

Unveil what you inhale

Let's not sugarcoat it

What do you know about vaping? Maybe you or your friends have tried it before, or you've seen people at school or on social media doing it. Vaping and e-cigarettes have become popular in recent years, and though it might seem harmless and fun, these products can be dangerous for your health.

This resource sheet was developed with young Australians for young Australians like you, to show the facts, raise the issues, and provide advice on vaping and how to take action when it comes to the risks.



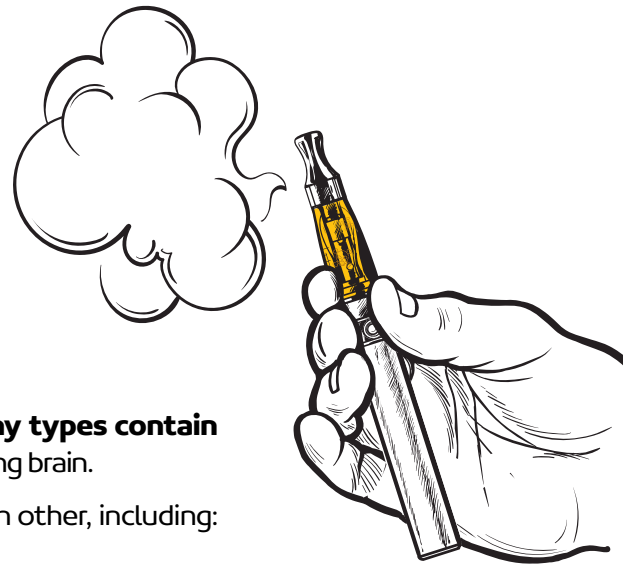
What is vaping?

The term 'vaping' is used to describe the act of smoking e-cigarettes or 'vapes' which are battery-powered devices that look like metal pens, USBs and other small boxy-shaped systems.

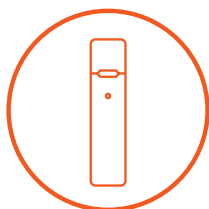
Vapes use cartridges with liquids, or 'juice', which usually have artificial flavorings and toxic chemicals in them. The vape liquid is heated into an aerosol, or 'vapour', and inhaled into the lungs.

Vape liquid isn't properly tested or regulated, and **research shows many types contain nicotine** even if they say they don't. This is really harmful to a developing brain.

There are many types of vapes that look and work differently to each other, including:



Mini



Vape Pod



Vape Pen



Squonk Mods



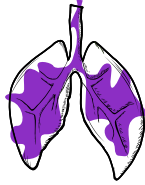
Box Mod

Vaping and you: The dangers and risks

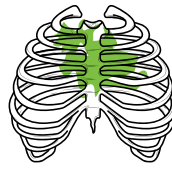
The most important thing you need to know about vaping is that it isn't safe for your health, despite what you may hear from others. Vaping has made lots of people sick with symptoms like:



Vomiting



Mouth and airway irritation



Chest pains



Racing heartbeat

Some people think vaping is harmless, that it is just water vapour. But what you're breathing in is made up of toxic particles. An Australian study into flavoured vape juice showed that the toxic particles in these liquids can include:



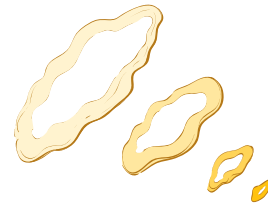
Formaldehyde

Used in glue and can cause irreversible lung damage.



Propylene glycol

Found in paint and is toxic to human cells.



Nicotine

Is addictive and can harm your brain, especially in the areas that control attention, learning, mood, and behaviour.

How can vape juice contain dangerous chemicals?

The government doesn't monitor how vaping products are developed so there are no rules around what can be put in them. Even those that say they don't have any nicotine in them often do, so they can be very addictive which makes it hard to stop, even if you want to. Because of this, vaping can also lead to cigarette smoking in the future, which we know is very bad for your health and can lead to serious health complications and risks down the track.



Vaping is relatively new and there isn't a lot of information about what it could be doing to your health long-term. Over many decades, we've learned that cigarettes are very bad for your health and experts worry that this could be the same for vapes.

? Why are young people vaping in the first place?

Thankfully, most young people say that haven't tried vaping. According to the Alcohol and Drug Foundation those who have tried it say they got it from their friends (63%), brothers or sisters (8%), or parents (7%).

A lot of young people vape because:

- You can do it anywhere
- You don't have to share it with anyone
- It's cheaper than cigarettes
- It's easy to buy vapes and the liquids online.

Vaping is becoming more popular and you may see your friends, family members and other people in your life doing it which can make it seem safe. Viral online trends involving vapes have become really popular. You and your friends have likely seen these types of videos shared by the influencers you follow and may have even made your own.

Vapes are designed to look cool, and the liquids are developed with flavours like vanilla, Krispy Kreme, roast chicken and tuna. The flavours are designed to taste better than cigarettes, but they still contain toxic chemicals that can seriously harm you.



\$ Why is a dangerous product for sale?



It is illegal for retailers, such as tobacconists, vape shops and convenience stores, to sell any type of vapes. Vapes can only be legally bought by people over 18 from a pharmacy to help them quit smoking or to help them manage their nicotine dependence. Some states and territories require a prescription from a medical practitioner to purchase.

Since we've learned more about how dangerous cigarettes are, less and less people are using them, which is great news. But now the companies that develop those products need to make money another way. Vapes are just another product made by those companies to make money, using glossy and sneaky social media marketing to make vaping look as cool as possible.

So while vaping might sound pretty harmless, it has the potential to do serious and lasting damage to your lungs and body.



What we know so far

- Vape products and juice are not regulated, so we don't know for sure what's inside them.
- Even 'nicotine-free' vape juice can contain nicotine.
- Vape juice contains nasty chemicals that are bad for your health.

How to say no

Wanting to try the new and popular thing that your friends or someone you look up to online is doing is normal, but understanding the risks is important. It can be hard to say no to your friends and school mates, but you should put yourself and your health first and only do things that you feel comfortable with.

It's your body, your lungs, your life, and you're in charge.

Understanding the risks of vaping and the serious effects it can have on your health can help you to decide for yourself. What you've learned can also help others who might not know what they're getting into when they try it. Be on top of the knowledge, and be a support – to yourself and your friends.

If you want to take action around vaping, you can lead by example. Being a role model is one of the best ways to show you're making good choices for your health and your body, and helping your friends do the same. Talk to your parents and teachers and get involved with any education programs at school around vaping.



Additional information and resources

Organisation	Resource
Kids Helpline	P: 1800 551 800 kidshelpline.com.au
Australian Government Department of Health	About vaping and e-cigarettes
healthdirect	Vaping
Smokefree Teen	Quit Vaping
Quitline	P: 13 78 48 www.quit.org.au



For further information and support contact Lung Foundation Australia.

Free call 1800 654 301

Visit lungfoundation.com.au/unveil

Email enquiries@lungfoundation.com.au

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