

Vaping Facts

For Teachers

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.

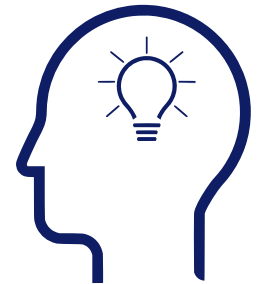
What can vapes look like?

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.



How does vaping affect a developing brain

Vapes usually contain nicotine, which is very dangerous to young people as their brains are still developing. Nicotine rewires a young person's brain to become highly addicted as the brain releases the feel-good chemical dopamine. The more someone vapes, the more nicotine receptors the brain creates in anticipation for the dopamine release. This cycle results in short-lived bursts of satisfaction, followed by cravings for more and more nicotine when these effects wear off. Nicotine can harm the parts of a young person's brain that regulate learning, memory, impulse control, attention, behaviour, and mood.



Vaping can increase a young person's anxiety and depression

How to know if a young person is vaping

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

- Students feeling irritable and anxious, especially after spending approximately 1 hour in class where they may not be able to access their vape
- Coughing and wheezing
- New smells in class or coming from a room, such as fruity scents



How to have a conversation with a student who is vaping

Teachers are important people in a young person's life. If you are worried that a young person is vaping and want to have a conversation with them about it, there are a few things you can do:



- It is best if you have a pre-existing trusting relationship with the student as they will be more likely to listen to your concern and advice.
- Ensure you have done your research prior to having a conversation about vaping facts and the impact it has on health.
- Young people respond better to hearing the short-term impact of vaping on health, especially mental health, rather than the potential health impact it may have in the future.
- Maintain a non-judgmental approach to the conversation.
- Actively listen to the student and understand their motivators to continue vaping.
 - For teenagers, vaping is largely influenced by peers and social media.
- Refer them to community quit supports, if they want help quitting.

Quit supports to provide young people

Quitting vaping is not easy, especially for young people whose brains have been highly affected by nicotine. There are supports available in the community that you could recommend to your students if they want to quit vaping.



Quitline 13 78 48



My QuitBuddy App



GP



Kids Helpline
1800 55 1800



Pharmacist



Headspace

Australia's laws around vaping in young people

It is illegal to supply vapes to people under the age of 18 unless they have a prescription to get a vape from a pharmacy. These young people with prescription vapes will be under appropriate medical advice and supervision. It is important to note that young people in possession of a vape will not be criminally liable for this possession when seeking help for themselves or on behalf of a friend.

Schools are smoke-free spaces and therefore also vape-free spaces. Hence, vaping is not allowed on school grounds.

In 2022/23, almost 3 in 10 people aged 12-17 had ever used a vape