

THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver an aerosol into the lungs. There are many different styles of vapes available and they can be difficult to spot.

Vapes may contain harmful chemicals that aren't listed on the pack. When inhaled, the aerosol from vapes can contain over 200 chemicals. Vapes almost always contain nicotine, even if the label doesn't say so.

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

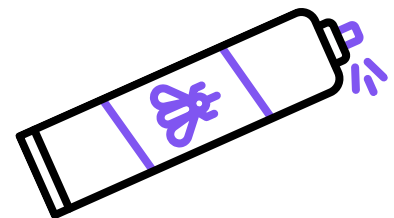
DO YOU KNOW WHAT THEY'RE VAPING?



Almost all vapes contain nicotine making them **very addictive.**

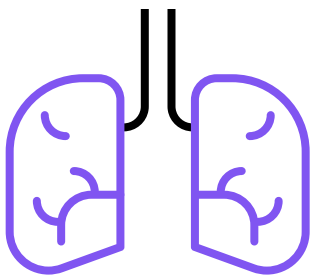


The nicotine in a 6,000 puff vape can
= **MORE THAN 400**
cigarettes



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.

VAPES ARE A RISK TO MENTAL AND PHYSICAL HEALTH



Some chemicals in vapes can **cause cancer, heart disease** and **lung disease.**

Vaping can **reduce a young person's fitness.**

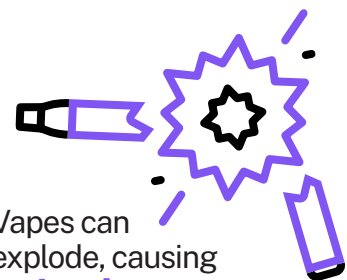


Nicotine can cause changes to a young person's **brain development**, and negatively affect **learning, concentration** and **memory.**

Vaping can increase a young person's risk of **depression and anxiety.**



Young people who vape are **5 times** as likely to take up smoking cigarettes.



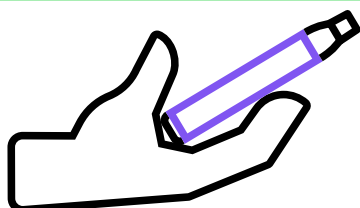
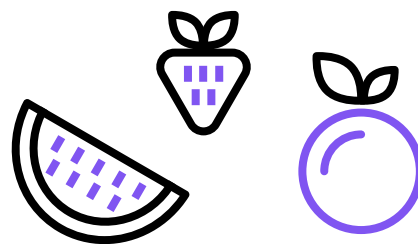
Vapes can explode, causing **serious burns.**



VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as strawberry-watermelon, blueberry ice, grape, mango magic and banana buzz) and colourful packaging used for vapes make them appealing to young people. **Almost all vapes contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine.



HOW BIG IS THE PROBLEM?

Research shows that **1 in 5 young people have vaped.**

Vaping can have serious health consequences and any uptake of vaping by young people is a concern.

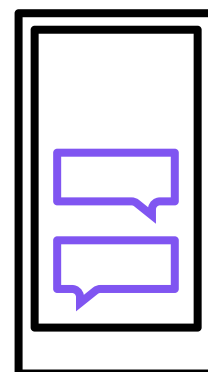
ILLEGAL SALES OF VAPES

It is illegal to sell nicotine vapes to anyone, unless they are obtained from a pharmacy for smoking cessation. People under 18 years of age also need a prescription from a doctor.

Many young people purchase their vapes from friends and contacts using social media.

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

If you suspect someone is illegally selling vapes, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.



WHAT CAN SCHOOL STAFF DO?

Smoking and vaping is banned within the grounds of, and within four metres of an entrance to, all schools in NSW. It is important to reinforce this message with students and consistently apply your school and broader education sector policies. Educating students about vaping risks can take place through curriculum delivery or wellbeing programs.

All staff have a key role to play in supporting and protecting student health and wellbeing. Take the opportunity to talk to students about vaping. **Make sure students know the facts and understand all the risks. Be patient and ready to listen.**

Young people may perceive vaping as safe and common behaviour. If you hear young people say they are only 'casually' or 'socially' vaping, point out it is easy to get hooked on vaping because vapes almost always contain high levels of nicotine and there isn't the harsh taste to deter them in the early stages as there is with smoking.

More resources for young people, parents and carers, and school staff are available at health.nsw.gov.au/vaping.

