



# TOBACCO PRODUCTS AND TEENS : GOOD NEWS, BUT...

Direction de santé publique de la Montérégie

Data presented in this document pertains to high school students from grade 7 to 11 in the Montérégie. It was compiled from the cycle 2 section of the Québec Health Survey of High School Students (QSHSS), carried out by the Institut de la statistique du Québec in 2016-2017. Click [here](#) to learn more about this survey.

## Significant decrease in cigarette use

Between 2010-2011 and 2016-2017



**Experimentation**  
(already tried)

38 % → 20 %



**Early initiation**  
(before age 13)

10 % → 3 %

**Smokers**

8 % → **3 %**

**of teenagers smoke cigarettes  
every day or occasionally**

The decrease is observed for both boys and girls,  
and in all grade levels in high school!

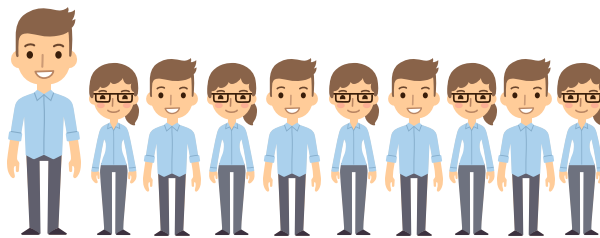


Take note!  
Proportion of smokers

**5 X**

higher among those enrolled in  
training paths other than general education

## What about other tobacco products?



**1 teen in 10**

uses **cigarillos  
electronic cigarettes**

These products were recently added to the survey, so it is not possible  
to make comparisons with 2010-2011.

The *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire* (ETADJES) indicates that cigarillo use in Quebec has decreased significantly between 2008 and 2013.



# The electronic cigarette : an emerging phenomenon

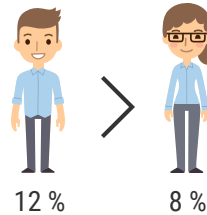
## Who uses electronic cigarettes?

### Already tried

**3** students in **10**  
have already tried an  
electronic cigarette

### Users

**10 %** or approximately 7 000 teenagers



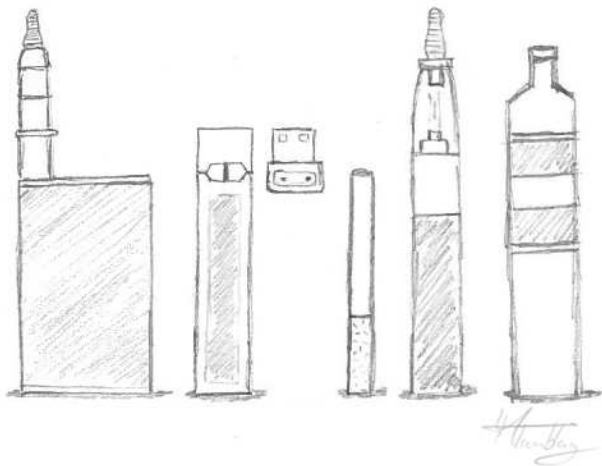
In cycle 2 of high school



**15 %** of students who have never smoked a cigarette have tried an electronic cigarette

The marketing of this product is attractive to many teenagers. They try it without necessarily using other products. As with cigarettes and cigarillos, more teens enrolled in other training paths than those enrolled in general education use electronic cigarettes. It will therefore be important to monitor this data over time.

## A few forms of electronic cigarettes



## Certain risks associated with tobacco products among teenagers



Brain development



Addiction

## Reminder

Cigarette and cigarillo use is on the decline among teens, which is very good news. However, electronic cigarettes are very attractive to teens, regardless of their background[KAC1] . This new trend is worrisome since many electronic devices contain nicotine and many teens are not aware of this. Known to be powerfully addictive, nicotine also has harmful effects on the developing brain.

Due to the recent arrival of electronic cigarettes on the market, its long-term effects on health are still not well known. One thing is certain, we must continue our efforts to reduce tobacco product use for everyone.

## What can the **FAMILY, SCHOOL** and **COMMUNITY** do?

Provide information about the ingredients of electronic cigarettes and the associated risks

Encourage the development of skills such as resisting social pressure, self-affirmation and exercising critical judgement



Teens  
at the heart of our actions

Establish clear rules on abstaining from using tobacco products

Offer stimulating and diverse activities outside of school, which correspond to teens' interests

Support teen tobacco product users and their family and friends in their efforts to quit smoking

For more examples for parents, consult the Toolkit section on the [enmodeado.ca](http://enmodeado.ca) website.

For data by territory (only available in french), click [here](#).

### Suggested citation :

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Rédaction : Julie Boulais and Isabelle Michaud, with the invaluable contribution of Catherine Risi.

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# GLOSSARY

## High school cycles

Cycle 1 : Grade 7 and 8.

Cycle 2 : Grade 9, 10 and 11.

## Experimentation

Students who have already tried smoking a cigarette, even if it was only a few puffs.

## Smokers

Students who smoke a cigarette every day or occasionally.

## Early initiation

Students who are 13 or older who smoked their first cigarette before the age of 13.

## High school

Grade 7 to 11.

## Non-smoker

A former smoker, a former experimenter, or a student who has never smoked.

## Types of training paths

General education : the standard curriculum

Other paths : training geared to employment and labour integration (work preparedness skills training/up-grading (FPT) and Vocational education leading to the exercise of a semiskilled occupation (FMS)) and programs for special education students (self-paced learning, preparatory programs for occupational training, academic achievement support program).

## Electronic cigarette use

Students who have used an electronic cigarette in the past 30 days.

## Cigarillo use

Students who have smoked a cigarillo or small cigar in the past 30 days.

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\* Data to be interpreted with caution.

>< Significantly higher or lower than the value presented for comparison.

↗↘ Significant increase or decrease between 2010-2011 and 2016-2017

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