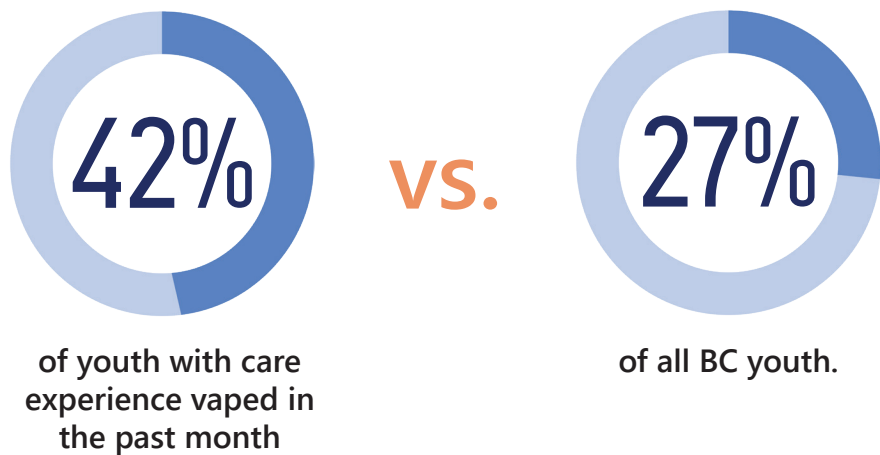


# VAPING AMONG BC YOUTH WITH GOVERNMENT CARE EXPERIENCE

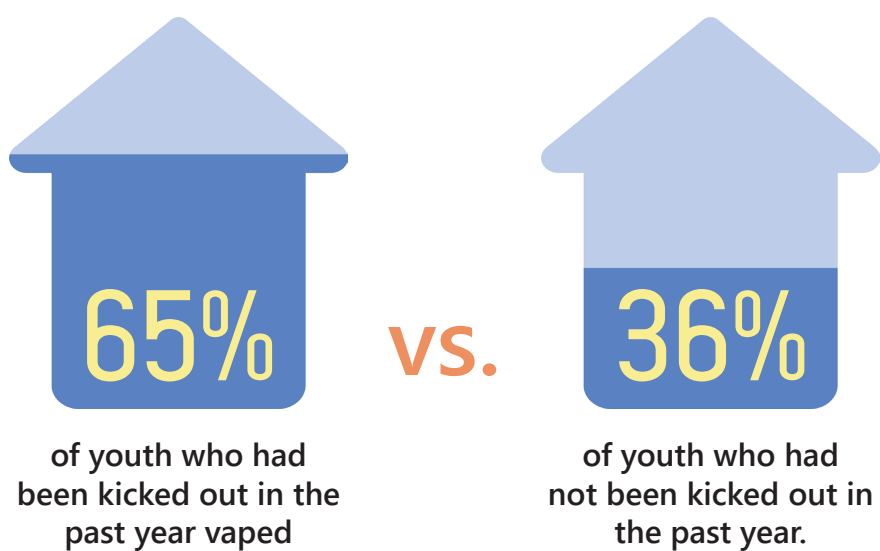
Members of McCreary's Youth Research Academy (YRA) analyzed data from the 2018 BC Adolescent Health Survey. Here are some key messages we'd like to share.

All findings are among youth with government care experience, unless otherwise noted.

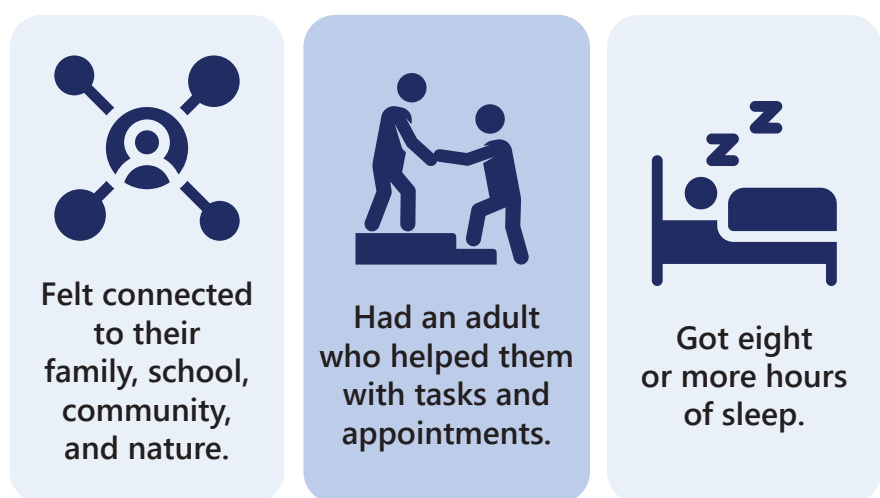
## Youth with care experience were more likely to have vaped in the past month.



## Youth may vape as a way to cope with mental health challenges, unstable housing, and because of experiences of trauma. For example:



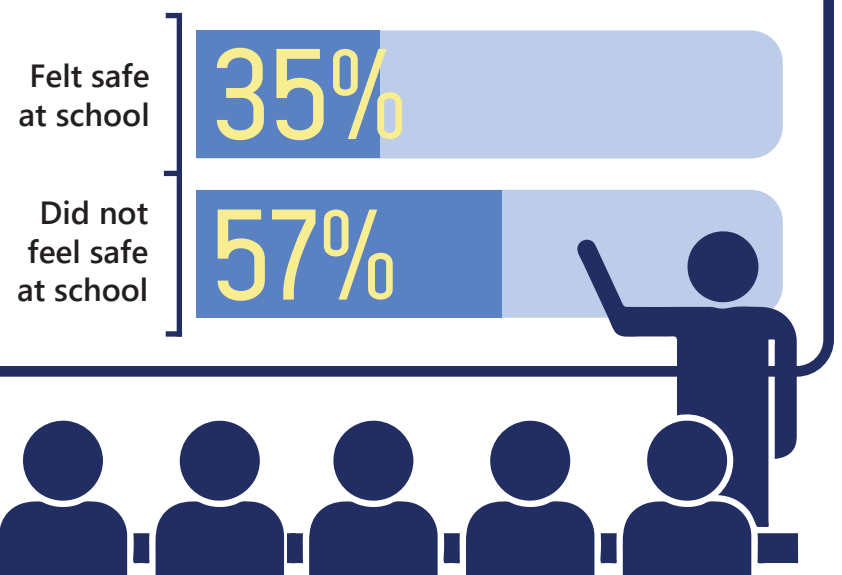
## Many of the same factors that reduced the likelihood of youth vaping were also linked to better health and well-being among youth who vaped, including if they:



## Youth with care experience were less likely to vape if they:

- Had a supportive adult in their life.
- Were meaningfully engaged in activities.
- Engaged in self-care.
- Felt connected to family.
- Felt connected to community, culture, and the land/nature.
- Felt connected to school and safe at school.

### Youth who vaped in the past month



### Based on our findings we recommend:

- Schools take a non-punitive approach to vaping which focuses on promoting protective factors and fostering a sense of connection.
- Adults who are supporting youth in and from care become knowledgeable about vaping, and prepared to engage in non-judgmental conversations.
- Supporting youth who are vaping as a way to deal with stress and other challenges in their lives to access mental health supports, as well as extracurricular and outdoor activities.

### Resources:

BC government: [gov.bc.ca/gov/content/vaping](http://gov.bc.ca/gov/content/vaping)

QuitNow: [quitnow.ca/quitting/thinking-about-quitting/learn-about-vaping](http://quitnow.ca/quitting/thinking-about-quitting/learn-about-vaping) & [quitnow.ca/quitting/preparing-quit/tips-quit-vaping](http://quitnow.ca/quitting/preparing-quit/tips-quit-vaping)

BC Lung Association: [lung.ca/lung-health/vaping-what-you-need-know/vaping-and-youth](http://lung.ca/lung-health/vaping-what-you-need-know/vaping-and-youth)

To download the full report, visit [mcs.bc.ca/pdf/vaping\\_among\\_BC\\_youth\\_with\\_care\\_experience.pdf](http://mcs.bc.ca/pdf/vaping_among_BC_youth_with_care_experience.pdf).



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