

Vaping and Young People

For parents and educators

Newsletter content

Unveil what they inhale – resources to help you discuss the risks of vaping

Talking to children and teenagers about the risks of vaping can be difficult. Vaping has become more and more popular with Australia's youth, but this trending activity poses a serious concern to young people's health. There is a misconception that vapes contain harmless water vapour and are a 'safer alternative' to traditional cigarettes. But did you know that vaping can be a gateway to nicotine addiction and future cigarette smoking?

Nicotine is a highly addictive drug that can interfere with healthy brain development in young people. Vapes contain a cocktail of toxic chemicals that haven't been tested as inhalants. Short term health impacts of vaping include lung damage, sore mouth and throat, nausea and vomiting, racing heart and chest pain. The long-term health impacts of vaping are still unknown, but what has been uncovered about traditional cigarettes in recent decades has experts concerned vapes could lead to the next generation of lung disease and lung cancer.

As Australia's leading lung health charity and national leader in e-cigarette education and advocacy, **Lung Foundation Australia** has developed a suite of free, downloadable resources for educators, parents and young people. Developed in collaboration with youth and subject matter experts, these resources are designed to empower meaningful conversations and raise awareness about the physical, mental, and environmental impacts of vaping.

For more information and to access the free resources, visit <https://lungfoundation.com.au/unveil>

Social media content for a parent audience

Did you know that vaping can be a gateway to future nicotine addiction and cigarette smoking. Nicotine is a highly addictive drug that can interfere with healthy brain development in young people. Vapes contain a cocktail of toxic chemicals that haven't been tested as inhalants. This is concerning for the future health of Australia's youth. Access free resources from @LungFoundation and start having informed conversations at home. Visit **<https://lungfoundation.com.au/unveil>**

There is a misconception that vapes contain harmless water vapour, that they are a 'less harmful' alternative to traditional cigarettes. But these liquids contain a cocktail of toxic chemicals that can be harmful to the developing body. @LungFoundation has developed a suite of education resources for parents and young people to help empower informed conversations and decision-making. Visit **<https://lungfoundation.com.au/unveil>**

Are you concerned about your child being exposed to vaping? It has become more and more popular with Australia's youth and this trend has health experts concerned about the long-term impacts. Start the conversation around vaping at home and empower your family to learn the facts around this trend. Download @lungfoundation free resources for parents and young people, **visit <https://lungfoundation.com.au/unveil>**

For young people

Newsletter content

Unveil what you inhale

What do you know about vaping? Vaping and e-cigarettes have become popular in recent years. They may seem harmless and fun, but do you know what's in vapes and vape juice? Some people think it's harmless, that it is just water vapour but they're actually made up of toxic chemicals, including nicotine which is highly addictive and can harm your brain.

Australian research found flavoured vape juices use chemicals found in glue and paint, which can cause irreversible damage to your body. Vaping has made lots of people sick with symptoms like vomiting, chest pain, and mouth and airway irritation. Remember it's relatively new so there isn't a lot of information about what vaping could be doing to your health long-term. But because of what has been learned about how bad cigarettes are, experts are worried that this could be the same for vapes. So, despite what you may hear from others, vaping isn't safe.

You can educate yourself on the facts and risks. Check out Lung Foundation Australia's information so you can make informed decisions about your health. **Visit <https://lungfoundation.com.au/unveil>**

Social media content for a youth audience

An Australian study unveiled that the same chemicals that are found in paint and glue are found in vape juice. Inhaling these chemicals can cause symptoms such as vomiting, chest pain and heart palpitations, and even cause irreversible damage. So, despite what you may have heard, vaping isn't safe. Check out @LungFoundation fact sheet on vaping and make informed decisions about your body. **Visit <https://lungfoundation.com.au/unveil>**

Did you know it's a myth that vapes contain harmless water vapour? In fact, an Australian study found they contain a range of toxic chemicals, including nicotine, which can have significant impacts on your health. Educate yourself on the facts and risks of vaping in @LungFoundation fact sheet and make an informed choice about your health. **Visit <https://lungfoundation.com.au/unveil>**

Vaping and e-cigarettes might seem like harmless fun, but do you know what you're inhaling into your lungs? An Australian study found that vape juice contains nicotine, alongside other harmful chemicals that can cause irreversible damage to your body. Make an informed decision about your health, read @LungFoundation fact sheet today. **Visit <https://lungfoundation.com.au/unveil>**