

VAPING?

BIG YIKES

IT'S GAMMON.

VAPING HAS GOTTEN REAL POPULAR IN AUSTRALIA, ESPECIALLY IN OUR YOUNG ONES AGED 14 TO 24. THEY'RE THE FIRST ONES GETTING INTO NICOTINE MAINLY THROUGH VAPING INSTEAD OF SMOKES.

PROPPA NO GOOD

ICK!

SO, WHAT'S VAPING ALL ABOUT?

Don't get caught up in the fancy words — vapes, mods, tank systems, e-cigs, and vape pens are all types of e-cigarettes. Vaping means using an e-cig or 'vape', a battery-powered device that can look like a smoke, a cigar, a pipe, or stuff like highlighters or USBs. The mist or vapour from vapes comes from heating up liquid chemicals that you breathe in. Vapes give you nicotine and copy the feel of smoking. That's what 'vaping' is.

IS THE VAPOUR FROM E-CIGS SAFE?

No, calling it 'vapour' makes it sound like it's just steam, but it's not. The cloud you breathe out when you vape is a mix of gases and tiny chemical droplets. When you vape, these chemicals go into your body through your lungs, where the tiny bits can get stuck.

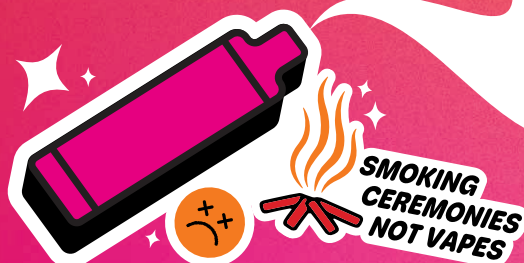
Most vapes in Australia have nicotine, even if they say they don't. More than 200 separate chemicals have been found in illegal vapes, including really bad stuff such as formaldehyde (which is used in disinfectant), acetone (which is used in printer ink), and heavy metals like nickel, chromium and lead.

VAPING AND BEING HOOKED ON NICOTINE

Most vapes have nicotine, which is really addictive. Nicotine hits things called 'receptors' in your brain. When these receptors get going, they set free a brain chemical called dopamine, which makes you feel good.

When the nicotine wears off, your brain wants more dopamine. The longer you vape with nicotine, the more dopamine you need to feel good.

When you quit vaping, the nicotine in your blood goes down. Because you're hooked, it's hard to focus, your mood swings, and you might feel cranky, mad, or on edge. This is what being addicted to nicotine is.



VAPING AND YOUR BODY AND MIND

Vaping is risky for your health in the short and long term.

You might:

- get sore lungs and throat
- start coughing and wheezing
- have trouble breathing
- feel puffed out
- feel queasy
- get nicotine poisoning
- get hooked on nicotine, and
- hurt your lungs for good.

Nicotine in vapes is really addictive and can mess with your head.

Without vaping you might feel the need for nicotine and go through withdrawal symptoms like:

- changes in how you feel
- finding it hard to focus
- trouble sleeping
- waking up wanting to vape
- feeling irritated when you don't vape, and
- feeling worked up, uneasy, cranky, or worried.

Vaping can make you hooked on nicotine and mess with your brain when it's still growing till your late 20s. This can hurt the parts of your brain that help with learning, memory, and paying attention. It can also make you more likely to use other things that hook you, like drugs and alcohol.

WHY STOP?

Quitting the vapes does good things for you physically and mentally. It also saves you money. For example, if you spend \$20 a week on vaping, you could save over \$1,000 a year by quitting. But quitting can be hard. If you're trying to quit, you might feel like vaping and it's tough to stop. That's normal. Remind yourself why quitting is good, and it's okay if you have a few goes before you're done – keep going!

HOW TO STOP

If you want to stop vaping, there's lots of help to quit.

Yarn to a doctor or health worker who can give you good ways to stop.

Get the My QuitBuddy app which has great tools to help you quit. Age rules might apply – check the app store.

Visit health.gov.au/vaping/first-nations for more info and resources to help you quit.

Call Quitline (13 7848) and ask to speak to a First Nations counsellor. Or visit their website any time, for culturally safe advice.

Tell mates who can back you up and give you encouragement and help to quit.

CHANGES TO VAPING LAWS

As of 1 July 2024, all vapes can only be sold at pharmacies. It's illegal for other shops to sell vapes of any kind.

From 1 October 2024, if you're 18 or older, you can buy vapes with nicotine without needing a prescription, but you have to talk to a pharmacist first. If you're under 18, you'll still need a prescription.

To improve safety, the amount of nicotine in vapes sold at pharmacies without a prescription will be limited to 20 mg/mL. If you need more nicotine, you'll need a prescription.

The changes to the vaping laws in Australia are about protecting everyone from the bad things about vaping and nicotine. The law is looking to target the shops selling vapes illegally – not people using vapes for themselves. No-one will be targeted for using a vape.

Find out more about what's changed with vaping in Australia at the Therapeutic Goods Administration Vaping Hub.

JOIN THE REST OF OUR MOB QUITTING THE VAPES

FIND HELP TO QUIT

health.gov.au/vaping/first-nations



My QuitBuddy



Australian Government

Department of Health and Aged Care