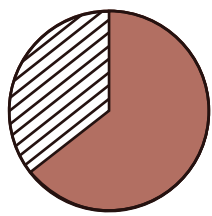
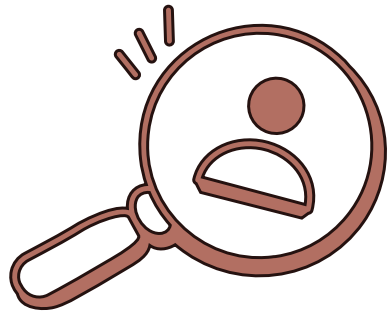


# Nicotine use among youth in BC

This poster shares information from the 2023 BC Adolescent Health Survey about nicotine use among BC youth aged 12–18. You can read the full report here: [mcs.bc.ca/pdf/nicotine\\_use\\_among\\_bc\\_youth.pdf](https://mcs.bc.ca/pdf/nicotine_use_among_bc_youth.pdf).

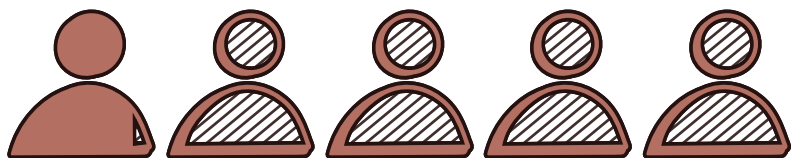
In 2023, the majority of BC youth aged 12–18 had not used nicotine (72%).

**15%**  
had smoked tobacco  
and  
**26%**  
had vaped.



**64%**  
of youth who vaped in the past month had been vaping for at least 2 years.

In the past year, **19%** of those who vaped reported their vaping had reached a point where they needed help.



The more regularly youth vaped or smoked in the past month, the less likely they were to experience positive health and well-being.

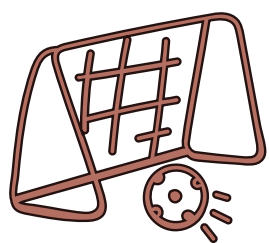
**47%**  
who vaped daily in the past month rated their health as good or excellent

vs.

**68%**  
who had previously vaped but had not done so in the past month.



Youth were less likely to have smoked or vaped when they:

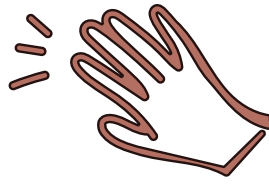


- Engaged in some types of sports and exercise (e.g., played on a sports team).

- Had supportive and caring adults at home, school, and in their community.

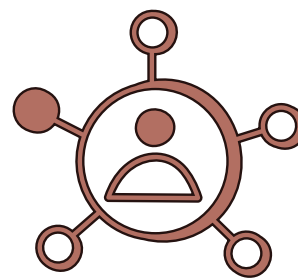


Thinking about quitting (or know someone who is)?



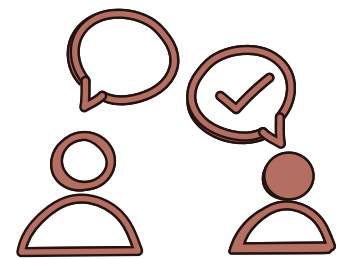
- Reach out to a caring and supportive adult that you trust.

- Find nicotine-free activities that release stress and boredom. Maybe try a new sport or a hobby such as crocheting/knitting, reading a book, colouring, or joining a club.



- You could create a peer support group which offers an informal, welcoming setting where young people can support one another.

- If a friend comes to you for support, it is important to be non-judgmental and caring.



- Remember that quitting nicotine can be challenging, and it might take a few attempts to quit.

**Quit Now** is a free BC-based service for those looking to reduce or quit tobacco and vape use. Visit: [quitnow.ca](https://quitnow.ca).

**Talk Tobacco** provides free and confidential culturally tailored support and information about quitting smoking or vaping for Indigenous individuals of all ages via phone, online chat, and text. Phone: **1-833-998-TALK (8255)**  
Email: [talktobacco@cancer.ca](mailto:talktobacco@cancer.ca)



For additional resources:  
[mcs.bc.ca/pdf/nicotine\\_use\\_among\\_bc\\_youth.pdf](https://mcs.bc.ca/pdf/nicotine_use_among_bc_youth.pdf)

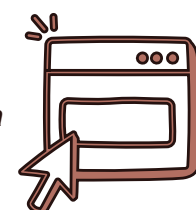


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