

THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, known as 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of e-cigarettes available and they can be difficult to spot.

The main ingredient in e-cigarettes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. E-cigarettes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about e-cigarettes is that they are harmless compared to cigarettes. This is not true. **E-cigarettes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



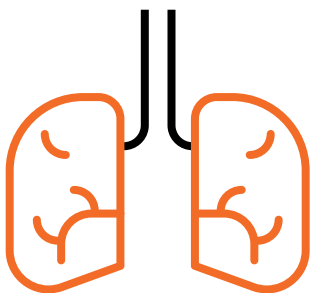
Many e-cigarettes contain nicotine making them **very addictive**



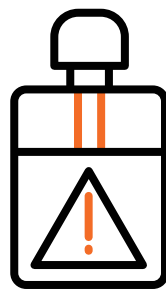
The nicotine in 1 e-cigarette can
= 50 cigarettes



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



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



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

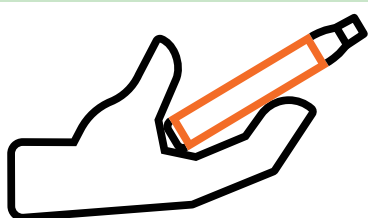
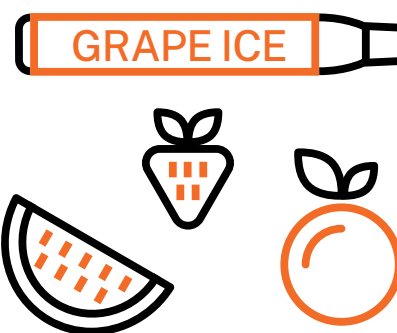


E-cigarettes come in a variety of designs and styles and can be **easy to conceal**

E-CIGARETTES APPEAL TO YOUNG PEOPLE

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

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

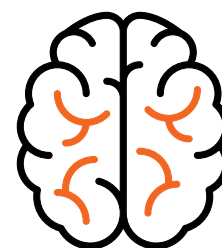


HOW BIG IS THE PROBLEM?

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

The consequences of vaping are starting to emerge and any uptake of vaping by young people is a concern.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in e-cigarettes 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.

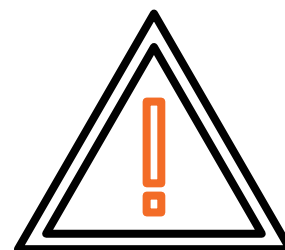
Often, e-cigarettes have nicotine despite being labelled as not.

RISKS TO PHYSICAL AND MENTAL HEALTH

E-cigarettes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **E-cigarettes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in e-cigarettes and the vapour is not water. E-cigarettes can expose young people to:

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

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



SELLING E-CIGARETTES TO YOUNG PEOPLE IS ILLEGAL

It is illegal to sell or supply any e-cigarette to anyone under 18 years of age.

Many young people purchase their e-cigarettes from friends and contacts using social media.

There are a number of retailers who sell e-cigarettes to young people. This is a crime.



IS YOUR CHILD VAPING?

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



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 e-cigarette-free yourself.

MISLEADING AND DANGEROUS LABELLING

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

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



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.

As e-cigarette use is increasing, they may see it as a normal or safe thing to do, 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.

Parenting SA provides a Parent Easy Guide on Young People, Alcohol and Drugs on their website: parenting.sa.gov.au.

WHERE TO GO FOR MORE INFORMATION

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



Government
of South Australia

SA Health