



Department of
Education

Shaping the future

E-cigarettes and vaping

Teacher resource: Primary
Years 5 and 6

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E-cigarettes and Vaping

Resource: Years 5 and 6

The resource is designed to assist schools to deliver a whole school approach to increase young people's understanding about e-cigarettes, addressing misconceptions and health risks.

Alcohol and other drug use is best responded to through a whole school approach to student health that addresses:

- the curriculum
- school environment
- parent and community partnerships.

To further strengthen the effectiveness of prevention education schools can:

- contact Road Safety and Drug Education for consultancy support to deliver drug prevention education on 94026415 or via. rsde.rfa@education.wa.edu.au;
- participate in professional learning for school staff about e-cigarettes and drug education provided by the Department myresources.education.wa.edu.au/vaping;
- develop a whole school drug education plan
 - templates are available from myresources.education.wa.edu.au/vaping

This resource contains factsheets for:

- teachers and schools to assist with lesson planning and delivery of lessons
- parents and carers including posters, letters and newsletter content that are available in the [appendices](#) of this resource or for download from myresources.education.wa.edu.au/vaping.

The lessons have been developed as a supplement to the existing drug prevention education resources offered by the Department through Road Safety and Drug Education branch.

Support information

The Department supports public, Catholic and independent schools by providing resources, professional learning and consultancy.

To access resources contact:

Statewide Services

Road Safety and Drug Education: 9402 6415 or rsde.rfa@education.wa.edu.au

Department of Education resources website: myresources.education.wa.edu.au/vaping

To access support contact:

Department of Education Western Australia

Staff support: Employee Assistance program

PeopleSense 1300 307 912 or reception@peoplesense.com.au

Student support: Student services (available through the school)

Catholic Education Western Australia

Staff Support: Wellbeing services 1300 66 77 00

Student support: Psychology, Safety and Wellbeing Team 6380 5200

Association of Independent School of Western Australia:

Staff and student support: 9441 1600 or reception@ais.wa.edu.au

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Teacher notes

Preferred language

Using respectful **'person-first'** language can create more positive ways of talking about drug use.

Examples of person-first language:

| Use | Avoid |
|---|---------------------------------------|
| 'people who vape' | 'vapers', users |
| 'e-cigarettes, vapes and vaping' | referring to specific brand names |
| 'quitting from vapes' | 'quit vapes' |
| 'young people' | 'youth' |
| descriptions such as 'cancer causing chemicals' | technical terms such as 'carcinogens' |
| dependence | addiction |

Setting the scene

Before delivering any e-cigarette or vaping lessons, it is important to consider the following:

- respect and confidentiality
- being familiar with your school's policies and procedures regarding alcohol and other drug use, including e-cigarettes
- handling sensitive questions
- being prepared for disclosures
- referral to student support services, if required
- safety of students
- strategies to support cultural responsiveness.

Western Australian Curriculum:

Health and Physical Education

The lessons contained in this resource are aligned to the Western Australian Curriculum: Health and Physical Education learning area. The Health and Physical Education curriculum provides opportunities for students to develop knowledge, understanding and skills for creating and maintaining a healthy, active lifestyle, developing respectful relationships and effective communication. This aims to assist students to build resilience, make informed decisions and take personal responsibility for their own health.

The content:

- Focuses on supporting students to make decisions about their own health, safety and wellbeing.
- Develops knowledge, understanding and skills to enable students to critically engage with a range of health focus areas and issues. It also helps them apply new information to changing circumstances and environments that influence their own and others' health, safety and wellbeing.
- Supports students to selectively access information, products, services, and environments to take action to promote the health and wellbeing of their communities.

The Health and Physical Education curriculum provides opportunities for students to develop positive attitudes and values about their own health and wellbeing, as well as respect for the rights and values of others. Through structured learning experiences, students examine their own attitudes and values, and the level of influence they have on their own and others' health. Personal and social capability is addressed through learning activities where students are given opportunities to develop self-awareness, self-management, social-awareness and social-management skills. Students learn to appreciate their own different strengths and abilities and those of their peers.

Focus area:

Alcohol and other drug education addresses safe practices in relation to a range of drugs, including prescription drugs, natural and alternative medicines, caffeine, tobacco (including e-cigarettes), alcohol and other drugs.

The content supports students to make safe decisions and behave in ways that protect their own safety and that of others. Opportunities are provided for the development of Personal and Social Capability skills that allow students to understand influences that form their sense of identity and learn how to recognise, understand, validate and respond appropriately to their emotions, strengths and values.






Culturally responsive educators privilege Aboriginal ways of knowing, being and doing, and draw on the diversity and strengths of local communities to create opportunities to work collaboratively to set directions for students. Culturally responsive approaches to Health Education are critical. It is important that they are place-based and responsive to the specific needs and aspirations of the school community.

It is important to acknowledge that e-cigarette use is an emerging drug issue amongst young people in WA. To ensure your students' psychological safety is at the forefront of each lesson, check in with how students are feeling and refer to support services where appropriate.

Western Australian Health and Physical Education Curriculum alignment

| Content descriptions | |
|--|---|
| <p><u>Year 5</u></p> <p>Being healthy, safe and active</p> <ul style="list-style-type: none">• Ways that individuals and groups adapt to different contexts and situations.• Reliable sources of information that inform health, safety and wellbeing.• Strategies that promote a safe, healthy lifestyle. <p>Contributing to healthy and active communities</p> <ul style="list-style-type: none">• Preventive health measures that promote and maintain an individual's health, safety and wellbeing. | <p><u>Year 6</u></p> <p>Being healthy, safe and active</p> <ul style="list-style-type: none">• Criteria that can be applied to sources of information to assess their credibility.• Strategies that promote a healthy lifestyle. <p>Communicating and interacting for health and wellbeing</p> <ul style="list-style-type: none">• Skills to establish and manage positive relationships.• Situations in which emotions can influence decision-making. <p>Contributing to healthy and active communities</p> <ul style="list-style-type: none">• Preventive health measures that can promote and maintain community health, safety and wellbeing. |

Topic 1: What is vaping?

| What is vaping? - Teaching and learning overview | | Topic 1 |
|--|--|---------|
|  Learning intentions |  Key messages | |
| Students will: <ul style="list-style-type: none"> • Know that vaping is not safe. • Understand six key health messages regarding vaping. | <ul style="list-style-type: none"> • E-cigarettes are not safe. • The aerosol inhaled is not water vapour. • Many e-cigarettes contain nicotine which is a highly addictive drug. • Vaping has been linked to serious lung disease. • Vapes contain harmful chemicals. • The nicotine in 1 vape can = 50 cigarettes. | |
|  Success criteria |  Activities and required resources | |
| Students will: <ul style="list-style-type: none"> • Identify that e-liquids contain harmful substances including nicotine. • Discuss the facts regarding vaping. | Activity 1 Circle talk strategy (in pairs) Activity 2 Continuum – Agree/Disagree <ul style="list-style-type: none"> • Six statements | |
|  Vocabulary to explicitly teach | Activity 3 Shared reading response (whole class) <ul style="list-style-type: none"> • Shared reading response sheet Activity sheet 1.1 • The facts about vaping Activity sheet 1.2 | |
| E-cigarettes, aerosol, vapes, vapour, e-liquid, nicotine, addictive, harmful chemicals, impact, lung disease. | Activity 4 Values Voting – Dot voting (whole class) <ul style="list-style-type: none"> • Six key messages on A3 • Dot stickers (Two per student) Activity 5 Topic Tennis (whole class) | |



* Explicitly teach vocabulary

Activity 1 Circle talk strategy (pairs)

Place students into two circles facing each other. In pairs, students are to discuss prior knowledge on:

- What is vaping?
- What is in an e-liquid?
- What effects/harms do you think vaping could have on you or others?
- Why do you think young people vape?

Feedback and share prior knowledge as a whole class. Explicitly discuss each question and clarify misconceptions.



Activity 2: Continuum (whole class)

Form a continuum line across the classroom, 'agree/disagree'.

Read out the statements below. Students need to decide if they agree/disagree and move to the corresponding section on the continuum. If unsure, students move to the middle of the continuum. Discuss reasons of choice for each statement and give students the facts from information provided.

- Statement 1: Vaping can impact your health.
 - Short-term health effects of vaping include nausea, vomiting, mouth and airway irritation, chest pain and heart palpitations.
 - Vaping can increase the odds of being diagnosed with asthma and can weaken the immune system.
- Statement 2: Vaping can contain harmful chemicals.
 - Vapes contain harmful chemicals, heavy metals and toxins in the form of ultrafine particles that can be inhaled deep into the lungs. This can cause adverse health effects such as lung disease.
- Statement 3: The nicotine in 1 vape can = 50 cigarettes.
 - Nicotine is highly addictive. Research indicates that people who vape may be three times as likely to use tobacco cigarettes.
 - Too much nicotine from vapes can cause poisoning. Symptoms can vary but include sweating, racing heart and increased blood pressure, shaking, and vomiting.
 - If you think someone has been poisoned by nicotine, call the Poisons Information Centre 13 11 26 or 000 if an emergency.

- Statement 4: Nicotine can harm the developing brain.
 - The brain goes through important changes during puberty and continues to develop until around age 25 years of age.
 - Exposure to nicotine can have long-term impacts on brain development, affecting memory, attention, learning and mood.
 - Regular nicotine use can also worsen stress and anxiety and can make young people more susceptible to experiencing mental health issues such as depression and anxiety.
- Statement 5: Vapes have been known to explode.
 - The batteries in vapes have been known to explode, causing serious burns ([Hazards associated with the use of e-cigarette devices](#)).
- Statement 6: It is illegal to sell vapes in WA.
 - In WA, it is illegal 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. This means that e-cigarette devices and their components, whether they contain nicotine or not, cannot be sold by tobacco or general retailers. It is also illegal to sell vapes to friends at school or in the community.



Activity 3 Shared reading (*whole class*)

Hand out or display [Activity sheet 1.1](#) Facts about vaping – 1,2,3, reading response.

Prior to handing out [Activity sheet 1.2](#) 'The facts about vaping for young people', explain to students as a class they will be unpacking facts about vaping. Allow students time to write one question or one thing they would like to learn. As a class *share read* the facts discussing each in detail.

Discuss key messages:

- Many vapes contain nicotine making them very addictive.
- The nicotine in 1 vape can = 50 cigarettes.
- Young people who vape are three times more likely take up smoking cigarettes.
- Vaping is linked to serious lung disease.
- The aerosol is not water vapour.
- The e-liquids can contain harmful chemicals.

Students are to then complete [Activity sheet 1.1](#) Facts about vaping – 1,2,3, reading response.



Activity 4 Values voting - dot voting (*whole class*)

Discuss key messages:

- Many vapes contain nicotine making them very addictive
- The nicotine in 1 vape can = 50 cigarettes
- Young people who vape are three times more likely take up smoking cigarettes
- Vaping is linked to serious lung disease
- The aerosol is not water vapour
- The e-liquids can contain harmful chemicals.

Ask students to place a dot sticker on the key health message/s they feel would have the most impact a young person decision around vaping?

As a whole class reflect on the voting responses, using the following questions to guide discussion.

- Was it easy to make your vote in this activity? Why or why not?
- Would young people feel more differently if they had information about vaping harms? Why or why not?
- Where can young people find reliable information about vaping harms?
- Who could young people speak to if they were concerned about their own or other's use of vapes?



Activity 5 Topic Tennis (*whole class*)

Choose two students to be the verbal tennis players. Determine who will respond first. Taking turns, the two players give key facts related to vaping. When there is a pause for more than four seconds, a response is repeated or an 'um' or 'ah', the other student wins. Choose two more students to compete. Allow for a few rotations.

Activity sheet 1.1

Facts about vaping 1,2,3 reading response

Before reading - 1 question I have...

After reading - 2 interesting facts I now know

1.

2.

After reading – 3 things I learned

1.

2.

3.



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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?



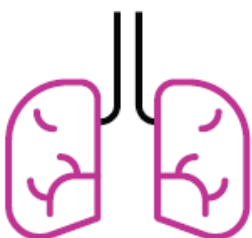
Many vapes contain nicotine making them **very addictive**



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.

Fact sheet for young people (2 of 3)

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 more than 4 in 5 (86.5%) young people **do not vape**. 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?

Fact sheet for young people (3 of 3)

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.

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.

Topic 2: Influences and advertising

| Influences and advertising - Teaching and learning overview | | Topic 2 | |
|---|--|---------|--|
|  Learning intentions |  Key messages | | |
| Students will: <ul style="list-style-type: none"> • Understand strategies that e-cigarette companies use to make vaping appeal to young people. • Recognise influential advertising strategies can be unethical. | <ul style="list-style-type: none"> • E-cigarettes come in many flavours that make them appealing to children and young people. • Companies design their products to be appealing in a range of ways. | | |
|  Success criteria |  Activities and required resources | | |
| Students will: <ul style="list-style-type: none"> • Identify strategies that e-cigarette companies use to make vaping attractive to young people. • In small groups, develop and share a persuasive plan with two key points and two facts to debate values in advertising. | Activity 1 Chat in the corner Four topic sheets: <ol style="list-style-type: none"> 1. Why is vaping harmful? 2. Why is vaping addictive? 3. What are the good reasons not to vape? 4. Who could you ask for help if you had questions about vaping? | | |
|  Vocabulary to explicitly teach | Activity 2 Video <ul style="list-style-type: none"> • Computer, internet, display screen. • Video: 'Kids and the Tobacco Predator' (1:13 minutes, YouTube) | | |
| ethics, ethical, influences, values, honesty, trustworthiness, accountability, integrity, safety, respect, responsibility, authenticity, fairness. | Activity 3 Persuasive Plan Activity sheet 2.1 - Persuasive planning sheet. | | |



* Explicitly teach vocabulary

Activity 1 Chat in the corner (whole class)

Prepare four topic sheets, to be placed in four corners of the room, with the headings:

1. Why is vaping harmful?
2. Why is vaping addictive?
3. Good reasons not to vape.
4. Who you can ask for help if you have questions about vaping.

Divide students into four groups. Each group assembles at a topic sheet to discuss the topic and record responses. After two minutes groups are to rotate. Repeat the process until groups have contributed their prior knowledge to each topic.

Discuss responses from each topic as a whole class and use this opportunity to explicitly teach: Why vaping is harmful; why vaping is addictive; good reasons not to vape; and who you can ask for help if you have questions about vaping.



Activity 2 Video (whole class)

Watch video: 'Kids and the Tobacco Predator' (1:13 minutes, [YouTube](#)).

- Discuss the reactions the children had to the products.
- Ask students if they think the children in the video knew what the products were or what was in them. Why/why not?
- Discuss what strategies were used to make the products appealing to the children (e.g. colour, graphics, smell that children like, attractive packaging).
- Discuss student thoughts and feelings regarding the ethics and values as in the table below, of strategies used.

- Honesty
- Trustworthiness
- Accountability
- Integrity
- Safety

- Respect
- Responsibility
- Authenticity
- Fairness



Activity 3 Persuasive Plan *(5 small groups)*

Divide students into five small groups, each group having one of the following values:

- Honesty
- Safety
- Authenticity (being genuine/true)
- Fairness
- Responsibility.

Using prior knowledge from key messages in Lesson 1, students write a plan with two key points and two facts to debate values in advertising.

As a class, share each group's persuasion plan and discuss ethical pointers.

Activity sheet 2.1

| |
|--|
| <p>E-cigarette marketing</p> <p>Persuasion Plan</p> <p>Our group value _____</p> |
|--|

| |
|---------------------------|
| <p>Key point 1</p> |
|---------------------------|

| |
|-------------------------------|
| <p>Fact or example</p> |
|-------------------------------|






| |
|-------------------------------|
| <p>Fact or example</p> |
|-------------------------------|

| |
|---------------------------|
| <p>Key point 2</p> |
|---------------------------|

| |
|-------------------------------|
| <p>Fact or example</p> |
|-------------------------------|

| |
|-------------------------------|
| <p>Fact or example</p> |
|-------------------------------|

Topic 3: Assertive refusal responses

| Assertive refusal responses - Teaching and learning overview | | Topic 3 | |
|--|---------------------------------------|--|--|
|  | Learning intentions |  | Key messages |
| Students will: <ul style="list-style-type: none"> Recognise different aspects of peer pressure. Respond to peer pressure using assertive refusal responses. | | <ul style="list-style-type: none"> Vaping is a choice - most people are choosing not to vape. Vapes are designed to be appealing. Making positive choices in risky situations leads to a healthier lifestyle. | |
|  | Success criteria |  | Activities and required resources |
| Students will: <ul style="list-style-type: none"> Identify peer influence and fear of missing out. Demonstrate assertive refusal responses related to six vaping situations. | | Activity 1 Placemat Activity sheet 3.1 - Placemat Fact sheet - The facts about vaping for young people (Activity sheet 1.2, used in Topic 1) | |
|  | Vocabulary to explicitly teach | Activity 2 Discussion Questions | |
| Peer pressure, fear of missing out (FOMO), vape, refusal, appealing, chemical, influence. | | Activity 3 Response strategy Activity sheet 3.2 – Roll a scenario 1 x gameboard per group 1 x dice per group | |

Assertive refusal responses -



**Explicitly teach vocabulary*

Activity 1 Placemat (small groups)

[Activity sheet 3.1](#) Divide the class into eight groups, allocate each group to one of the topics below. Individually, students are to list two key messages or facts relevant to their group topic on their section of the Placemat. As a group, students will discuss their responses to reach a consensus on what their group thinks is the most important messages for young people to be aware of and highlight them. Discuss and feedback to the whole class. Use this opportunity to explicitly teach nicotine is a harmful chemical and vapes are designed to be appealing.

1. Vapes are designed to be appealing to you
2. Most young people do not vape
3. Nicotine is harmful for your young brain
4. Risks to your physical and mental health
5. The laws around selling vapes in WA
6. The signs you are dependant/addicted to vaping
7. Misleading and dangerous labelling
8. Good reasons to not vape.



Activity 2: Discussion – responding to peer pressure (small groups)

Discuss peer influence and fear of missing out (FOMO).

Ask the following questions for students to share their responses in small groups.

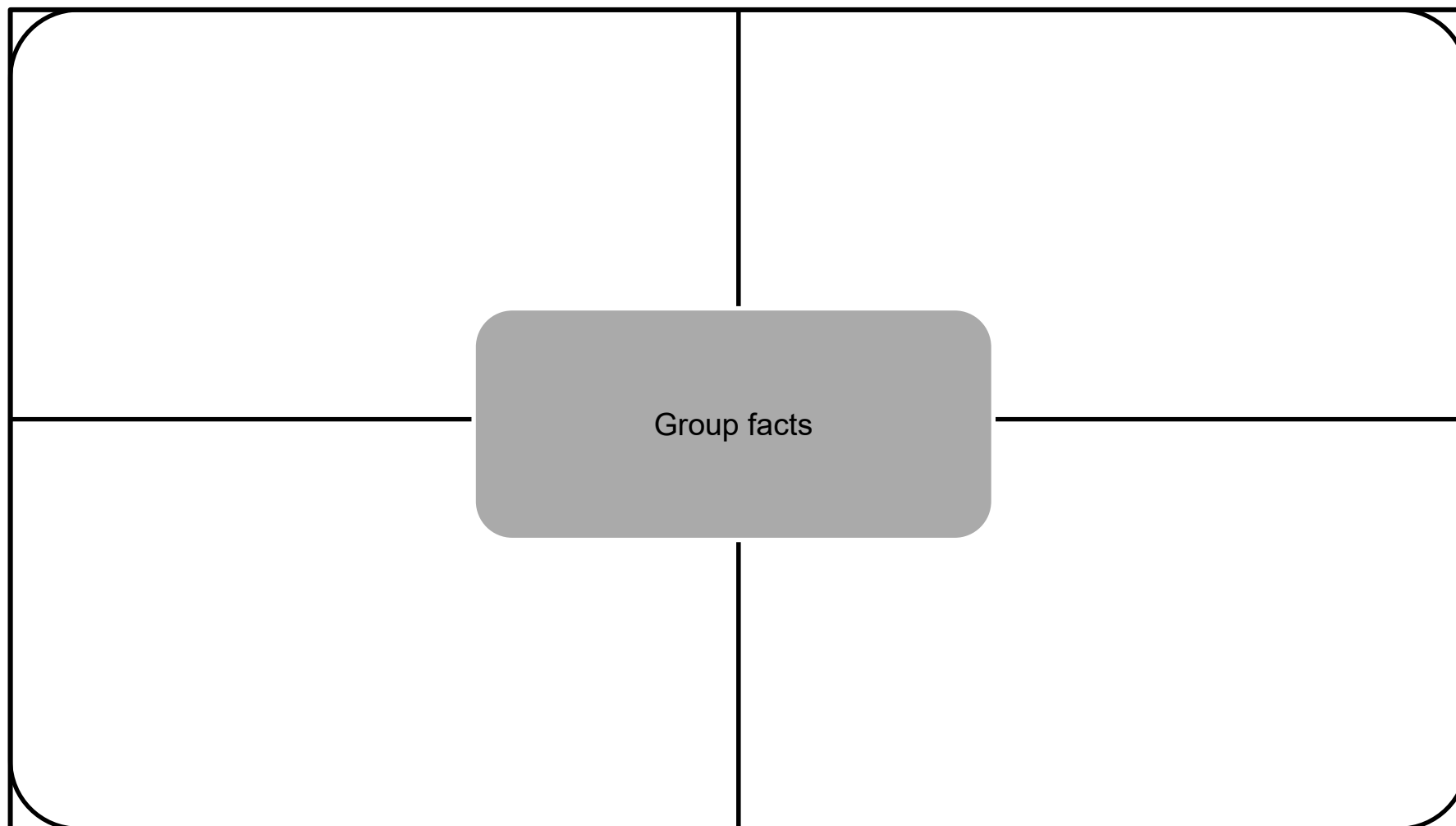
- What are some ways people can influence you? What are some ways that you can resist influence from others?
- How would you feel if someone pressured you to vape? What could you say to them?
- Why could it be hard to say 'no' if you are asked to vape? How could you make it easier to say 'no'?
- Why might your peers/friends ask you to vape with them? How could knowing this be helpful?

Activity 3: Response strategy (small groups)

Using game board [Activity sheet 3.2 – Roll a scenario](#) students take turns to roll the dice and practise the refusal strategy for the scenario that corresponds with the number rolled.

As a class, students share refusal strategies they found helpful or could use when needed.

Facts about vaping



Activity sheet 3.2

Roll a scenario

1

Your friends ask you to try a vape they got from their older sibling.

2

Your friends ask you to try vaping with them.

3

You and your friends find a vape at the park, your friend starts to try it.

How could you respond?

4

At school, your friend asks you to hide their vape in your bag.

5

You go to the toilet at break time and there are students vaping in the toilet. They invite you in to have a turn.

6

Your friends are making vaping challenge videos for social media and want you to join in.

References

Banks E, Beckwith K, Joshy G. Summary report on use of e-cigarettes and impact on tobacco smoking uptake and cessation, relevant to the Australian context. Commissioned Report for the Australian Government Department of Health, September 2020. Available at <http://hdl.handle.net/1885/211618>.

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Department of Health, New South Wales (2022) *Get the facts – Vaping Toolkit* <https://www.health.nsw.gov.au/vaping>.

Guerin, N. & White, V. (2020). ASSAD 2017 Statistics & Trends: Australian Secondary Students' Use of Tobacco, Alcohol, Over-the-counter Drugs, and Illicit Substances. Second Edition. Cancer Council Victoria.

Videos

UNDO (2014) 'Kids and the Tobacco Predator' [Kids and the Tobacco Predator - Tobacco Free CA](#) (1:13min)

Appendices

All resources are available to download from: myresources.education.wa.edu.au/vaping

Resources for teachers and schools

Posters:

- What can school staff do about vaping?
- Learn to spot a vape
- Key facts teachers should know about vaping

Fact sheets:

- The facts about vaping– Do you know what they're vaping?
- The facts about vaping – Common vapes

Resources for parents and carers

Newsletter content for schools:

- Longer newsletter version
- Shorter newsletter version

Letter template for schools:

- Parent letter for schools to distribute

Fact sheets:

- The facts about vaping – Do you know what they're vaping?
- The facts about vaping – Common vapes

Resources for young people

Fact sheets:

- The facts about vaping – Do you know what you're vaping?

Posters:

- The facts about vaping
- Do you know what you're vaping? – weed killer*
- Do you know what you're vaping? – nail polish remover*
- Do you know what you're vaping? – disinfectant*
- Do you know what you're vaping? – bug spray*
- Do you know what you're vaping? – all products*

* **Cautionary Note:** Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. The aim of the posters is to discourage the uptake of vaping. Many household products contain volatile substances that can be inhaled to cause intoxication. If your student cohort has experience with volatile substance use, it is recommended that you do not display posters depicting common household products.



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?



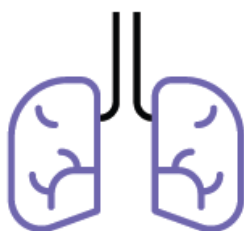
Many vapes contain nicotine making them **very addictive**



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, **13.5% of school students aged 12 to 17 years have tried an e-cigarette.** Of those who had tried 2 out of 3 (66%) had not used one in the last 30 days. 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 \(chat online or call 13 7848 for confidential advice and information\)](#)



DO YOU KNOW WHAT THEY'RE VAPING?

myresources.education.wa.edu.au/vaping



Department of Education
Department of Health

THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes or 'vapes' available. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. **This is not true. Vapes are not safe.** Spotting vapes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of vapes is a first step to help protect young people from the risks of vaping.

COMMON VAPES



Disposable vapes are the most common vapes used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these vapes contain nicotine, despite often not being labelled as containing nicotine.



Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

DO YOU KNOW WHAT THEY'RE VAPING?

myresources.education.wa.edu.au/vaping



WHAT CAN SCHOOL STAFF DO ABOUT VAPING?

- Ensure your students understand **vaping is banned** on school grounds and within 5 metres of an entrance.
- 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 people using them like with cigarettes.
- Deliver prevention education / activities using the **WA Schools Anti-Vaping Toolkit**.
- Provide parents and carers with information about ways they can help **prevent children from vaping** and support them to stop vaping.
- Use your school's **behaviour management** policy to guide disciplinary approaches.
- **Report incidents** of use through your school and system reporting.
- **Use caution** when handling devices. They can combust.
- Dispose of devices through a **waste removal service** that can dispose of lithium batteries and liquid nicotine.
- Call the WA Poisons Information Centre on **13 11 26** if a student has swallowed or touched e-liquid. Call **000** for an ambulance if the student is unconscious.
- Implement a **whole school** alcohol and other drugs education plan including procedures for incident management and intervention support.

Talk to your students about the harms of vaping. Make sure they know the facts and understand all the risks. Be patient and ready to listen.

DO YOU KNOW WHAT THEY'RE VAPING?

myresources.education.wa.edu.au/vaping



Department of Education
Department of Health

LEARN TO SPOT A VAPE



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Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

Spotting vapes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives.

Knowing the different shapes and types of vapes is a first step to help protect your students from the risks of vaping.

DO YOU KNOW WHAT THEY'RE VAPING?

myresources.education.wa.edu.au/vaping



Department of Education
Department of Health

KEY FACTS TEACHERS SHOULD KNOW ABOUT VAPING



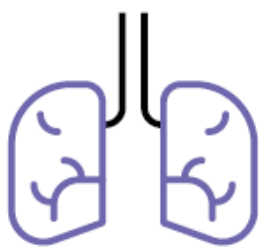
Many vapes contain nicotine making them **very addictive**



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



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



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**

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 THEY'RE VAPING?

myresources.education.wa.edu.au/vaping

Newsletter content for schools

Do you know what they're vaping?

[Insert school name here], like many other schools, has seen a recent increase in young people vaping.

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to produce an aerosol that is inhaled. There are many different styles of vapes and types of e-liquids, or e-juices, available. Vapes come in many shapes and sizes and can be made to look like everyday items including highlighters, pens or USB memory sticks.

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

Vaping facts

- Many vapes contain nicotine making them very addictive.
- The nicotine in 1 vape can equal 50 cigarettes.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.
- Vapes can leave young people at increased risk of depression and anxiety.
- Young people who vape are 3 times as likely to take up smoking cigarettes.
- Vape aerosol is not water vapour.
- Vaping has been linked to serious lung disease.
- Vapes that contain nicotine can cause long-lasting negative effects on young people's brain development.

Signs your child might be vaping

Tell-tale signs that your child might have started vaping include the symptoms of nicotine addiction such as feeling irritable or anxious.

The laws around selling vapes

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 they contain nicotine or not, cannot be sold by tobacco or general retailers. 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.

Talk to your child about vaping

Whether you suspect your child is vaping or not, take the time to talk to them about vaping and help them understand the risks. Try to start the conversation in a relaxed easy-going way, be patient, and remember your goal is to have a conversation, not deliver a lecture. Importantly, have your facts ready. For further support contact the Quitline (13 7848 or online via www.quit.org.au) for confidential advice and information or talk to your GP.

For more information

Get the evidence and facts at www.education.wa.edu.au.

Shorter newsletter version

Do you know what they're vaping?

[Insert school name here], like many other schools, has seen a recent increase in young people vaping.

E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

Key vaping facts

- Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of experiencing depression and anxiety.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.
- Young people who vape are three times as likely to take up smoking cigarettes.

The laws around selling vapes

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. E-cigarette devices and their components, whether they contain nicotine or not, cannot be sold by tobacco or general retailers in WA. You can report suspected illegal sales of vapes to the Department of Health by emailing TobaccoPolicy@health.wa.gov.au.

Talk to your child about vaping

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at: www.education.wa.edu.au For further support contact the Quitline (13 7848 or online via www.quit.org.au) for confidential advice and information or talk to your GP.

Letter template for schools

Parent letter for schools to distribute

Dear parent/carer,

In recent weeks, [school name] has identified students using vapes on school premises or on their way to and from school. There has been a growing concern about the harmful effects vaping has on young people.

The take-up of vaping by young people is increasing. Research has found that in WA around 13.5% of secondary students have tried an e-cigarette.

There are many different styles of vapes and they can be difficult to spot. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

Vaping facts

- Many vapes contain nicotine making them very addictive.
- Vapes contain many toxic chemicals, they just don't put it on the pack.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- Vapes can leave young people at increased risk of depression and anxiety.
- The nicotine in 1 vape can equal 50 cigarettes. Depending on the size of vape and nicotine strength, it can be much higher.
- Young people who vape are 3 times as likely to take up smoking cigarettes.
- Vape aerosol is not water vapour.
- Vaping has been linked to serious lung disease.
- Vapes that contain nicotine can cause long-lasting negative effects on young people's brain development.

What is [school name] doing?

[School name] follows the procedures within our School Behaviour Management Policy. This will guide our disciplinary approach if there is a breach of behavioural standards.

[Insert behaviour management strategies and consequences e.g. increased supervision]

Additionally, our teachers have a range of curriculum-based activities to ensure students know the facts about vaping.

[Insert curriculum-based activities e.g. using the WA schools anti-vaping toolkit]

Is your child vaping?

Signs that your child might have started vaping are the usual symptoms of nicotine addiction such as feeling irritable or anxious. If they are vaping, encourage them to stop and let them know that you are there for support. Stopping can sometimes be hard and they may need advice from a GP or other healthcare professional.

What can you do as a parent?

Take the time to talk to your child about vaping and help them understand all of the risks associated with vaping. They may see it as a normal thing to do, which is not the case. Try to start the

conversation with your child in a relaxed easy-going way, perhaps taking the cue from this letter, and, importantly, have your facts ready.

Call the Quitline (13 7848) for confidential advice and information. Quitline counsellors can answer any questions you may have about vaping and help you think of ways to approach conversations with your child.

[Insert parent activities e.g. fact sheet for parents, information nights]

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. E-cigarette devices and their components, whether they contain nicotine or not, cannot be sold by tobacco or general retailers in WA. It is also illegal to sell vapes to friends at school or in the community. You can report suspected illegal sales of vapes to the Department of Health by emailing: TobaccoPolicy@health.wa.gov.au.

For more information

Get the evidence and facts at www.education.wa.edu.au



Department of Education

Department of Health

THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to produce an aerosol that is inhaled into the lungs. There are many different styles of vapes available and they can be difficult to spot.

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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 THEY'RE VAPING?



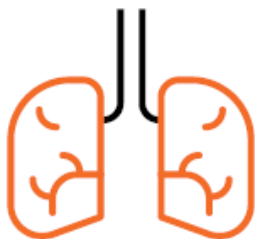
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Vaping has been linked to **serious lung disease**



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 (such as 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, **13.5% of school students aged 12 to 17 years have tried an e-cigarette.**

Of those who had tried 2 out of 3 (66%) had not used one in the last 30 days. 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 in vapes and is highly addictive for young brains.

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

Nicotine changes the way 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 negative 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 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.

IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to smell.

Tell-tale *signs that your child might be vaping include the symptoms of nicotine addiction* such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.



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.



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

Young people may perceive vaping as a safe and common behaviour but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.

Call the WA Quitline on 13 7848 for confidential advice and support. Quitline counsellors can answer any questions you may have about vaping and help you come up with ways to approach the conversation with your child.

DO YOU KNOW WHAT THEY'RE VAPING?

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THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes or 'vapes' available. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. **This is not true. Vapes are not safe.** Spotting vapes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of vapes is a first step to help protect young people from the risks of vaping.

COMMON VAPES

Disposable vapes are the most common vapes used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these vapes contain nicotine, despite often not being labelled as containing nicotine.



Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

DO YOU KNOW WHAT THEY'RE VAPING?
education.wa.edu.au



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?



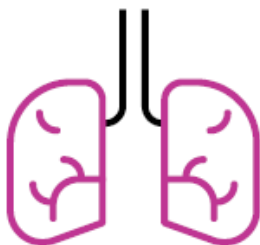
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The nicotine in 1 vape can **= 50 cigarettes**



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 more than 4 in 5 (86.5%) young people *do not vape*. 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.

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.



THE FACTS ABOUT VAPING



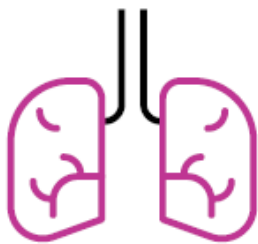
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Department of Education
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GOVERNMENT OF
WESTERN AUSTRALIA



DO YOU KNOW WHAT YOU'RE VAPING?

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Department of Health



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Department of **Education**
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