

FIVE

THINGS TO KNOW ABOUT NICOTINE POUCHES

NIC POUCH: KNOW THE FACTS & THE RISKS

1

BACKGROUND

Nicotine pouches are a new tobacco industry product that is widely available in our communities. Since they contain nicotine and not tobacco, they do not fall under the same laws as other tobacco products.

2

WHAT ARE THEY?

Nicotine pouches are pre-portioned pouches that contain nicotine in various amounts. They are placed in between the lip and gum of the mouth where the nicotine is absorbed and delivered to the brain. These products come in many flavours and in bright, colourful packaging that can look like candy. Nicotine pouches are very small and do not give off a smell, smoke or cloud when they are used. Popular brands found locally are 'Zonnic' and 'Zyn'.

3

WHAT'S THE ISSUE?

Nicotine in any amount or form is highly addictive and not safe for youth use. The tobacco industry uses flavours, packaging, advertising and social media influencers to make nicotine pouches attractive to youth so they can hook a new generation on nicotine.



4

HEALTH EFFECTS OF ORAL NICOTINE POUCHES

When kids use nicotine (pouches, vaping, smoking, chewing tobacco, etc.), it can change the way their brain develops and cause many problems such as:

- Addiction – youth can get addicted quickly and easily even if they don't use it a lot
- Nicotine poisoning – dizziness, nausea, vomiting, sweating & diarrhea
- Makes it harder to focus and learn
- Moodiness – intense ups and downs
- Having a hard time stopping yourself from doing things spur of the moment
- Can lead to other harmful behaviors like smoking, vaping or using other drugs

5

WHAT CAN YOU DO?

Talk to your kids and teens about nicotine pouches so they know that these products are not safe and can choose to avoid them.



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MORE INFORMATION



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THINGS TO KNOW ABOUT NICOTINE POUCHES

THE FACTS & THE RISKS



HARMFUL EFFECTS OF NICOTINE

- **Addiction** - Youth can get addicted quickly, even if they don't use it a lot.
- **Nicotine poisoning** - Symptoms can include dizziness, nausea, vomiting, sweating and diarrhea.
- **Impacts brain development** - Nicotine can make it hard to focus and learn, increase moodiness and reduce impulse control.
- **Other addictions** - Nicotine rewires the brain making it easier to get addicted to other substances.

1

NICOTINE POUCHES ARE A TOBACCO INDUSTRY PRODUCT

2

CONTAINS NICOTINE, THE SAME HIGHLY ADDICTIVE CHEMICAL IN CIGARETTES

3

TARGETED TO YOUTH WITH FLAVOURS, PACKAGING AND ADVERTISING

4

HARMFUL TO YOUTH BRAIN DEVELOPMENT

5

TALK WITH KIDS AND TEENS



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