

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 e-cigarettes available and they can be difficult to spot. The main ingredient in e-cigarettes is propylene glycol, vegetable glycerine or glycerol. E-cigarettes often also contain nicotine, flavours and other chemicals. E-cigarettes may contain harmful chemicals that aren't listed on the pack. The biggest misunderstanding about e-cigarettes, is that they are harmless compared to cigarettes. This is not true. **E-cigarettes are not safe.**

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

DO YOU KNOW WHAT THEY'RE VAPING?



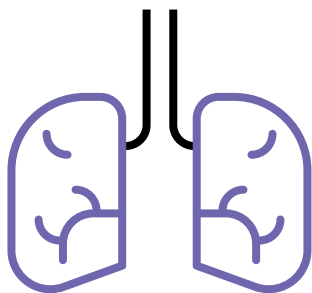
Many e-cigarettes contain nicotine making them **very addictive**



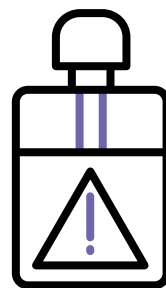
The nicotine in 1 e-cigarette can **= 50 cigarettes**



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



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



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

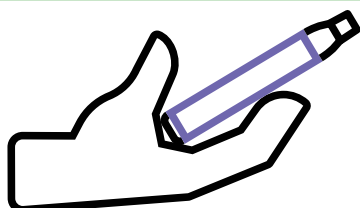
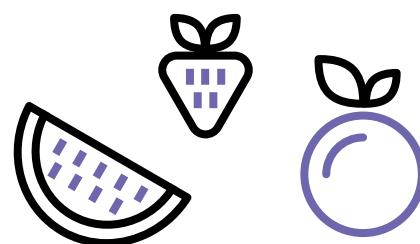


E-cigarettes come in a variety of designs and styles and can be **easy to conceal**

E-CIGARETTES APPEAL TO YOUNG PEOPLE

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for e-cigarettes make them appealing to young people. **Many e-cigarettes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. E-cigarettes are a new way to get young people addicted to nicotine, which is often difficult to quit.

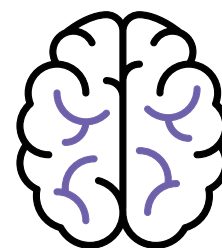


HOW BIG IS THE PROBLEM?

The take-up of vaping by young people is increasing. A survey of 13 to 19 year olds by South Australia's Commissioner for Children and Young People found that 2 in 3 young people had tried vaping, with almost 1 in 4 describing themselves as a regular vaper. The survey also indicated that **it is easy to get an e-cigarette** at a shop or online. People also often get these products from their friends or peers.

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 e-cigarettes 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.

Often, e-cigarettes have nicotine despite being labelled as not.

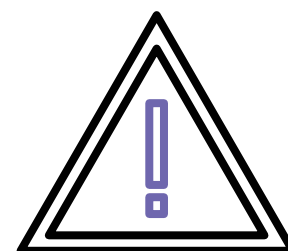
RISKS TO PHYSICAL AND MENTAL HEALTH

E-cigarettes may expose young people to chemicals and toxins at levels that have the potential to cause adverse health effects. **E-cigarettes 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 e-cigarettes and the vapour is not water. E-cigarettes can expose young people to:

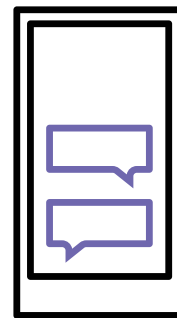
- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to a serious lung disease).

E-cigarettes have even been known to explode causing serious burns.



SELLING E-CIGARETTES TO YOUNG PEOPLE IS ILLEGAL

It is illegal to sell or supply any e-cigarette to anyone under 18 years of age. Many young people purchase their e-cigarettes from friends and contacts using social media. There are a number of retailers who sell e-cigarettes to young people. This is a crime.



MISLEADING AND DANGEROUS LABELLING



Vaping products are often not labelled or are incorrectly labelled. Most e-cigarettes contain nicotine – they just don't put it on the pack.

Remember that nicotine is a poison. Given the poor labelling, it is safest to assume that all e-cigarettes contain nicotine and to keep them out of the reach of small children.



WHAT CAN SCHOOL STAFF DO?

The Department for Education's Smoke-Free policy prohibits smoking and vaping at all schools, departmental premises and activities. It is important to reinforce this message with students, staff and visitors. 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 e-cigarettes 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

To find out more about the health risks of vaping, visit www.sahealth.sa.gov.au/vaping

Knowing the facts about vaping is part of South Australia's approach to respond to vaping in schools. South Australian schools are required to be smoke-free (including vaping). Schools are further supported through vaping content in curriculum, evidence-based resources, funded external programs, training and support in providing intervention and managing incidents where the health and wellbeing of students is paramount.

To find out more, visit www.education.sa.gov.au/vaping



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