

# Know the law!

## Smoke-Free Ontario Act (SFOA), 2017

Tobacco Enforcement Officers will respond to complaints at schools for:

- Smoking tobacco/cannabis and vaping on and within 20 metres of school property  
**\$305 fine**
- Selling, supplying, sharing tobacco and vapour products to anyone under 19  
**\$490 fine**



Refer SFOA complaints to:  
Durham Health Connection Line  
905-668-2020 or 1-800-841-2729

# Want to know more?

**Tobacco and Vaping:**  
[durham.ca/tobaccoandvaping](http://durham.ca/tobaccoandvaping)

**Cannabis:**  
[durham.ca/cannabis](http://durham.ca/cannabis)

### For help quitting:

Durham Health Connection Line:  
1-800-841-2729  
[durham.ca/health](http://durham.ca/health)

**Kids Help Phone:**  
1-800-668-6868

**Pinewood Addiction Services:**  
1-888-881-8878  
(experiencing problems with substance use)

**Smokers' Helpline:**  
[smokershelpline.ca](http://smokershelpline.ca)  
(online tools, email support, online support community, text messaging support, and live chat)

**Health Connect Ontario:**  
Dial 811 or TTY 1-866-797-0007



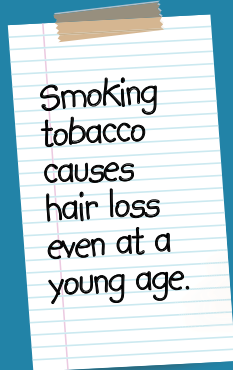
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# Be in the KNOW...

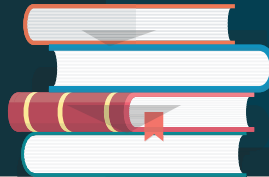
# Tobacco



- Youth are more easily addicted to cigarettes than adults as teens' bodies and brains are more sensitive to nicotine.
- Smoking gives you bad breath and a higher chance of getting gum disease.
- Smokeless does not mean harmless! Smokeless tobacco contains chemicals that can cause cancer.
- Tobacco use increases the risk of many chronic diseases, such as cancer, lung disease, heart disease and stroke.



# Vaping



- Vaping liquids can have more nicotine than cigarettes.
- Vaping can lead to nicotine addiction.
- Nicotine is known to alter youth brain development and can affect memory and concentration.
- Vape juices contain chemicals that are harmful and can cause lung problems, heart disease and eye irritation.
- Second hand vapour (the cloud) can expose you to many toxic chemicals.
- Youth who vape are more likely to start smoking cigarettes.



# Cannabis



- Using cannabis as a teen once a week or more can increase your risk of psychosis and schizophrenia. Cannabis can also worsen depression and anxiety symptoms.
- Your brain is not finished developing until you are 25. THC, the substance that makes you feel "high", can change parts of your brain as it develops.
- Cannabis use affects your ability to drive by impairing your depth perception, attention span, concentration and reaction time.

