

# Vaping Facts

**For Young  
People**

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

## What is in a vape?

Some of the chemicals in vape e-liquid are toxic and are commonly found in other products, such as cleaning products, rat poison, paint stripper, bleach, nail polish remover, bug spray, batteries, and fuel.



## Health effects of vaping

Vapes can have significant harmful impacts on health, no matter your age, as they expose the body to toxic chemicals that can negatively impact your mind and body.

### Vaping is harmful to our minds

- Worsen anxiety and depression
- Insomnia
- Mood swings
- Nicotine addiction
- Harms brain development
- Impact learning, memory and attention



### Vaping is harmful to our bodies

- Nicotine poisoning
- Nausea, vomiting, dizziness
- Increased heart rate
- Sweating
- Breathing problems
- Coughing
- Poorer fitness



***These vaping harms can start happening in a short time.***

## Signs you might be addicted to vaping



Vaping within 30 minutes  
of waking



Decreased concentration  
when you cannot vape



Vaping to cope  
with stress

## What to expect when quitting

When quitting vaping, the nicotine content in your blood will drop, which may cause withdrawal symptoms and strong cravings. Some common withdrawal symptoms are:



Tenseness  
and irritability



Anxiety and  
depression



Changes in  
appetite



Insomnia



Difficulty  
focusing



Dizziness

If you do get withdrawal symptoms they should only last for a short time. In the long-term, quitting vaping can have huge benefits including:



Decreased stress  
and anxiety



Freedom from  
nicotine  
dependence



Improved  
savings



Improved health  
and fitness



Improved  
breathing

***It can take over 10 attempts to quit for good***

## Quit supports

Quitting vaping is hard but there are supports available to help you on your quit journey:



Quitline 13 78 48

Kids Helpline 1800 55 1800



My QuitBuddy  
App



GP  
Pharmacist  
Headspace

***Quitting is different for everyone.***