

Vaping is Legal and We Are Talking About it: A Youth Empowerment Initiative



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Opportunity

In the last decade there has been a rise in the number of youth who vape. This is of growing concern in The West Kootenays. We have partnered with Salmo Secondary School to work with the students.

Areas of Concern

Increase in addiction, normalized vaping culture among youth, accessibility of e-cigarettes, knowledge deficit, short & long-term health consequences.

Process & Initiatives

Literature reviews on the health effects of vaping and health promotion in youth were conducted. We assessed the students through a survey and participated in a pilot study. This data informed the presentations. The underlying principals used were health promotion, youth engagement, and building trusting relationships.

Outcomes

We presented to four different groups at Salmo Secondary School via Zoom. After our presentations we conducted a questionnaire. The main themes that emerged included; an increased understanding of the health consequences of vaping, the prevalence of nicotine in vapes, and safer vaping practices.

Recommendations

This project would be valuable in other schools in The West Kootenays. A sustainability resource was created to support the continuation of this project. We have reached out to the practice placement coordinators, a paramedic working with local schools, Freedom Quest, and the Selkirk Student Union to make this happen.

Acknowledgments

Territorial: Sinixt, the Syilx, Ktunaxa, and Secwepemc peoples whose traditional land we live & learn on.

Thank you to:

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- Shannon Shah
- Pilot Study Participants



References

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