



Department of
Education

Shaping the future

E-cigarettes and vaping

Teacher resource: Secondary
Years 7 to 10



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E-cigarettes and Vaping

Teacher resource: Years 7, 8, 9 and 10

This resource aims to help schools deliver a whole school approach to increase young people's understanding about e-cigarettes, addressing misconceptions and health risks.

This resource contains fact sheets for:

- teachers and schools,
- parents and carers,
- young people.

Teachers are encouraged to use the fact sheets to assist with lesson planning and delivery. The fact sheets, posters, letters for parents and carers and newsletter content are available in the [appendices](#) of this resource or for download from myresources.education.wa.edu.au/vaping.

Parents play an important role in building their children's resilience and supporting drug education messages promoted in schools. Teachers can use the letter templates and newsletter content to engage with parents and carers prior to delivering lessons on vaping. This will provide parents and carers with information about ways they can help prevent young people from vaping.

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 9402 6415 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.

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 of Education 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

E-cigarettes and Vaping Teacher 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 (if available at 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 reception@ais.wa.edu.au

Table of Contents

E-cigarettes and Vaping	ii
Teacher resource: Years 7, 8, 9 and 10	ii
Support information	iii
Teacher notes	1
Preferred language	1
Western Australian Curriculum	2
Curriculum alignment	3
Topic 1: Do you know what is in a vape?	5
Topic 2: How vaping can affect you	11
Topic 3: Critical analysis of vaping marketing	15
References	19
Appendices	20
Resources for teachers and schools	21
Resources for parents and carers	32
Fact sheets for young people	36
Posters for young people	39
Activity sheets (classroom resource)	45
Activity sheet 1.1	45
Activity sheet 1.2	46
Activity sheet 1.3	47
Activity sheet 1.4	48

Teacher notes

Preferred language

Using respectful '**person-first**' language can create more positive ways of talking about e-cigarettes and 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 synthetic drugs, cocaine, ecstasy, and methamphetamines.

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. They learn how to recognise, understand, validate, and respond appropriately to their emotions, strengths and values.

Culturally responsive approaches to Health Education are critical. They are place-based and responsive to the specific needs and aspirations of the school community. 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.

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

<p>Year 7</p> <p>Being healthy, safe and active Feelings and emotions associated with transitions; and practising self-talk and help-seeking strategies to manage these transitions.</p> <p>Management of emotional and social changes associated with puberty through the use of: coping skills, communication skills problem-solving skills and strategies, help-seeking strategies that young people can use in a variety of situations.</p> <p>Strategies to make informed choices to promote health, safety and wellbeing.</p> <p>Communicating and interacting for health and wellbeing The impact of relationships on own and others' wellbeing: the benefits of relationships, and the influence of peers and family.</p> <p>Contributing to healthy and active communities Preventive health practices for young people to avoid and manage risk.</p>	<p>Year 8</p> <p>Being healthy, safe and active The reasons why young people choose to use or not use drugs. Communication techniques to persuade someone to seek help. Skills and strategies to promote physical and mental health and wellbeing in various environments, such as; assertive responses, stress management, refusal skills, contingency plans, online environments, making informed decisions.</p> <p>Communicating and interacting for health and wellbeing Sources of health information that can support people who are going through a challenging time.</p> <p>Contributing to healthy and active communities Health promotion activities which target relevant health issues for young people and ways to prevent them.</p>

Western Australian Health and Physical Education

Curriculum alignment

Curriculum alignment	
<p>Year 9</p> <p>Being healthy, safe and active Skills to deal with challenging or unsafe situations: refusal skills, initiating contingency plans, expressing thoughts, opinions, beliefs, acting assertively.</p> <p>Actions and strategies to enhance health and wellbeing in a range of environments, such as the use of complementary health practices to support and promote good health, responding to emergency situations, identifying and managing risky situation, safe blood practices.</p> <p>Impact of external influences on the ability of adolescents to make healthy and safe choices relating to: sexuality, alcohol and other drug use risk taking.</p> <p>Communicating and interacting for health and wellbeing Skills to determine appropriateness and reliability of online health information.</p>	<p>Year 10</p> <p>Being healthy, safe and active Skills and strategies to manage situations where risk is encouraged by others.</p> <p>Analysis of images and messages in the media related to: alcohol and other drugs, body image, relationships.</p> <p>Communicating and interacting for health and wellbeing Critical health literacy skills and strategies: evaluating health services in the community examining policies and processes for ensuring safer behaviours.</p> <p>Contributing to healthy and active communities Health campaigns and/or community-based activities designed to raise awareness, influence attitudes, promote healthy behaviours and increase connection to the community.</p>

Topic 1: Do you know what is in a vape?

Background information

Information for teachers and schools:

[Fact sheets and posters](#)

[Online professional learning - video](#)

Information for parents:

[Newsletter content for schools](#)

[Letter template for schools](#)

[Fact sheets for parents and carers](#)

Fact sheets, letter templates and newsletter content are available from myresources.education.wa.edu.au/vaping

General information:






Department of Education WA [Education resources \(myresources.education.wa.edu.au/vaping\)](https://myresources.education.wa.edu.au/vaping)

Healthy WA [Electronic cigarettes \(e-cigarettes\) \(healthywa.wa.gov.au\)](https://healthywa.wa.gov.au)

Where can young people go for help?

- Student services (if available at their school)
- Health professional, General Practitioner
- Community health centre
- Kids Helpline 1800 55 1800
- WA Quitline 13 78 48 (13 QUIT).

Topic 1: Do you know what is in a vape?

Do you know what is in a vape? - Teaching and learning overview		Topic 1
 Learning intentions	 Key messages	
Students will: <ul style="list-style-type: none"> • Discuss misconceptions regarding e-cigarettes and vaping. • Use health promotion information to inform others of the harms of using e-cigarettes. • Identify refusal responses in a vaping situation. 	<ul style="list-style-type: none"> • E-cigarettes are not safe. The aerosol inhaled is not water vapour. • E-cigarettes can contain the same harmful chemicals found in products such as nail polish remover, bug spray, weed killer and disinfectant. • Many e-cigarettes contain nicotine which is a highly addictive drug. • E-cigarettes come in many flavours that make them appealing to children and young people. • Most young people do not vape. 	
 Success criteria	 Activities and required resources	
Students will: <ul style="list-style-type: none"> • Challenge misinformation relating to vaping. • Explore and share health information outlining how vapes are not safe. • Discuss and share refusal responses related to vaping situations. 	Activity 1 Student self-assessment <ul style="list-style-type: none"> • Activity sheet 1.1 Activity 2 K-W-L <ul style="list-style-type: none"> • Whiteboard and markers • Activity sheet 1.2 	
 Vocabulary to explicitly teach	Activity 3 Myth busting <ul style="list-style-type: none"> • Computer, interactive whiteboard and internet • Video: 'Three alternative uses for nail polish remover' (19 seconds, myresources.education.wa.edu.au/vaping) 	
E-cigarette, vaping, aerosol, vapour, nicotine, harmful chemicals, propylene glycol, glycerol, acetone, acrolein.	Activity 4 Jigsaw <ul style="list-style-type: none"> • Computer, interactive whiteboard and internet • Activity sheet 1.3 and Fact sheet - The facts about vaping for young people • Posters for young people Activity 5 Refusal skills - Activity sheet 1.4	

**Activity 1 Student self-assessment continuum** (*individual activity*)

Students complete a self-assessment based on [Activity sheet 1.1](#) about how confident they feel about their knowledge and refusal skills regarding vaping.

Students will re-visit this self-assessment on completion of Topic 3 to reflect and compare.

**Activity 2 K-W-L** (*individual activity*)

Write the word 'VAPING' on the board.

Students complete the 'K' and 'W' sections of [Activity sheet 1.2](#).

Discuss what students know about e-cigarettes/vaping and what they would like to learn.

Students complete the 'L' section at the end of the lesson as a reflection of knowledge and skills learnt.

**Activity 3 Myth busting: heads or tails** (*whole class*)

Students stand up, teacher reads out vaping myths below. If students agree with the myth, they put their hands on their head. If students think the statement is false, they put their hands behind their back. Briefly discuss each myth.

- E-cigarettes only contain water and flavouring.
Answer: False.
Discussion:
 - The liquid in e-cigarettes (e-liquid) is not just water, and the aerosol inhaled is not just water vapour.
 - The main ingredient in e-liquids is propylene glycol, vegetable glycerine or glycerol, and they often contain nicotine, flavours and other chemicals.
 - The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people.
 - E-liquids when heated and inhaled may contain many harmful chemicals that are not listed on the pack.

- Vaping is not safe.

Answer: True.

Discussion:

- The biggest misunderstanding about vapes is that they are harmless compared to cigarettes.
- E-liquids when heated and inhaled may contain many harmful chemicals that are not listed on the pack - which can cause adverse health effects such as vomiting, shortness of breath and lung damage.
- 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. Vapes can expose young people to:
 - harmful chemicals.
 - 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.

- E-cigarettes labelled as nicotine-free may contain nicotine.

Answer: True.

Discussion:

- Research has found that some e-cigarettes labelled as 'nicotine-free' contain nicotine.
- 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.

- Nicotine is a drug.

Answer: True.

Discussion:

- Nicotine is a stimulant drug that can lead to dependence.
- Nicotine can harm the developing brain. The impacts can include impaired attention, learning, and memory.
- 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.
- The brain goes through important changes during puberty and continues to develop until around 25 years of age.

- Vaping is safer than smoking cigarettes.

Answer: False.

Discussion:

- E-cigarettes are similar to cigarettes in that they contain many harmful chemicals and may contain nicotine, which can cause adverse health effects.
- A vape that contains nicotine can have the same amount of nicotine as 50 cigarettes.

Discussion (*whole class*)

- Why do you think the myths we have discussed about vaping exist?
- Are there any other myths/facts about vaping that you would like to share?
- Now that we have credible facts about vaping, what are some strategies you can use to support your friends not to vape?

Cautionary Note

The activity below involves screening a video or displaying posters that depict common household products (e.g. nail polish remover, disinfectant, bug spray and weed killer). Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. The aim of the video and 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 skip this activity and do not display posters depicting common household products.

If students share or disclose information about the psychoactive effects of hazardous substances, use 'protective interrupting' and refocus the discussion on the activity. Follow up with the student to determine if additional support service is required. Teachers should use their professional judgement in using this activity.



[Video](https://myresources.education.wa.edu.au/vaping): 'Three alternative uses for nail polish remover' (19 seconds, myresources.education.wa.edu.au/vaping)

- After watching the video, display the posters ([Posters for young people](#)) and reinforce the message that the aerosol inhaled from vaping isn't just water vapour and that e-liquids when inhaled can contain harmful chemicals and additives, including nicotine. They just don't put it on the pack.

**Activity 4: Jigsaw – expert groups** (*small groups*)

Using [Activity sheet 1.3](#) and [Fact sheet - The facts about vaping for young people](#) divide the class into eight (8) expert groups that will work on discussing each of the following headings:

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 addicted to vaping
7. Misleading and dangerous labelling
8. Good reasons to not vape.

Allow time for each group to read their section of expertise and paraphrase the information.

As a whole class, guide each group to share the information while students take notes. Discuss each topic.

**Activity 5: Refusal skills practise** (*small groups*)

Ask students to form expert groups as per previous activity. In groups, students read the scenario and think about a strategy that they could use to manage the situation effectively ([Activity sheet 1.4](#)).

As a class, reflect and discuss the strategies students came up with.

Discuss how students can seek help or support if they are concerned about their or others' vaping.

Reflection

Students complete the 'L' of the K-W-L in **Activity 1**, to find out what they have learned.

Encourage students to explore whether their view/opinion of vaping changed and why/why not?

Topic 2: How vaping can affect you

Background information

Why is practising refusal skills important?

- Peer influence is a normal part of adolescent development. We are influenced in many areas of our lives such as the sporting teams we support, the music we like, the food/clothes we buy and also drug use (e.g. vaping).
- Practising refusal skills builds higher levels of resilience which is associated with a lesser likelihood of engaging in harmful risk-taking behaviours.

Information for teachers and schools:

[Fact sheets and posters](#)

[Online professional learning - video](#)

Information for parents:

[Newsletter content for schools](#)

[Letter template for schools](#)

[Fact sheets for parents and carers](#)

Fact sheets, letter templates and newsletter content are available from myresources.education.wa.edu.au/vaping

General information:






Department of Education WA [Education resources \(myresources.education.wa.edu.au/vaping\)](https://myresources.education.wa.edu.au/vaping)

Healthy WA [Electronic cigarettes \(e-cigarettes\) \(healthywa.wa.gov.au\)](https://healthywa.wa.gov.au)

Where can young people go for help?

- Student services (if available at their school)
- Health professional, General Practitioner
- Community health centre
- Kids Helpline 1800 55 1800
- WA Quitline 13 78 48 (13 QUIT).

Topic 2: How vaping can affect you

How vaping can affect you - Teaching and learning overview		Topic 2	
	Learning intentions		Key messages
Students will: <ul style="list-style-type: none"> Recognise that vaping poses harms. Discuss six key facts about vaping. Recognise different aspects of peer influence. 		<ul style="list-style-type: none"> Vaping is not safe; it has been linked to lung disease. Many e-cigarettes contain nicotine making them addictive. Vapes that contain nicotine can cause long-lasting effects on young people's brain development. People who vape are three times as likely to take up smoking cigarettes. In WA, e-cigarette devices and their parts cannot be sold by tobacco or general retailers. It is illegal to sell vapes to friends at school or in the community. 	
	Success criteria		Activities and Required resources
Students will be able to: <ul style="list-style-type: none"> Pose questions relating to harms from vaping. Analyse six key facts about vaping. Discuss peer pressure and share effective ways to respond. 		Activity 1 Discussion <ul style="list-style-type: none"> Whiteboard and markers Fact sheet – The facts about vaping for young people. Activity 2 Continuum – consequences of vaping <ul style="list-style-type: none"> Fact sheet – The facts about vaping for young people. 	
	Vocabulary to explicitly teach	Activity 3 Inside/outside circle.	
E-cigarettes, vaping, risk, harm, dependence, nicotine, consequences, peer influence, fear of missing out (FOMO).			

**Activity 1 Discussion - The facts about vaping** (*small group or individual*)

Distribute [Fact sheet – The facts about vaping for young people](#).

Discuss the six key messages in the fact sheet:

- Many vapes contain nicotine making them very addictive
- The nicotine in one vape can equal 50 cigarettes
- If you vape you are three times as likely to take up smoking cigarettes
- Vaping has been linked to serious lung disease
- Vape aerosol is not just water vapour
- Vapes can contain harmful chemicals.

Students discuss and list answers to the following:

- How do you know the information in the handout is accurate and reliable?
- Is there any additional information that could be included?
- How could you share this information with others?

**Activity 2 Continuum - consequences of vaping** (*pairs*)

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

Read out the following statements. Students need to decide if they agree or disagree and move to the corresponding section on the continuum. If unsure, students move to the middle of the continuum. Discuss reasons of choice and share additional 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:** The nicotine in one vape can equal 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 3:** Nicotine can harm the developing brain.
 - Adolescence (from around age 10 to about 25) is a critical period for brain development and exposure to nicotine can have long-term health consequences, impacting memory, attention and learning.
 - Regular nicotine use can also worsen stress and anxiety and can make you more susceptible to mental health problems such as depression and anxiety.
- **Statement 4:** 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 5:** Vaping can contain harmful chemicals.
 - Vapes can 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 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 or not they contain nicotine, cannot be sold by tobacco or general retailers.



Activity 3: Inside/outside circle - responding to peer influence (*pairs*)

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

Ask the following questions, students alternatively share their responses.

- 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?

Topic 3: Critical analysis of vaping marketing

Background information

Why do young people vape?

- E-cigarettes are appealing to young people as they come in a variety of flavours (estimates suggest more than 15,000 flavours are available).
- Marketing through social media and online channels has been successful in glamourising e-cigarettes.
- While the uptake of vaping by young people is increasing, it is important to emphasise that most young people do not use e-cigarettes. 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 (ASSAD, 2017).
- People who vape are three times as likely to take up smoking cigarettes (Banks, 2020).

Marketing tactics used by e-cigarette companies

- E-cigarette companies use a range of marketing tactics to create attractive packaging as well as flavours and price-points to attract young people.

Information for teachers and schools:

[Fact sheets and posters](#)

[Online professional learning - video](#)

Information for parents:

[Newsletter content for schools](#)

[Letter template for schools](#)

[Fact sheets for parents and carers](#)

Fact sheets, letter templates and newsletter content are available from myresources.education.wa.edu.au/vaping

General information:






Department of Education WA [Education resources \(myresources.education.wa.edu.au/vaping\)](https://myresources.education.wa.edu.au/vaping)

Healthy WA [Electronic cigarettes \(e-cigarettes\) \(healthywa.wa.gov.au\)](https://healthywa.wa.gov.au)

Where can young people go for help?

- Student services (if available at their school)
- Health professional, general practitioner
- Community health centre
- Kids Helpline 1800 55 1800
- WA Quitline 13 78 48 (13 QUIT).

Topic 3: Critical analysis of vaping marketing

Critical analysis of vaping marketing – Teaching and learning overview		Topic 3	
	Learning intentions		Key messages
<p>Students will:</p> <ul style="list-style-type: none"> Recognise strategies that e-cigarette companies use to make vaping appeal to young people. Investigate strategies that e-cigarette companies use to influence audience through different modes. Recognise influential marketing modes. 		<ul style="list-style-type: none"> E-cigarettes come in many flavours that make them appealing to children and young people. Most young people do not choose to vape. There are a range of support services available through school and in the community to assist people needing help not to vape. 	
	Success criteria		Activities and required resources
<p>Students will:</p> <ul style="list-style-type: none"> Explain strategies e-cigarette companies use to make vaping appeal to young people. Describe modes used by advertising companies including colour, graphics, slogan, creative movement and music. Use advertising modes to design marketing campaign influencing young people not to vape. 		<p>Activity 1 Video: Marketing tactics of e-cigarette companies</p> <ul style="list-style-type: none"> Computer, internet, interactive whiteboard and markers. Video: <i>'Kids and the Tobacco Predator'</i> (1:13 minutes, YouTube). <p>Activity 2 Design</p> <ul style="list-style-type: none"> Fact sheet – The facts about vaping for young people and student needs to ICT devices and design software <p>Activity 3 Display</p> <ul style="list-style-type: none"> Computer and interactive whiteboard <p>Activity 4 Student self-assessment</p> <ul style="list-style-type: none"> Activity sheet 1.1 	
	Vocabulary to explicitly teach		
E-cigarette, vaping, aerosol, vapour, nicotine, harmful chemicals, influence, FOMO, social media, marketing.			

**Activity 1 Video** (*whole class*)

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

Discuss:

- The reactions that children had about the products.
- If students think the children in the video knew what the products were, or what was in them. Why/why not?
- What marketing strategies were used to make the products appealing to children (e.g. colour, graphics, fragrance/smell, attractive packaging).

**Activity 2 Design** (*small groups*)

Based on the discussion from Activity 1, using design software students create campaign material (e.g. digital/print, voice or video advertisement) aiming to influence young people not to vape, and providing credible information on where to seek support.

Students can choose colour, graphics, slogan, creative movement or music to influence their target audience.

Key messages can be sourced from [Fact sheet – The facts about vaping for young people](#).

**Activity 3 Display** (*whole class*)

Each group presents their advertisement to the class. Students rate the advertisements with a score out of 5 (1 being not very appealing to young people, 5 being very appealing to young people).

**Activity 4 – Student self-assessment continuum, review** (*individual*)

Students reassess their knowledge using [Activity sheet 1.1](#), and compare their self-assessment.

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>.

Department of Health Western Australia. (2021) *Electronic cigarettes in Western Australia*. https://ww2.health.wa.gov.au/Articles/A_E/Electronic-cigarettes-in-Western-Australia.

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. Available at <https://www.health.gov.au/sites/default/files/documents/2020/07/secondary-school-students-use-of-tobacco-alcohol-and-other-drugs-in-2017.pdf>.

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

Fact sheets:

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

Posters:

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

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 types

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.

Activity sheets (classroom resource):

- Activity sheet 1 – Vaping self-assessment
- Activity sheet 2 – Vaping
- Activity sheet 3 – Jigsaw
- Activity sheet 4 – What can I do



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?



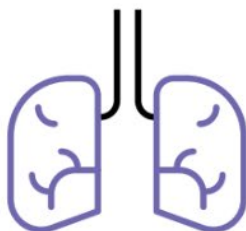
Many vapes contain nicotine making them **very addictive**



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

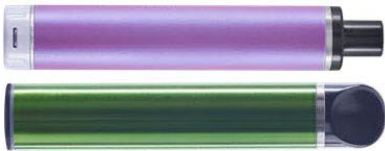
THE FACTS ABOUT VAPING

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
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LEARN TO SPOT A VAPE



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.

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



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KEY FACTS TEACHERS SHOULD KNOW ABOUT VAPING



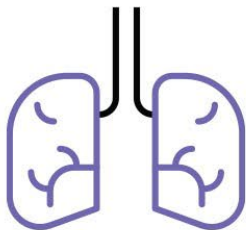
Many vapes contain nicotine making them **very addictive**



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

Longer 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.

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. 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 lighters, 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 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 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 3 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

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.

[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



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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.

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 THEY’RE VAPING?



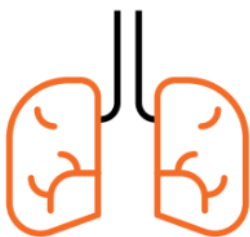
Many vapes contain nicotine making them **very addictive**



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



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



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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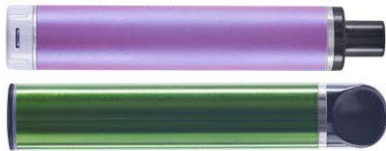
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There are many different styles of electronic cigarettes or ‘vapes’ available.


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

The Department of Education WA and the WA Department of Health acknowledge NSW Health’s authorship and ownership of these materials.



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?



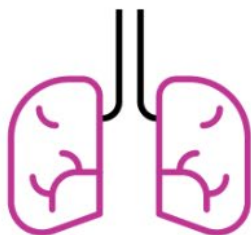
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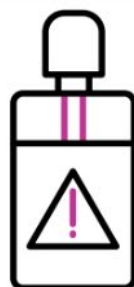
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cigarettes



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.



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THE FACTS ABOUT VAPING



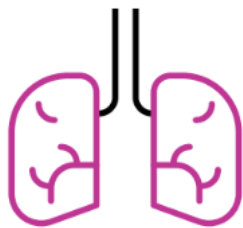
Many vapes contain nicotine making them **very addictive**



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**



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.

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

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Vapes can have the same harmful chemicals like in cleaning products, weed killer, bug spray and nail polish remover.

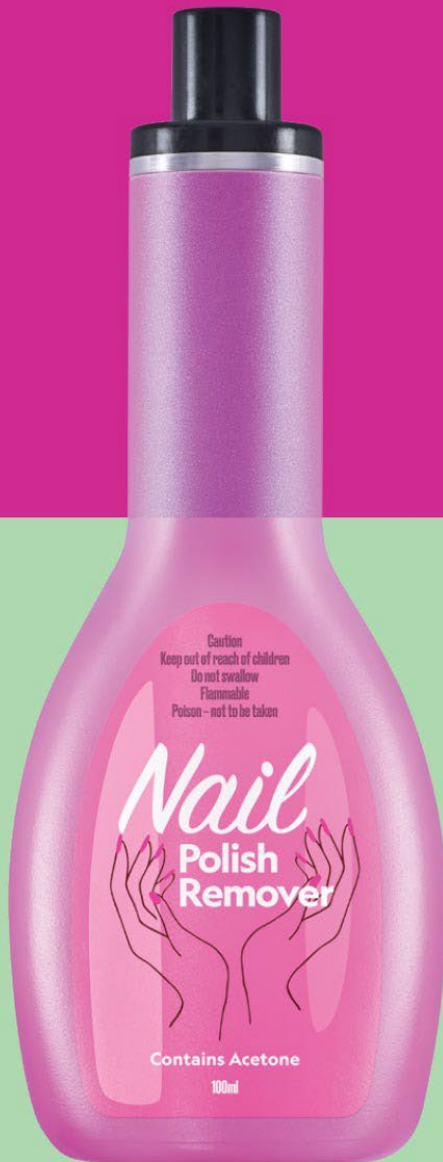
They just don't put it on the pack.

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

The Department of Education WA, and the WA Department of Health acknowledge NSW Health's authorship and ownership of these materials.



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Activity sheets (classroom resource)

Activity sheet 1.1

Vaping self-assessment

1. How confident are you that you know enough about the harms linked to vaping to make an informed decision?



2. How confident are you that you could refuse a vape from a friend?



3. How confident are you that you could refuse a vape when everyone else is vaping?



4. How confident are you that you would know where to get help if you had questions about vaping?



5. How confident are you about advising a friend if they needed help to quit vaping?



Activity sheet 1.2

Vaping

What I know (K)	What I want to know (W)	What I learned (L)

Activity sheet 1.3

Jigsaw

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

Activity sheet 1.4

What can I do?

As a group discuss strategies that could be used to manage each situation effectively.

Situation
Your friends believe that vaping is safer than smoking because they think it's just water vapour and flavours.
Your friend has started vaping and it makes you uncomfortable when they do it around you.
Your friends are debating which vaping flavours are the best.
Your cousin is in Year 12 and is stressed out about upcoming exams and thinks that vaping will calm them down.
Your best friend is vaping every day and wants to quit but is not sure where to go for support.
You have seen young people vaping on social media.
Create your own situation.