

"KNOW THE SCORE ON VAPING"



WHAT IS VAPING?

Vaping refers to the use of an electronic device (e-cigarette) to heat liquids (e-liquids) that produce an aerosol, which is then inhaled.

HEALTH RISKS

In Australia, most non-prescription vapes contain nicotine - even when the vape says it's nicotine-free. This is because non-prescription vapes are unregulated. The nicotine concentration in a non-prescription vape is sometimes the equivalent of 50 or more cigarettes.

Over 40 different chemicals have been identified in vapes - these are inhaled through vapour created by the vape. Some chemicals are known to be dangerous, such as heavy metals, nail polish remover and weed killer.

Other health risks associated with vaping include:

- Cigarette use
- Nicotine dependence
- Injuries and burns
- Inhaling chemicals
- Headaches
- Lung disease
- Seizures
- May cause harm to teeth and gums
- Broken sleep/insomnia
- Dizziness and nausea
- Feeling down
- Struggles to concentrate
- Other drug use.



HOW VAPING AFFECTS YOUNG PEOPLE

It's important to remember that the adolescent **brain is not fully developed** until age 25.

This means younger people are **more vulnerable to the effects of nicotine**.

Early exposure to nicotine can affect the structure and function of the brain, resulting in an increased risk of other substance dependence, mental health disorders and memory impairment.



WHY DO YOUNG PEOPLE VAPE

Young people vape for many reasons, including:

- it feels nice, relieves boredom, it's 'cool'
- appealing flavours, smell and taste
- perceived as less harmful than cigarettes
- less stigma and socially acceptable
- cope with feelings of stress or anxiety
- increases social interactions.

