***VAPING TOOLKIT NEWSLETTER CONTENT FOR SCHOOLS***

This newsletter insert is a resource that can be used by teachers and schools to help inform parents and carers of the facts about vaping. To use this information in your newsletter, **follow the instructions below.**

1. Select long or short version of the newsletter
2. Remove the headlines e.g. Long newsletter version
3. Insert the name of your school in the highlighted sections
4. Copy and paste the information you want to use
5. Please copy the above banner into your school newsletter.

**Longer newsletter version**

**Do you know what they’re vaping?**

[Example School], like many other schools, has seen a recent spike in young people vaping.

Electronic cigarettes or e-cigarettes, often called ‘vapes’, are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes and types of e-liquids, or e-juices, available. Vapes come in many shapes and sizes and can be made to look like everyday items including highlighters, pens or USB memory sticks.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

**Vaping facts**

* Many vapes contain nicotine making them very addictive. The nicotine in 1 vape can equal 50 cigarettes.
* Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don’t put it on the pack.
* Vapes can leave young people at increased risk of depression and anxiety.
* Young people who vape are 3 times as likely to take up smoking cigarettes
* Vape aerosol is not water vapour.
* Vaping has been linked to serious lung disease.
* Vapes can cause long-lasting negative effects on young people’s brain development.

**Signs your child might be vaping**

Tell-tale signs that your child might have started vaping include the symptoms of nicotine addiction such as feeling irritable or anxious.

**The laws around selling vapes**

Young people often purchase vapes online, from retail stores or from friends and contacts on social media.

* It is illegal to sell vapes to anyone under the age of 18 years.
* It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime. If you suspect someone is selling vapes to minors, you can report it to NSW Health [via its website](https://www.health.nsw.gov.au/tobacco/Pages/let-us-know-reports-complaints.aspx) or by calling the Tobacco Information line on 1800 357 412.

**Talk to your child about vaping**

Whether you suspect your child is vaping or not, take the time to talk to them about vaping and help them understand the risks. Try to start the conversation in a relaxed easy-going way, be patient, and remember your goal is to have a conversation, not deliver a lecture. Importantly, have your facts ready.

**For more information**

Get the evidence and facts at www.health.nsw.gov.au/vaping

**Shorter newsletter version**

**Do you know what they’re vaping?**

[Example School], like many other schools, has seen a recent spike in young people vaping.

E-cigarettes, or ‘vapes’, are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

**Key vaping facts**

* Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people’s brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.
* Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.
* Young people who vape are 3 times as likely to take up smoking cigarettes.

**The laws around selling vapes**

It is illegal to sell vapes to anyone under the age of 18 years. Young people often purchase vapes online, from retail stores, or from friends and contacts on social media. You can report suspected illegal sales of vapes to [NSW Health](https://www.health.nsw.gov.au/tobacco/Pages/let-us-know-reports-complaints.aspx) or by calling the Tobacco Information Line on 1800 357 412.

**Talk to your child about vaping**

It’s important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at: www.health.nsw.gov.au/vaping