

# Vaping...

## Weighing the pros and cons

### Do you sometimes say these things to yourself?

- I feel like I can no longer control my vaping habit.
- It feels like I spend lots of money buying vaping products.
- I constantly think about vaping.
- I think I sometimes vape even if I don't really want to.
- I have the feeling that I will never be able to quit vaping.
- I want to quit, but I don't think I can.
- I get stressed when I know that I can't vape.
- I find it hard to space out my vaping times.

**If you answered yes to one or more of these questions, rest assured that other young people are in the same situation as you.**

It's normal to question your habits and it's possible that some of them no longer suit you.



This tool is developed by Tangage in  
collaboration with the Fondation André-Boudreau.

**Respire.**

Here are a few questions that may help you think about your use of vaping products.

**Do you feel like:**

- **you vape more and more often?**  
For example, using greater amounts by increasing the number of cartridges or the amount of nicotine?
- vaping has **harmful effects** on your projects or activities?

**Do you feel like :**

- **vaping more to deal with stress, anxiety or to forget your problems?**
- using vaping products **has less of an effect than before?**

**Is it possible :**

- that you vape despite the risks and troubles it causes you?
- that **members of your circle more and more often share their concerns** about your use of vaping products?

Based on your responses to these questions, **you should know that it is ALWAYS possible to change a habit that no longer suits you. Many young people in your situation have been able to.**

**In the following sections, you will find many tools to help you take action.**

As a first step, we invite you to consult [the Journal](#) to begin this great adventure.



This tool is developed by Tangage in  
collaboration with the Fondation André-Boudreau.

**Respire.**