

UNDERSTANDING AND ADDRESSING YOUTH VAPING IN SCHOOL COMMUNITIES

A webinar and panel discussion

MAY 21, 2025

Welcome! We will begin the presentation shortly. Please note that your microphones have been muted and your cameras are turned off



*We gratefully acknowledge that we are gathered on the
unceded, traditional, and ancestral lands of First Nations
in this place currently known as British Columbia
where we work, play and live.*

*First Nations have been responsible for stewarding
this land for all time and we give thanks
as uninvited guests on these lands.*



Provincial Health
Services Authority

BC Children's Health Promotion and Schools

The BC Children's Health Promotion and Schools team works collaboratively to enhance capacity for system-wide changes in school communities that improve student mental health and well-being by providing coaching, resources and professional learning.

For resources and
information, visit
keltymentalhealth.ca/school-professionals

Housekeeping

- Attendees are automatically muted and cameras are turned off.
- Please submit questions for the speakers through the “Q&A” function.
- Please submit technical questions or comments through the “Chat” function
- At the end of the webinar, a survey will pop up that we invite you to complete
- The webinar will be recorded. The slides and the webinar recording will be emailed to everyone who registered and will be available at <https://keltymentalhealth.ca/school-professionals>
- This webinar was developed for the context of British Columbia. If you are in another jurisdiction please consult local health and school authorities for further information.

Agenda

- Welcome, Land Acknowledgement, Housekeeping
- Presentation
- Panel Discussion
- Q & A
- Wrap Up

Speaker



Priscila Nabuco

Understanding and Addressing Youth Vaping in School Communities

Priscila Nabuco
Legal Substances, Population Health
May 21, 2025

What are e-cigarettes?

Battery-operated devices used to aerosolize a solution, usually containing:

- A psychoactive substance like Nicotine or Cannabis

Nicotine salts:

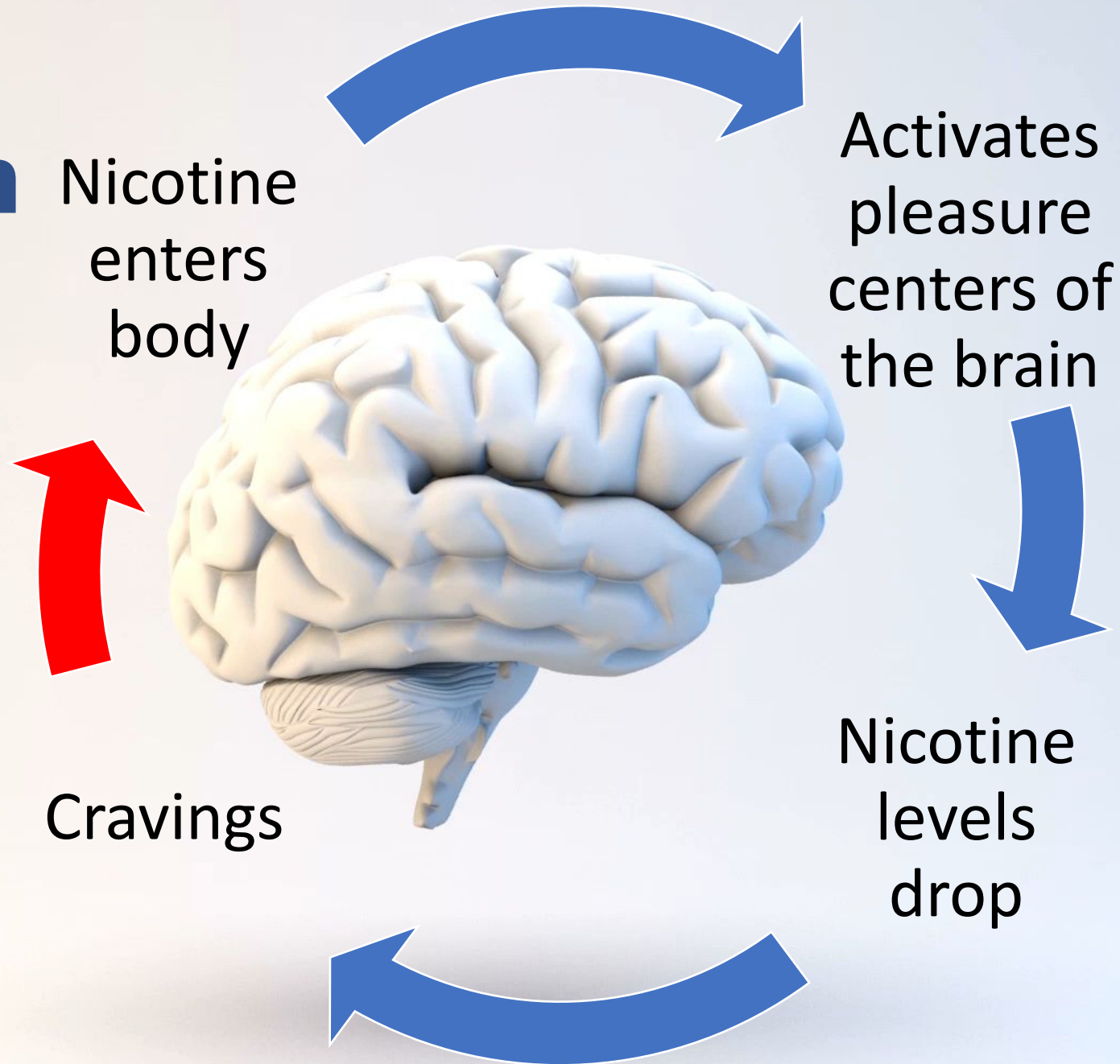
- *Fast acting*
- *Enhance attributes*
- *More addictive*

- Propylene Glycol, Glycerol
- Flavourings





Nicotine in action



Risks



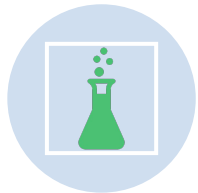
Changes in the brain



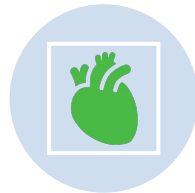
Alters attention,
impulse control and
mood



May lead to
smoking



Acid reflux



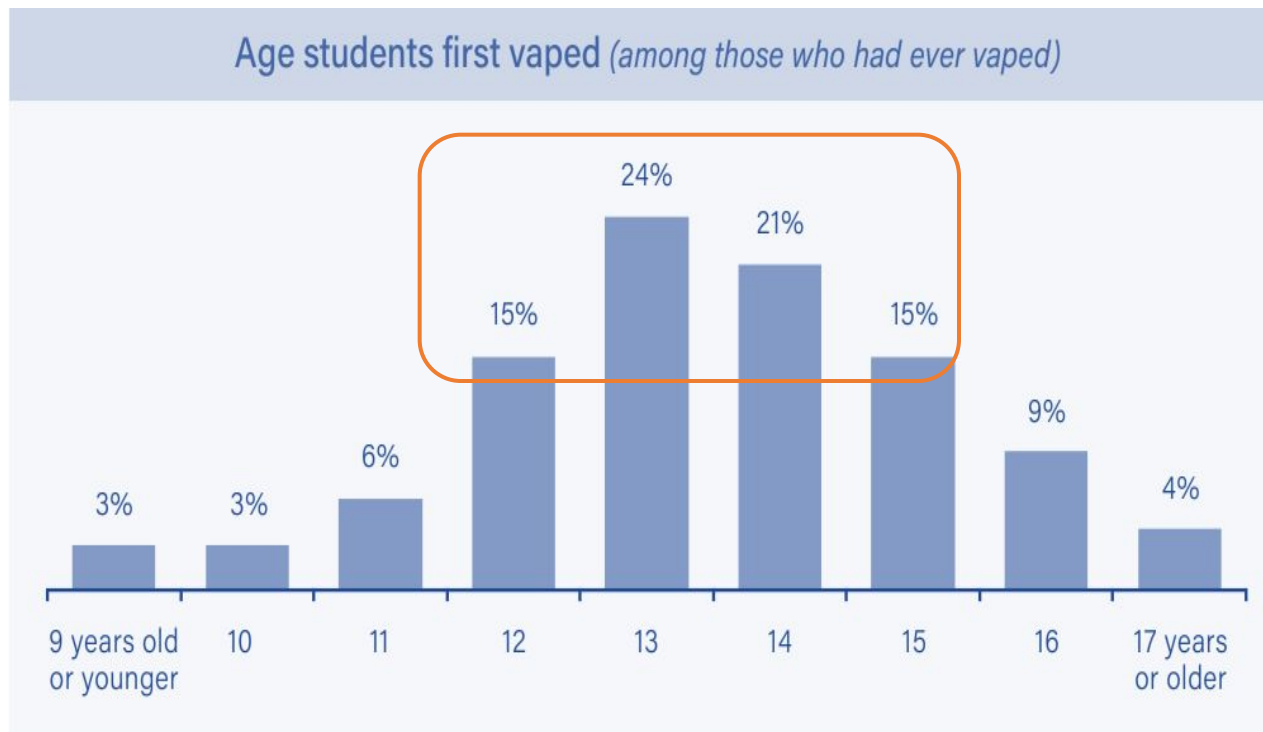
Negative impacts on
cardio-vascular
system.



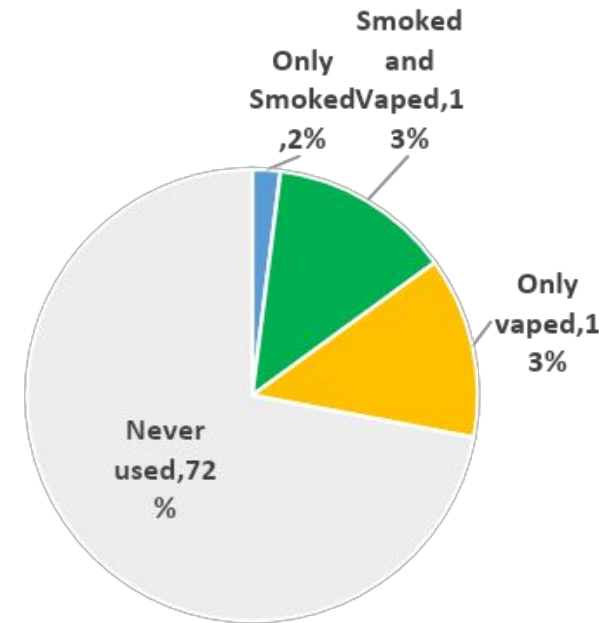
Affects airways and
lungs



Prevalence



Vaping and Smoking



Smith, A. et al. (2024). *The Big Picture: An overview of the 2023 BC Adolescent Health Survey provincial results.* McCreary Centre Society.



Reasons teens vape

To reduce stress 30.5%

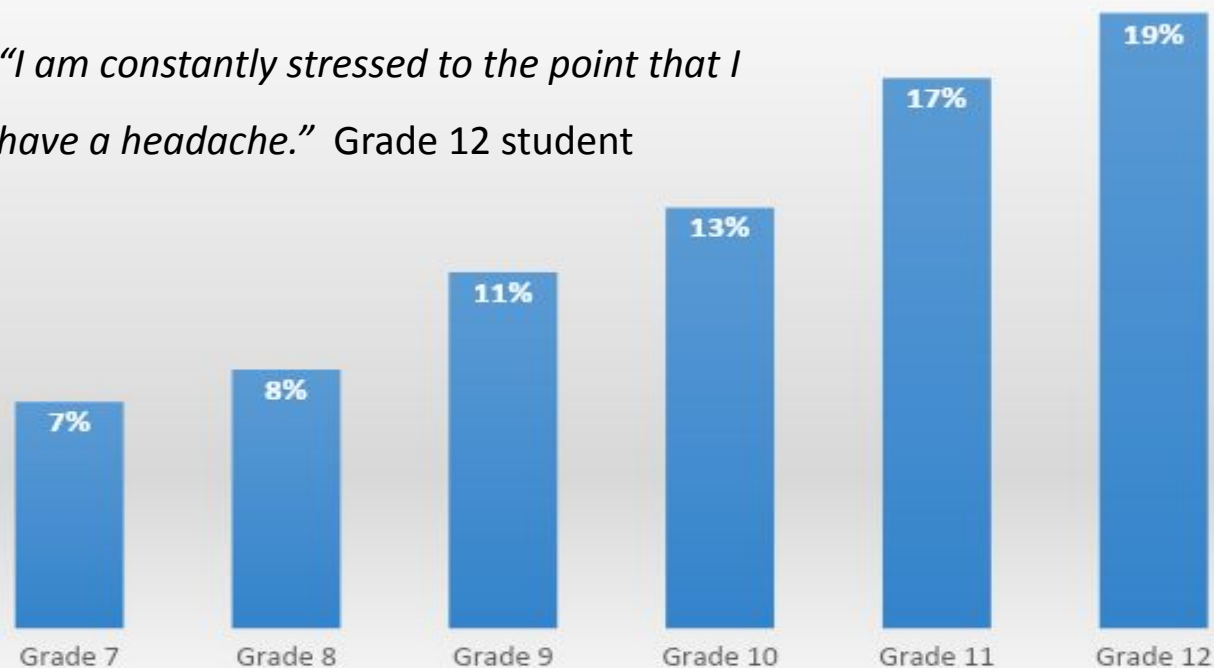
Curiosity 27.0%

Enjoy it 22.9%

Canadian Tobacco and Nicotine Survey (CTNS) (2023)

Stress

"I am constantly stressed to the point that I have a headache." Grade 12 student



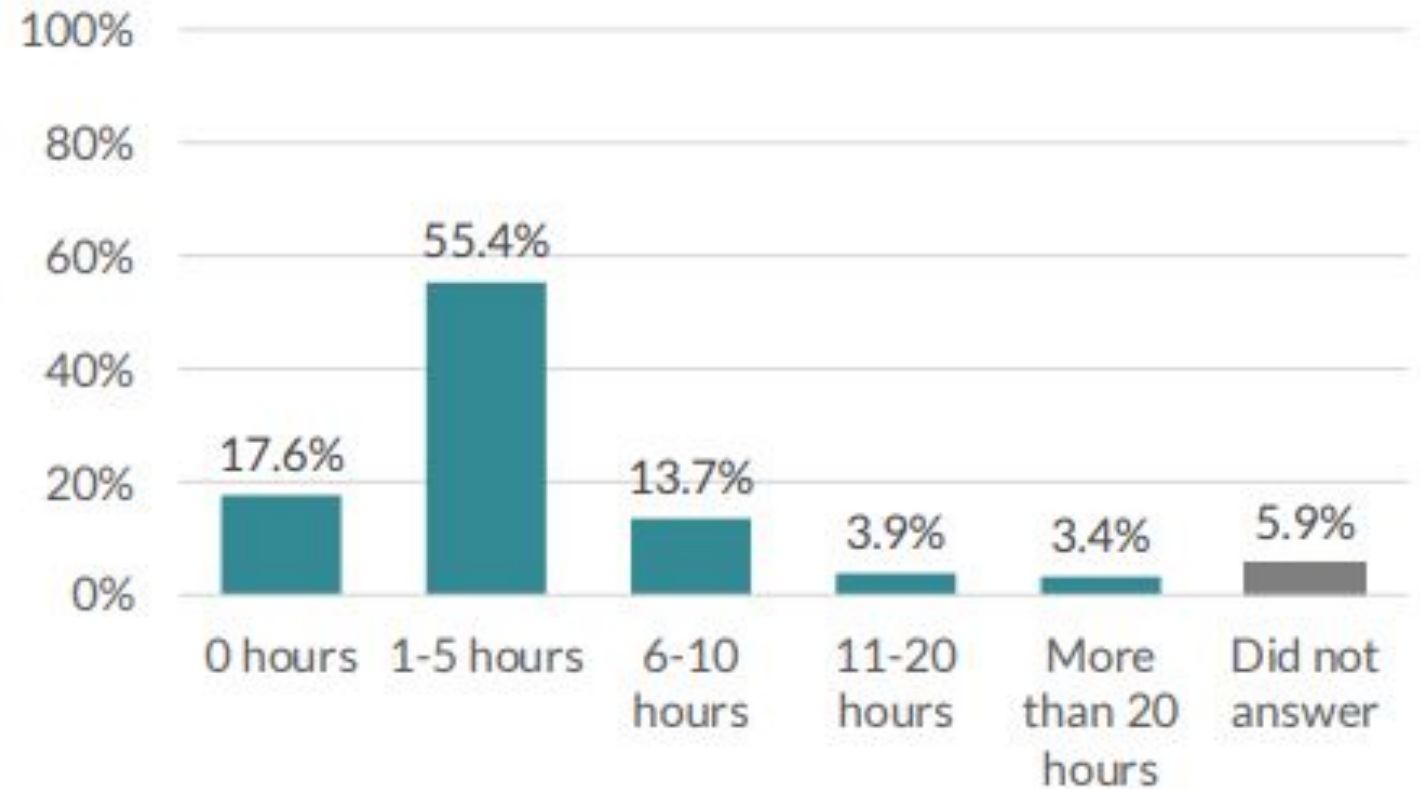
Smith, A. et al. (2024)



Challenges for educators

- Vaping is the substance use challenge most frequently managed at school by admin (63%)
- Most reported substances used on school property:
 - cannabis (33.3%)
 - tobacco or nicotine products (30.9%)

How much time each week are you engaging in activities related to student substance use?



Jenkins, E. et al. (2025)



Current & Emerging Approaches

Health Promoting Schools	Policy	Knowledge	Educate students	Engage Parents	Quitting Support
<ul style="list-style-type: none">• Promote Social-emotional learning• Encourage Healthy Behaviors• Create a sense of belonging	<ul style="list-style-type: none">• Comprehensive definition of smoking and vaping• Treat all substances similarly• Primary prevention education• Non-punitive approach	<ul style="list-style-type: none">• Policy roles• Novel products• Evidence-based Curriculum• Stigma reduction	<ul style="list-style-type: none">• Start early• Use science-based, stigma-free and trauma informed approaches.• Focus on Positive Youth development	<ul style="list-style-type: none">• Newsletters• Information Sessions• Parenting skills	<ul style="list-style-type: none">• Make information about quitting support available• Connect with community partners• Meet students where they are





Support from experts, quit coaching, resources,
forums and more!



talk tobacco

Indigenous Quit Smoking and Vaping Support

smokershelpline.ca/talktobacco



Quit Lines



Text tips



Live Chat Online



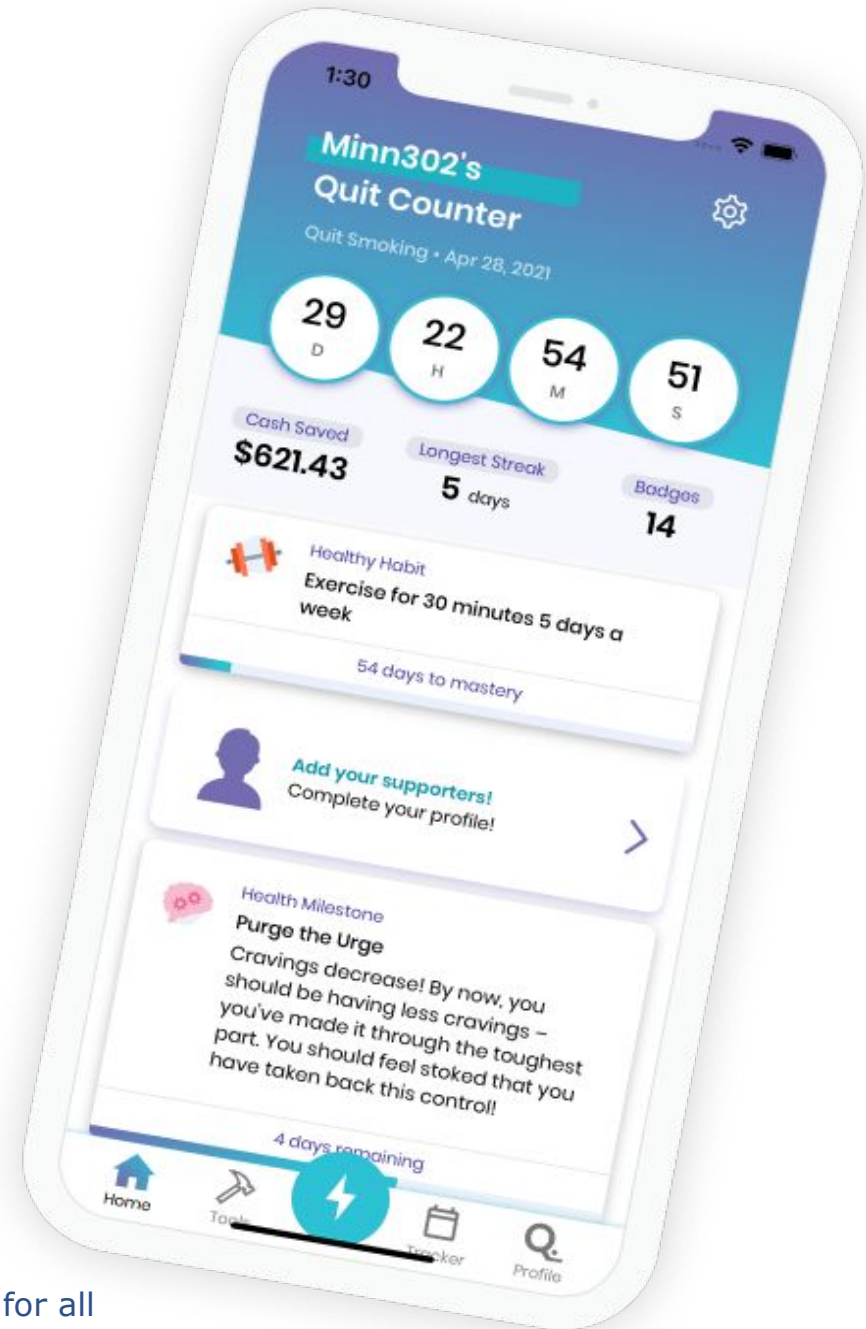
Online community support



Health and well-being for all
Quality | Integrity | Compassion | Safety



- Personalized Quit Plan
- Progression tracking tools
- Help with cravings and setbacks



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Panelists



Priscila Nabuco



Dr. Laura Struik
PhD, RN



Art Steinmann

Questions for the speaker?

Submit via Zoom “Q&A” icon

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