



## Pembina Trails School Division

— Accomplish Anything —

## Vape-Free Schools

Pembina Trails School Division recognizes its responsibility to promote a healthy lifestyle and ensure a vape-free environment for the health and welfare of students, staff, and visitors. All schools in the Pembina Trails School Division are vape-free. Vaping is not permitted in schools or on school property. Students caught vaping in the school or on school grounds are in violation of Manitoba law and are in breach of student conduct rules.

## School Consequences

Students caught vaping on school property will face immediate consequences that could include:

- 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.
- 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.
- Fine/ticket of up to \$672 may be issued by the Winnipeg Police Service.

## 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.

Pembina Trails School Division does not condone vaping anywhere. Any questions or concerns regarding vaping in or around your child's school should be directed to the principal.

## Vaping and the Law

It is illegal to sell tobacco and vapour products to anyone under the age of 18 in Manitoba. It is also unlawful for tobacco and vapour products to be displayed in a way that is visible to children in any place where tobacco and vapour products are sold. Smoking and vaping are banned in the following places in Manitoba:

- An enclosed public place, including schools.
- An indoor workplace
- A group living facility
- A public vehicle
- In a vehicle where a child under the age of 16 is present
- On the beaches and playgrounds of provincial parks, cities may also have by-laws that place further restrictions on smoking.

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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).



## 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.

## School-Based Support

We are here to help. Pembina Trails is committed to educating students about the risks associated with vaping through the health curriculum, hosting speakers at assemblies, classroom presentations, and individual conversations.

Contact your school's Student Support Services Department to learn more about what professional healthcare services are available to meet your child's needs.

## 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.

### Additional Resources

Smoke Free Policy

[pembinatrails.ca](http://pembinatrails.ca)