

THE FACTS ABOUT NICOTINE POUCHES



WHAT ARE NICOTINE POUCHES?

Nicotine pouches are small, white bags that **contain chemicals, flavourings and nicotine - the same addictive drug found in vapes and cigarettes.**

When placed between the lip and gum, nicotine pouches deliver a hit of nicotine into the body.



ILLEGAL SALES OF NICOTINE POUCHES

Nicotine pouches are not legal in Australia, and no retailer can legally advertise or sell them.*

There are retailers who illegally sell nicotine pouches, including to young people. This is a crime.

If you suspect someone is illegally selling nicotine pouches, you can report it to NSW Health via its [website](#) or by calling the Tobacco Information Line on 1800 357 412.

HEALTH HARMS

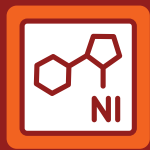
We don't have the long-term evidence yet but we can bet nicotine pouches, just like vapes and cigarettes, are damaging to health and could impact a young person living a healthy, happy life.

Nicotine pouches are not safe and are a risk to health.



ORAL HEALTH

Because pouches sit in the mouth, there are concerns this could lead to **long term oral health problems.**



Pouches contain nicotine making them **highly addictive** and can lead to nicotine dependence.



A single nicotine pouch can contain up to 20mg of nicotine, which is equal to

ABOUT 20 CIGARETTES



Nicotine can negatively impact teens brain development affecting learning, concentration, memory, mood and decision making.

NICOTINE POUCHES CAN IMMEDIATELY MAKE TEENS FEEL 'NIC-SICK' WITH SYMPTOMS LIKE:



INCREASED HEART RATE

Meaning a teens **heart is working harder** than it should.



DIZZINESS

A teen might feel **light-headed or off balance.**

NAUSEA OR UPSET STOMACH

Can even cause vomiting.

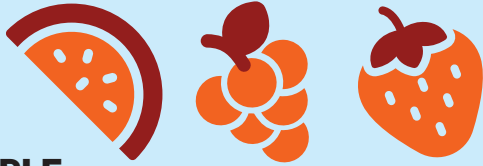


SORE OR BURNING SENSATION IN YOUR MOUTH OR GUMS

Flavours are used to try and mask this feeling but that's what **nicotine and other chemicals** feel like in the mouth.



NICOTINE POUCHES APPEAL TO YOUNG PEOPLE



The flavours (such as watermelon, strawberry-kiwi, grape and latte) and colourful packaging used for nicotine pouches make them appealing to young people.

Tobacco and vaping companies are continuously looking for new customers. Like vapes, nicotine pouches are just a new way to get young people addicted to nicotine.

WHY ARE YOUNG PEOPLE USING THEM?



Generation Vape research shows that young people are using nicotine pouches for a variety of reasons including as a **party drug** and as an alternative to vaping.

Like vaping, it's not surprising these products appeal to young people when they are discreet, flavoured, **highly addictive** and being marketed through social media influencers.

IS YOUR YOUNG PERSON USING NICOTINE POUCHES?



Good news, most young people don't use nicotine pouches. Research shows that less than 2% of young people have ever used a nicotine pouch.

You may not know your **young person is using nicotine pouches** as they are small, discreet and often hidden in the mouth. They do not produce vapour or smoke either.



WHAT ARE THE SIGNS?

Signs that your young person might be using nicotine pouches include the symptoms of nicotine addiction such as **feeling irritable or anxious**. You may also notice them taking a small, white pouch out of their mouth or putting one in and positioning it between their lip and gum.



WHERE TO GET QUIT SUPPORT?

Supporting someone to **quit nicotine can be challenging**, and your young person may need advice from a health professional.



Ask them if they would like to **talk to a GP, school counsellor** or **call the Quitline on 13 7848**, or if they would like you to do it on their behalf.

TALK TO YOUR YOUNG PERSON ABOUT NICOTINE POUCHES



Nicotine pouches are not safe. It is important to let your young person know the risks of using nicotine pouches.



GET ALL THE FACTS

Try to start the conversation with your young person in a relaxed easy-going way, perhaps taking the cue from a note from school, a news story or seeing nicotine pouch litter on the street. And have your facts ready.



It is important to note that nicotine pouches are not a proven effective quit smoking or vaping tool.

