**Template for Submission**

A submission to the Government about the proposed Federal vape flavour ban must consist of two parts: An email, and an email attachment. The email is quite simple as there is a strict formula you must use. The attachment can say absolutely anything you like. The more personal, and the less it looks like you copied it from someone else, the better.

**THE DEADLINE FOR SUBMISSIONS IS SEPTEMBER 2nd 2021!!! Better send a brief submission now than a long and wonderous submission after the deadline!**

This may seem complicated, but just follow the process step by step.

**The attachment**

*Begin by getting your attachment ready. This will be a Word document (or it can be a PDF File)*

*Open Word, or whatever you use for word processing. Cut and paste this section. As you work through it, section by section, delete my suggestions and add your own text. Remember to save the document somewhere you can find it, such as to your Desktop.*

**CUT FROM HERE ----------------------------------------------------------------------------------------------------------**

**Submission – Order Amending Schedules 2 and 3 to the Tobacco and Vaping Products Act (Flavours) Canada Gazette Part I, Vol. 155, No. 25 on June 19th, 2021 by (***insert your name and the date***)**

**My position on the proposed vape flavour ban:**

*Examples (use as many as you agree with, or write your own):*

My submission is in support of Option 1: Baseline scenario (no further restriction on flavoured vaping products).

It should be left up to the provinces to decide. British Columbia, Saskatchewan and Ontario are right to restrict flavours to adults-only specialty vape stores. This protects youth while allowing adults access to flavours.

There is no scientific consensus on the risks and benefits of the ban, so it should be delayed to allow for further research.

If the laws on selling vape to minors were enforced there would be no need for a ban.

If vape flavours were banned, I would go back to smoking cigarettes.

*That is all you need to do, but your submission will have more impact if you tell your smoking and vaping story:*

**Who am I?**

*Start with giving your name, age, and location. If you are a Canadian citizen and a voter, say so.*

*If you identify as a member of a disadvantaged group, based on ethnicity, sexual orientation, or chronic health issue, consider saying so.*

*Consider mentioning something that makes you a valuable person e.g. I am a …mother, volunteer, student, caregiver, nurse, businessperson or athlete.*

**My history as a smoker**

When did you start smoking? How many years did you smoke? How much did you smoke?

What were the impacts of smoking on your health/wellbeing/quality of life?

**My attempts to quit smoking**

Before vaping, had you ever tried to quit smoking? How often? What methods did you use (patch, gum, Champix, cold turkey, etc.)? What happened?

**Quitting by Vaping**

When did you start vaping? How did vaping compare to other quit methods?

Have you reduced or completely quit smoking? When did you last smoke a cigarette?

How has your health/wellbeing/quality of life been affected by vaping?

**Why flavours matter to me**

What flavour(s) do you vape (fruit, dessert, flavoured tobacco, plain tobacco, mint, menthol, flavourless)?

How important are non-tobacco flavours to you? What would you do if all flavours except for tobacco were banned? Would you smoke more cigarettes?

**Conclusion**

*What do you hope will be the outcome of the consultation process? What would you like to see happen? Be clear and concise.*

*For example, you could write any of these statements:*

There is no need for a ban on flavours in vape.

Flavours helped me to quit smoking.

A ban on flavours in vape will make vaping less enjoyable and result in more deaths from people using tobacco.

The laws about selling vape to children should be strictly enforced.

Adults should be allowed to use a safer alternative to cigarettes.

Doctors should encourage their smoking patients to vape.

Vaping equipment should be sold in pharmacies and covered by health insurance.

Vaping has saved my life.

**Yours Sincerely**

*Insert your name. Consider adding a qualification or your job title. Consider adding your telephone number, to allow proof that you are a real person.*

**CUT TO HERE ----------------------------------------------------------------------------------------------------------**

**Make sure you have deleted all my instructions, and any statements that you do not agree with.**

**Save your completed document to your desktop or other convenient locations, with a title such as your name and “Submission” e.g. JohnSmithSubmission.doc**

**Congratulations! You have done the hard part, sending the email is easy as it has to be done in a standard way.**

**The Email**

**It must be sent to:** **hc.pregs.sc@canada.ca**

(*You can send copies using CC (Carbon copy) or BCC (Blind Carbon Copy, no-one can see that you did this) to other lawmakers, to vaping advocacy groups or to friends, but this is not necessary)*

**Cut and paste the subject, which must be:**

**Submission – Order Amending Schedules 2 and 3 to the Tobacco and Vaping Products Act (Flavours) Canada Gazette Part I, Vol. 155, No. 25 on June 19th, 2021**

**Cut and paste the body of the email:**

**CUT FROM HERE -------------------------------------------------------------------------------------**

**Submitted by: (*your full name here*)**

**To: Manager, Vaping Products Regulations Division, Tobacco Products Regulatory Office, Tobacco Control Directorate CSCB, Health Canada, 0301A-150 Tunney’s Pasture Driveway, Ottawa, ON K1A 0K9**

**Email:** **hc.pregs.sc@canada.ca**

**To whom it may concern:**

**Please find attached my submission in response to Order Amending Schedule 2 and 3 to the Tobacco and Vaping Products Act (Flavours) as published in Canada Gazette Part I, Vol. 155, No. 25 on June 19th, 2021.**

**Yours sincerely**

**(*Insert your name and contact information*)**

**CUT TO HERE -------------------------------------------------------------------------------------**

*You just need to add your name at the top and bottom.*

*Remember to actually attach the attachment and to click “Send”!*

**Congratulations, you have done your bit and made your opinions known!**

**Let your friends know, both in real life and on social media.**

**Share your submission with them, or send them a link to this page.**