

Vaping and the environment

Our land and waterways rely on us to keep them clean and healthy.

Vapes are harmful to the environment. The waste from vapes pollutes our land and waterways with toxic chemicals, heavy metals and microplastics.

Plastic waste

Vapes are devices made of plastics that do not biodegrade. These plastics build up in our land and waterways as they take hundreds of years to break down. Over time, vapes release microplastics into the environment. These microplastics are consumed by marine animals and have been found in the food we eat and the water we drink.

Hazardous waste

Vapes contain hazardous materials including nicotine, lithium and various toxic chemicals. Because they are a hazardous waste, they need to be disposed of differently to regular waste. Vapes contain chemicals that can be poisonous to fish and other aquatic life. These chemicals can also contaminate our drinking water.

Electronic waste

Vapes are powered by lithium-ion batteries. They also have other electronic parts. When damaged or placed under extreme heat, vapes can explode and cause fires in bins, garbage trucks, landfills or wherever they are thrown away. In addition to being a fire hazard, they can leach heavy metals and battery acid into the environment.

You can help protect our land and waterways.

Choose vape free for Country



After reading this information and watching the video, think about the questions below or discuss them with your mob.

Reflection questions:

1. Did you know vapes are harmful to the environment?
2. How do you feel about the impact vapes can have on Country?
3. Do you feel differently about vaping knowing that it has a harmful impact on our environment?



NA JOOMELAH
Tackling Indigenous Smoking



Health harms of vaping

Vapes are harmful to your body. Vaping can make you sick with symptoms like:



Vomiting



Mouth and airway irritation



Chest pain



Racing heartbeat.

Vaping can damage your lungs, cause burns and lead to serious health issues.

Vapes have been found to contain over 200 toxic chemicals and flavourings that are dangerous to inhale. Some of the chemicals that have been found in vapes are also used:



To preserve dead things



In cleaning products



In paint



In petrol

Vapes can also be harmful to the people around you. Breathing in second-hand aerosol from vapes can irritate eyes, airways, and worsen respiratory conditions.

Almost all vapes sold in Australia contain nicotine, even if they say they don't. Nicotine is a toxic and highly addictive chemical, which can harm young developing brains. One vape can contain as much nicotine as 50 cigarettes.

Keep your body safe and make healthy choices.

Choose vape free for you and me

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Reflection questions:

1. What do you think vaping can do to your lungs?
2. How do you feel when someone vapes around you?
3. Do you think about what you or other people might be inhaling when vaping?



Quitting vaping

Choosing to be vape free is good for you, those around you, and the environment. Knowing what supports are available to you, or how you can help others, can make quitting easier.

Why can it be hard to quit vaping?

Most vapes contain nicotine which is very addictive. Repeated use of nicotine can change pathways in the brain related to learning, stress and self-control. This is why it can be difficult to quit, but a positive mindset, resources and support can make it easier.

Quitting vaping can help improve both your mental and physical wellbeing. Knowing why you want to quit vaping can help you stay on track and reach your goal to be vape free. There are many reasons why you may choose to quit:

- Improve your physical health so you can perform better in activities like sport
- Reduce feelings of stress and anxiety
- Save money
- Keep the environment clean and healthy.

Tell your family and friends that you're ready to quit so they can support you too. You can make the right choice.

Choose vape free

After reading this information and watching the video, think about the questions below or discuss them with your mob.



Reflection questions:

1. How else do you think vaping could or does impact your life negatively?
2. What would you buy with money that might have been spent on vapes?
3. How would you talk to family, friends or others about quitting vaping?

You aren't alone if you are trying to quit vaping. There are a range of support services available to help you.

- Call Aboriginal Quitline when you're ready to yarn about quitting on **13 78 48** and ask to speak with an Aboriginal counsellor. The Quitline operates at different times in each state or territory.
- Join the Aboriginal Quitline Facebook page facebook.com/Aboriginalquitline
 - You can also check out the Koori Quitline Facebook page: facebook.com/AboriginalQuitlineNSW
- Get in touch with your local Tackling Indigenous Smoking (TIS) team for information about where to get further support: tacklingsmoking.org.au/tis-team-activities/
- For mental health support, visit WellMob for further resources: wellmob.org.au



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