

VAPING?

BIG YIKES

IT'S GAMMON.

YOUNG PEOPLE AGED 14 TO 24 ARE THE FIRST ONES GETTING INTO NICOTINE MAINLY THROUGH VAPES, THINKING IT'S NOT SO HARMFUL. BUT IT'S MORE DANGEROUS AND ADDICTIVE THAN THEY MIGHT THINK.

PROPPA
NO GOOD

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 VAPES SAFE?

No, calling it 'vapour' makes it sound like it's just steam, but it's not.

- The cloud you breathe out when vaping is a mix of gases and tiny chemical droplets.
- When inhaled, these chemicals go into your body through the lungs, where tiny bits can get stuck.
- Most vapes in Australia have nicotine, even if the label says they don't.
- Over 200 different chemicals have been found in illegal vapes, including really bad stuff like:
 - Formaldehyde (used in disinfectant)
 - Acetone (used in printer ink)
 - Heavy metals such as 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 withdraw from nicotine, it's hard to focus, your mood swings, and you might feel cranky, mad, or on edge. Just remember, these side effects are short lived and the benefits of giving up are worth it.



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
- feel anxious or irritable
- get hooked on nicotine.

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

You might experience withdrawal symptoms without it like:

- nicotine cravings
- finding it hard to focus
- trouble sleeping
- waking up wanting to vape
- feeling irritated when you don't vape, and
- feeling nervous or restless.

Vaping can also affect your well-being and mental health and affect your brain while it's still growing till your late 20s. It can hurt the parts of your brain that help with learning, memory, and paying attention. It can also make you five times more likely to take up the smokes.

WHY STOP?

Quitting the vapes does good things for you physically and mentally. 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!

WHAT ABOUT OTHER NICOTINE PRODUCTS LIKE POUCHES?

Using other nicotine products is not good for your health or a risk-free alternative to smoking or vaping.

These products, such as nicotine pouches, often contain high levels of nicotine (even if the packaging doesn't say so) which is highly addictive. They may also contain other unknown and dangerous ingredients which can be harmful to your health.

Early research shows that oral nicotine products are linked to:

- mouth lesions
- upset stomach
- sore mouth and throat
- nausea and nicotine addiction.

The long-term health impacts are unknown.

HOW TO STOP

If you want to stop vaping or become nicotine free, there's lots of help to quit.

Tell mates who can back you up, give encouragement and help you to quit.
Why not buddy up with a friend and quit together?

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.



People 18 years and older can buy therapeutic vapes from participating pharmacies, subject to certain conditions being met and where state and territory laws allow. If you're under 18, you will still need a prescription to access therapeutic vapes. A prescription will only be provided where clinically appropriate and state and territory legislation allows.

More information is available 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