

VAPING?

BIG YIKES

IT'S GAMMON.

MORE AND MORE OF OUR YOUNG ONES ARE TAKING UP VAPING. BUT IT'S MORE DANGEROUS THAN THEY MIGHT THINK.

ICK!

PROPPA NO GOOD

WHAT'S VAPING?

Vaping is when you use a device called an e-cigarette or 'vape.' These vapes come in all sorts of shapes and sizes. They might look like a cigarette, cigar, pipe, or even things like highlighter pens or USB memory sticks. Vapes are usually small enough to fit in your pocket or pencil case. They work by heating up a liquid to make a mist or vapour that you inhale. This vapour often has nicotine in it, which makes it feel and act a bit like smoking. There are different types of vapes, like mods, tank systems, e-cigs, and vape pens.

E-LIQUID? WHAT'S THAT?

The liquid used in illegal vapes, also known as 'vape juice,' may contain over 200 chemicals. Even if the package says there's no nicotine, many vapes in Australia still have it. The liquids and vapour can have dangerous stuff like:

- Formaldehyde (used in glues and for preserving bodies)
- Acetone (found in nail polish remover)
- Acetaldehyde (used in chemicals and perfumes)
- Acrolein (often found in weedkillers)
- Heavy metals, like nickel, tin, and lead

DOES VAPING AFFECT YOUR HEALTH?

Vaping can be bad for your health, both in the short term and long term. If you vape 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.



IS THE VAPOUR FROM E-CIGARETTES SAFE?

No, it's not. Even though it's called 'vapour,' it's not just steam. The cloud you see is actually a mix of gases and tiny chemical droplets. Breathing in these chemicals can cause health problems.

WHAT DO VAPES SMELL LIKE?

Illegal vapes can have sweet flavours, like fairy floss or fruit punch, that are designed to appeal to young people.

WHY ARE MY YOUNG ONES VAPING?

Young people might vape because the sweet flavours and eye-catching packaging make it look 'fun'. They might see videos or advertising making vapes seem 'cool' or less risky than smoking. Research shows that vape companies are promoting their products to young people on social media.

Reasons young people might try vaping include:

- Curiosity
- Wanting to fit in with friends
- Attraction to different flavours
- Influences from movies, games, or social media
- Wanting to look grown-up or independent
- Copying adults or older siblings
- Thinking vaping is safer than smoking

CAN VAPING LEAD TO NICOTINE DEPENDENCE?

Yes, it can. Nicotine is very addictive because it makes you feel good by releasing a chemical called dopamine in your brain. As the nicotine wears off, your brain wants more dopamine, leading to a stronger craving for nicotine.

When someone stops vaping, they might feel irritable, moody, or anxious because their body is adjusting to the lack of nicotine. This is what nicotine addiction feels like.

ARE VAPES LEGAL?

From 1 July 2024, all nicotine vapes in Australia are classed as therapeutic goods. That means they can only be sold at pharmacies for helping people to quit the smokes or manage their nicotine habit.

It's illegal for any other shops—like tobacconists, vape shops and convenience stores—to sell any type of vape or vaping stuff.

The changes to vaping laws are about protecting everyone from the bad things that come from vaping and nicotine. No-one will be targeted for using a vape.

ARE VAPERS MORE LIKELY TO START WITH THE SMOKES?

Yes. Research shows that young people who vape are more likely to start smoking compared to those who haven't vaped before.

WHAT'S THE BEST WAY TO QUIT?

Lots of people have to try a few times to quit, so it's important to keep encouraging the young people in your life. There's lots of help to quit vaping.

Call Quitline (13 7848) for confidential phone support. Young people can talk with a professional about quitting, and some places even offer online chats. To get culturally sensitive support to quit, you can ask to speak with a counsellor for Aboriginal and Torres Strait Islander communities.

Download the My QuitBuddy app. The app has lots of things that can help plan and quit, but check age restrictions in your app store.

Talk to a doctor or health worker. They can give great advice on quitting.

Encourage young people to yarn with their friends. They can help to share their quitting journey.

Suggest they try not to surround themselves with people who might make them want to vape. It can be hard, but can help them give up for good.

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