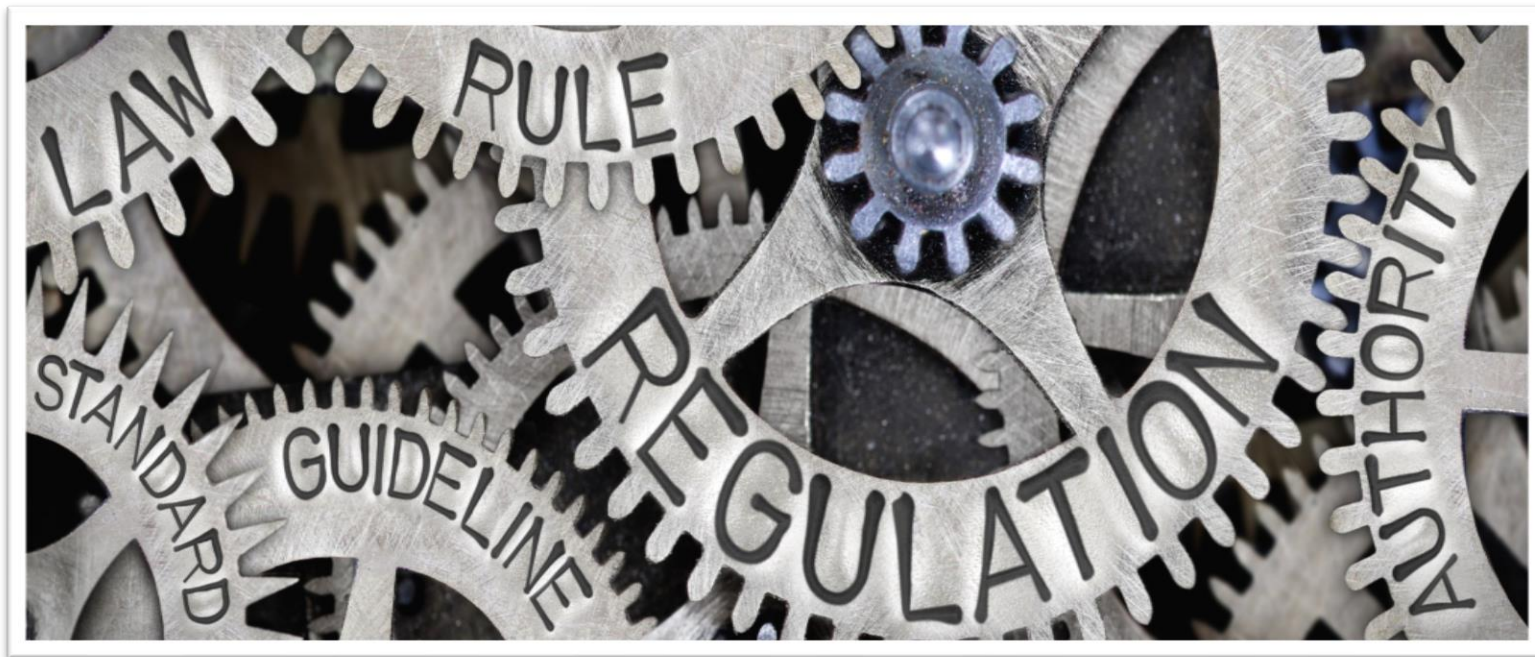
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In Addition...

- Vapes may cause unintended injuries, such as fires and explosions
- Keep out of reach of children & pets, it can cause nicotine poisoning.
- Don't share vapes due to risk of infectious disease
- Vapes may be less harmful than cigarettes - how much remains to be seen.
- Youth that vape are more likely to use tobacco products.

Legislation



Legislation



Government
of Canada



Federal

Tobacco and Vaping Products Act

Adults can now legally purchase vaping products with nicotine as a less harmful option than smoking.

Provincial

Smoke Free Ontario Act

The Act prohibits smoking and vaping of cannabis and use of electronic cigarettes of all forms in the same places where smoking of tobacco is prohibited.



Smoke-Free Ontario Act

- **Prohibits** the smoking of tobacco, cannabis (including medical) and use of e-cigarettes/vapour products **in schools and on school property**.
- **Prohibits** the smoking of cannabis, tobacco and use of e-cigarettes/vaping **within 20 metres** from the perimeter of the **school property**.
- Requires **posting** of **no smoking and no vaping** signs in locations required by the Act.



Other Prohibited Areas

- Playgrounds, Play areas and sporting fields (+ 20m)
- Arenas & Recreation Centres (+ 20m)
- Childcare Centres
- In a car with anyone under 16yrs
- Bar and Restaurant Patios (+ 9m)



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4260

Certificate of Offense / Précédent verbal d'infraction

J. SMITH

190401300P

DOE
JOHN

123 MAIN STREET
THUNDER BAY ON P0A1A2

19990108M X
at BAY PUBLIC SCHOOL
989 Front Street
Thunder Bay

Supply vapor product to a
person who is less than
19 years old

Smoke-free Ontario Act
3C(2)

490.00 490.00

1855 78044
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Halton
REGION

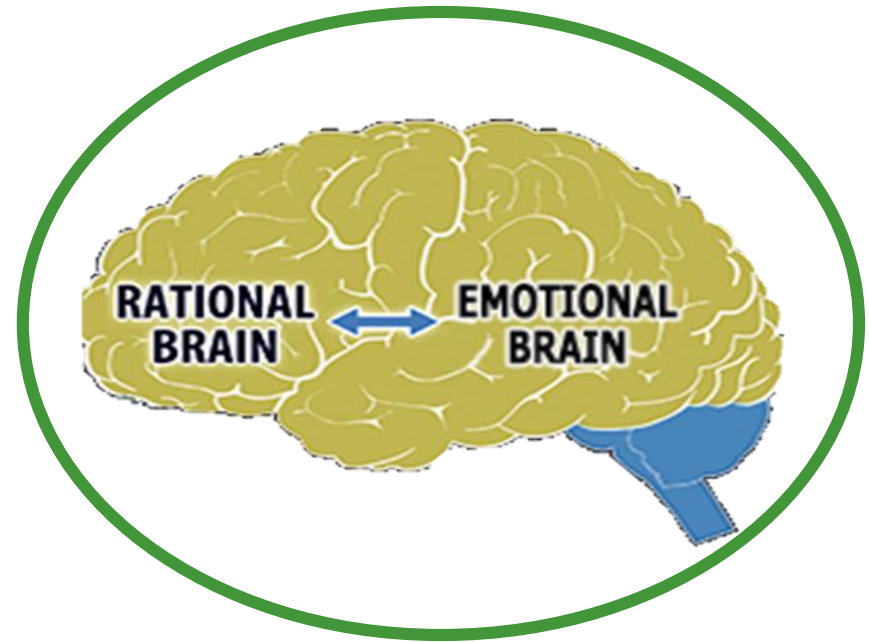





The Teen Brain: Under Construction

Emotional brain
dominates behaviour

Rational brain takes a
back seat



The brain is capable of growth and change

Typical Adolescent Behaviour

Changes in mood

Changes in body

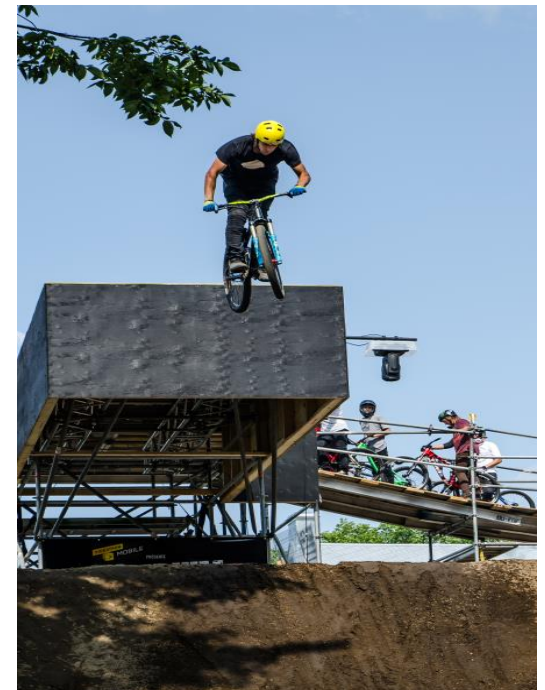
Increased sleeping

Increased risk taking

Spends less time with family

Less affection toward parents

Changes in self-confidence



You play an important role in the prevention of risky behaviours!

- ✓ Stay connected
- ✓ Be involved
- ✓ Be supportive
- ✓ Continue to monitor
- ✓ Be a positive role model



Parenting about Substances



- Know the facts
- Talk
- Plan ahead
- Be a positive role model
- Know where to get help

Community Resources



- [ADAPT](#)
- [ROCK](#)
- [CAMH](#)
- [Halton Healthcare Services](#)
- [Kids Help Phone](#)
- Dial 311 for public health inspectors & [Halton Parents](#)

HaltonParents

Speak with a public health nurse

- Dial 311
- haltonparents@halton.ca



Vaping Resources

- [Vapes and Vaping](#) Halton Region Public Health
- Health Canada [Vaping](#) information:
 - infographic, fact sheet, nicotine online games, videos
- Health Canada [Vaping tour](#) and resources
- Halton Region Fact sheets (Vaping and the SFOA)
- HaltonParents Vaping [Blog](#)
- Halton [Newsletter inserts](#)

Cannabis Resources

- Halton Region website - [Cannabis](#)
- Halton Region Cannabis Fact Sheet
- Health Canada [Health Effects of Cannabis](#)
- Cannabis in Canada [Get the Facts](#)
- Drug free kids Canada: [Cannabis talk kit](#)

