



Department of Education

Department of Health

# THE FACTS ABOUT VAPING

Vapes are electronic devices designed to produce an aerosol that you breath into your lungs.

Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they 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.**

## DO YOU KNOW WHAT YOU'RE VAPING?



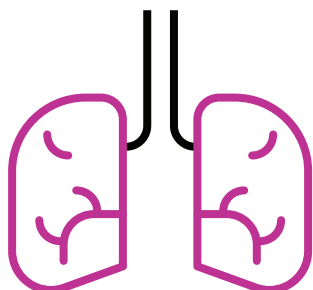
Many vapes contain nicotine making them **very addictive**



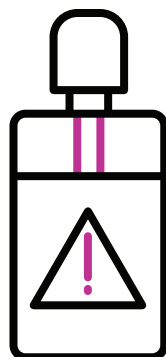
The nicotine in 1 vape can  
**= 50**  
**cigarettes**



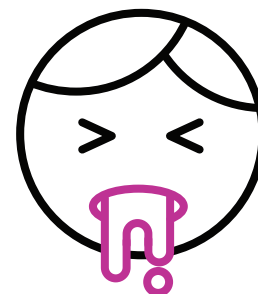
If you vape you are **3 times** as likely to take up smoking cigarettes



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



Vape aerosol **is not water vapour**

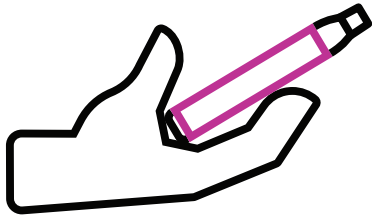
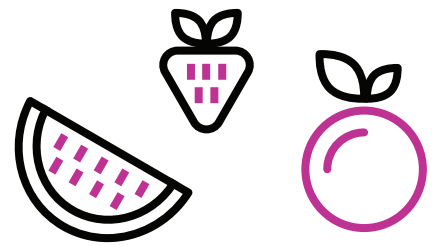


Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.

## VAPES ARE DESIGNED TO BE APPEALING TO YOU

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

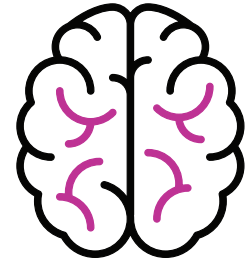
Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



## MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that most young people (68%) have never vaped. You might think vaping is harmless, but it isn't, and the serious consequences of vaping are just starting to emerge.

## NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many vapes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

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

This can harm your ability to pay attention, learn and affect your mood and memory.

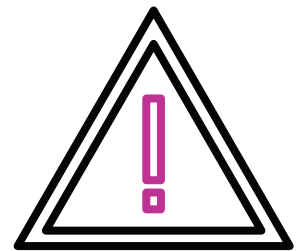
## RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed 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 serious lung disease).

Vapes have even been known to explode causing serious burns.



## DO YOU KNOW WHAT YOU'RE VAPING?

# THE LAWS AROUND SELLING VAPES IN WA

In WA, e-cigarette devices and their parts cannot be sold by tobacco or general retailers. **It is also illegal to sell vapes to friends at school or in the community.**

You may have heard that nicotine vapes are available with a prescription from a doctor. This is only to help people quit smoking, and even then, doctors will explain the risk of using vapes to their patients.

If you suspect someone is selling vapes or e-cigarettes you or your parents can report it to the Department of Health by emailing [TobaccoPolicy@health.wa.gov.au](mailto:TobaccoPolicy@health.wa.gov.au).

## THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from vapes is the same as for smokers.

**This can mean feeling irritable or anxious, as well as craving to vape.**

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.



## MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

**Most vapes with labels that claim to be nicotine free contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



## GOOD REASONS TO NOT VAPE

You don't want vaping to come between you and your friends.

**Have a reason or two that you can tell your mates why you don't want to vape.**

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "Vapes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".

## SPEAK UP IF YOU ARE WORRIED

When it comes to vaping, if you are worried about yourself or a friend, speak to a trusted adult so they can support you to find professional help if you should need it. You could also call the WA Quitline (13 7848) or Kids Helpline (1800 55 1800).

## DO YOU KNOW WHAT YOU'RE VAPING?

If you need support, speak with your teacher or student services staff.