

# THE FACTS ABOUT VAPING

E-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs.

There are now many different styles of vapes available and they can be difficult to spot. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol. Vapes often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

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

As a first step to help protect young people, learn about the different types of vapes and the risk vaping poses for young people.

## DO YOU KNOW WHAT THEY'RE VAPING?



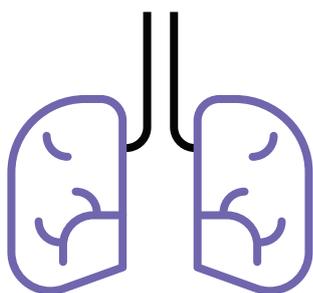
Many vapes contain nicotine making them **very addictive**



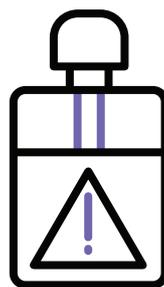
The nicotine in 1 vape can **= 50 cigarettes**



Young people who vape are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



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



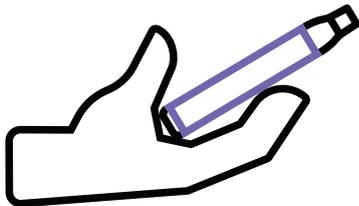
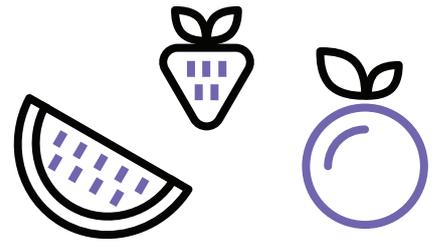
Vapes come in a variety of designs and styles and can be **easy to conceal**



## VAPES APPEAL TO YOUNG PEOPLE

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also 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, which is often difficult to quit.

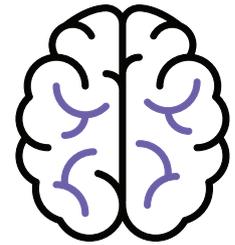


### HOW BIG IS THE PROBLEM?

As you may be aware, the take-up of vaping by young people is increasing. Research shows that **1 in 5 young people have vaped** and nearly **80% of young people say it is easy to get a vape illegally** at a shop or online.

In a recent survey, 64% of teachers reported being aware of the sale of vapes at school. The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern.

### NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often present in vapes and it is especially addictive for young brains.

**It can cause long-lasting negative effects on brain development.**

Nicotine changes the way the brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory and changes in mood.

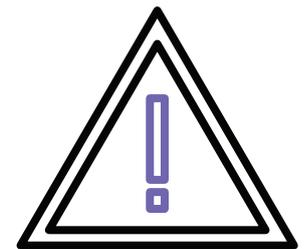
### RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause adverse health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown.

The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to a serious lung disease).

Vapes have even been known to explode causing serious burns.



Do you know what they're vaping?  
Get the evidence\* and facts at [health.nsw.gov.au/vaping](https://health.nsw.gov.au/vaping)

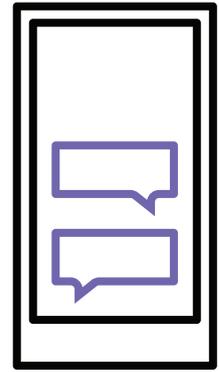
\*All statements are backed by evidence which can be found on the website



## SELLING VAPES TO YOUNG PEOPLE IS ILLEGAL

Many young people purchase their vapes at school from friends and contacts on social media. **It is illegal to sell vapes to anyone under 18 years.** It is also illegal to sell nicotine vapes to anyone in NSW, 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 which is a crime. If you suspect someone is selling vapes to minors, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.



## MISLEADING AND DANGEROUS LABELLING



Vaping products are often not labelled or are incorrectly labelled. The labels may state that vapes are nicotine free, but **many of these products contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



## 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 often contain high levels of nicotine and there isn't the harsh taste to deter them in the early stages as there is with smoking.

## WHERE TO GO FOR MORE INFORMATION

More resources for young people, parents and carers, and school staff are available at [health.nsw.gov.au/vaping](http://health.nsw.gov.au/vaping)



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