

# VAPING? IT'S GAMMON.

ICK!

SOME OF OUR YOUNG ONES ARE TURNING  
TO VAPING THINKING IT'S NOT SO HARMFUL,  
BUT IT'S MORE DANGEROUS AND  
ADDICTIVE THAN THEY MIGHT THINK.

PROPPA  
No Good

## WHAT'S NICOTINE?

Nicotine is a really addictive stimulant. It's usually found in cigarettes (which you smoke), vapes (that work by heating up a liquid to make a mist or vapour that you inhale), and nicotine pouches (which you put between your lip and your gum).

Nicotine hits things called 'receptors' in your brain which set free a chemical called dopamine, which makes you feel good for a little while, but you'll feel worse once it wears off because your brain wants more dopamine.

## 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.

## IS THE VAPOUR FROM VAPES 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 droplets that contain chemicals like nicotine. Breathing in these chemicals can cause health problems and be highly addictive.

## 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
- Want to fit in with friends
- Attracted to different flavours
- Influenced by movies, games, or social media
- Think vaping is safer than smoking
- Heard myths that it can be good for you
- To cope with life stresses, anxiety or depression
- Want to look grown-up or independent
- Want to copy adults or older siblings



## 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
- feel anxious or irritable
- get nicotine poisoning, and
- get hooked on nicotine.

## 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.

They're also more likely to pick up vaping or smoking in the first place if other family members vape or smoke.

## 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.

## ARE VAPES LEGAL?

All 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.

Australia's vaping laws focus on protecting Australians from the harms of vaping, and target criminal groups trying to profit from illegal vapes. No one will be targeted for using a vape.

## 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.

**Encourage them to tell mates who can back them up and give encouragement to help quit.** Why not suggest they buddy up with a friend and quit together?

**Go to quit.org.au to get personalised help and support with quitting.** They can also 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.

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.

# WHAT'S THE BEST WAY TO QUIT?

## JOIN THE REST OF OUR MOB QUITTING THE VAPES

**FIND HELP TO QUIT**

[health.gov.au/vaping/first-nations](http://health.gov.au/vaping/first-nations)



Australian Government