

If you're the parent of a teenager, you might have heard about the rising number of teens that are using vapour products, such as electronic cigarettes. Rates of vaping have now surpassed tobacco smoking among youth. For instance, 23% of Ottawa high school students in grades 9-12 have used an electronic cigarette at least once compared to 14% that have tried tobacco.

This growing vape culture is concerning as the long-term safety of inhaling the chemicals from vaping products are still unknown. Vaping products may also contain nicotine. Nicotine is a highly addictive substance that can alter brain development and can affect concentration and memory in youth.

For more information, please visit <http://www.parentinginottawa.ca/en/youth/vaping.aspx>