

### Class discussion

### Dirty clouds

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.

## Section 2. Understanding vape products and cigarettes

- 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.
- Some vape flavours can cause people to have anaphylactic allergic reactions especially nut flavours

### **TALKING POINTS: OTHER PLACES TO FIND CHEMICALS FROM VAPE AEROSOLS**

- Although the chemicals that have been found in vape aerosols might seem unrecognizable, you are familiar with other places some of those same chemicals can be found.
- For example, propylene glycol can be found in antifreeze products or also used to winterize plumbing systems.
- Maybe the most important ingredient here is nicotine. Nicotine is a drug that's highly addictive and is the reason why smokers smoke even after they start getting sick. Of course, in high doses, it's a poison. In fact, nicotine naturally occurs in plants to keep insects from eating them.
- So now that you know that vapes produce an aerosol, and that those aerosols contain harmful chemicals, you can truly explain vape clouds to someone who believes that they are just water vapour.
- These aerosols are a greasy mist that can coat your airways and lungs. They can increase asthma symptoms in vapers and for bystanders.