

# Vaping Facts

## For Parents

Vapes, also known as e-cigarettes, are battery-powered electronic devices which heat and aerosolise a liquid, called an e-liquid, which is then breathed in.

### What can vapes look like?

Vapes can come in many different shapes and sizes and can even be disguised as everyday products such as highlighters, pens or USBs. If you are unsure whether something is a vape, take the cap off to see if the item has a mouthpiece.



### Health effects of vaping

There are many harmful chemicals in a vape that damage the health of young people.

- Vapes can increase a young person's stress, anxiety and depression.
- Vaping has been linked to serious lung disease.
- Vapes can cause serious burns and seizures.

***A young person who vapes is 3-5x more likely to take up smoking***

### Nicotine

Nicotine is a highly addictive chemical that is often found in vapes, even when it is not on the label. Teenage brains become addicted to nicotine faster than adult brains. Exposure to nicotine while young can also increase the risk of becoming addicted to other harmful drugs.

- Nicotine can cause long-lasting negative effects on brain development.
- Nicotine can result in impaired attention, learning, memory, and mood changes.
- Nicotine can be poisonous in high doses and nicotine poisoning can be severe.

***The nicotine in 1 vape can be the same as in 50 cigarettes***

## Signs your child might be vaping

If you are concerned that your child is vaping but you are unsure, look out for the following signs:

- Coughing and wheezing without explanation
- New smells, such as fruity scents
- Irritability and anxiety, especially after spending approximately 1 hour in a place where they cannot vape

## How to talk to your child about vaping



- Ask in a nonjudgmental way if they have tried vaping. It is best if the conversation has been brought up naturally.
- Make sure you have the facts about how harmful vaping is to a person's health but avoid scare tactics.
- Focus on health and your concerns with them vaping.
- Keep it a two-way conversation and listen to their point of view.
- Encourage them to find their motivation to quit vaping and encourage them to implement a quit plan.
- Access quit supports to help your child and yourself in their quit journey.

## Quit supports

If your child is attempting to quit vaping, it can be a very stressful time for them and for yourself. There are supports out there for both you and your child.

### For you

Quitline - can answer any questions you have about our child quitting

Online resources - there are many online resources that can help you better understand what your child is going through

### For your child

Quitline - can answer any questions your child has about quitting and help set up a tailored quit plan

GP - can answer questions about managing nicotine withdrawals

My QuitBuddy - can track quit progress and provide ways to manage withdrawal symptoms