



Department of Education

Department of Health

THE FACTS ABOUT VAPING

E-cigarettes, often called 'vapes', are electronic devices designed to produce an aerosol that is inhaled 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?



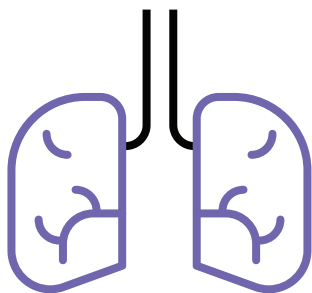
Many vapes contain nicotine making them **very addictive**



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

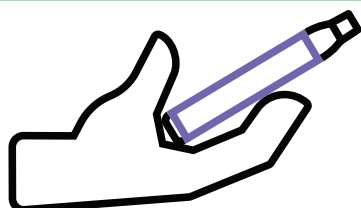
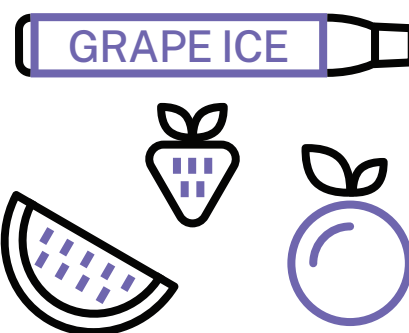


Vapes come in a variety of designs and styles and can be **easy to conceal**

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.**

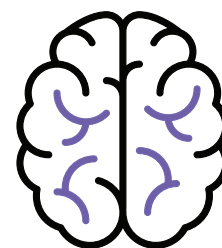
Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



MOST YOUNG PEOPLE DON'T VAPE

As you may be aware, the uptake of vaping by young people is increasing. Research shows that in WA, 1 in 3 (32.2%) **school students aged 12 to 17 years have tried an e-cigarette.** Of those who had tried almost 1 in 5 (18.4%) had vaped in the past month. Young people who vape are 3 times as likely to take up smoking cigarettes.

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.

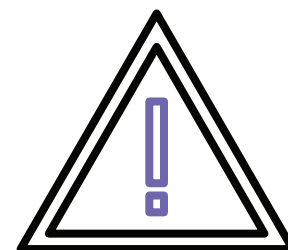
RISKS TO PHYSICAL AND MENTAL HEALTH

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 aerosol 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?

THE LAWS AROUND SELLING VAPES IN WA

It is reported that young people often purchase vapes online, from retail stores or from friends and contacts in the community. However, it is illegal in WA to sell e-cigarette devices and nicotine vaping products to anyone regardless of age, unless they are prescribed by a doctor for smoking cessation purposes and obtained with a prescription from a pharmacy.

In WA e-cigarette devices and their components, whether or not they contain nicotine, cannot be sold by tobacco or general retailers. It is also illegal to sell vapes to friends at school or in the community. If you suspect someone is selling vapes or e-cigarettes and their components, you can report it to the Department of Health by emailing TobaccoPolicy@health.wa.gov.au.

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. Remember 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 reach of children.

WHAT CAN SCHOOL STAFF DO?



Smoking and vaping is banned within the grounds of, and within five metres of an entrance to, all schools in WA. 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.

Teaching and learning resources and professional learning on e-cigarettes is available from the Department of Education via myresources.education.wa.edu.au/vaping.

WHERE TO GO FOR MORE INFORMATION

More information is available from:

[HealthyWA](#)

[Make Smoking History \(Cancer Council WA\)](#)

[Quitline \(chat online or call 13 7848 for confidential advice and information\)](#)



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myresources.education.wa.edu.au/vaping