

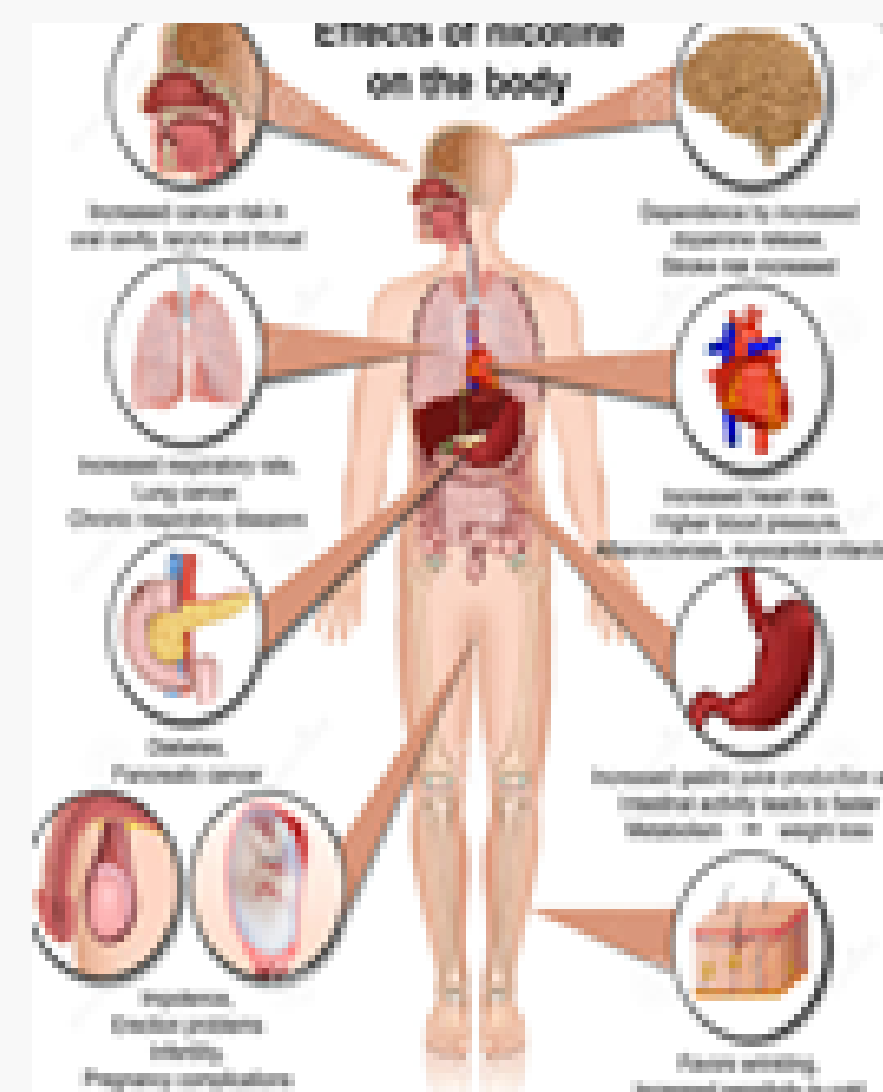
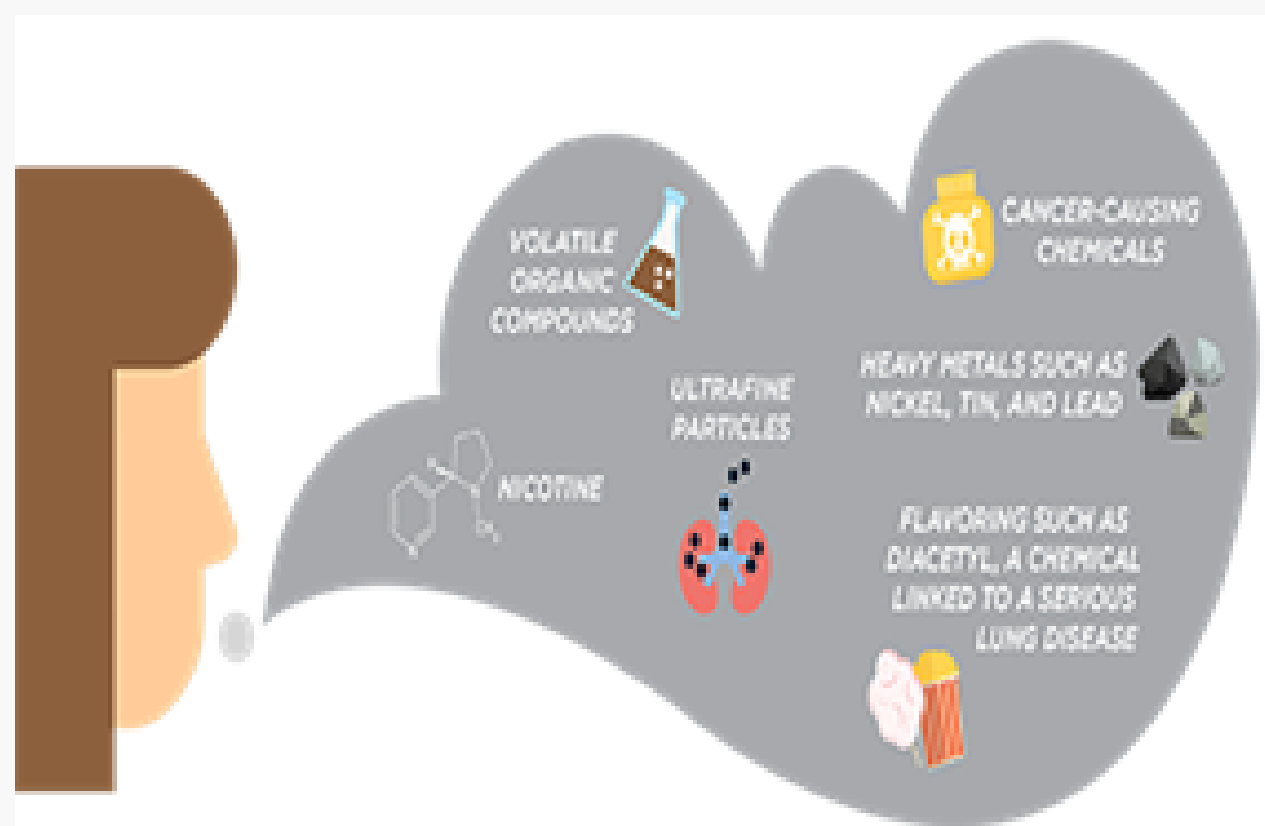
# VAPING

## VAPING – WHAT IS IT?

**'VAPING' IS THE TERM USED FOR INHALING VAPOUR THROUGH AN E-CIGARETTE OR OTHER ELECTRONIC VAPING DEVICES. THE DEVICE OPERATES BY HEATING A POD OF LIQUID THAT TURNS INTO VAPOUR.**

**THIS LIQUID USUALLY COMES IN APPEALING FLAVOURS SUCH AS CHOCOLATE, STRAWBERRY, CARAMEL, AND SPEARMINT TO NAME A FEW OF MANY. IN AUSTRALIA YOU MUST BE 18 YEARS OLD TO LEGALLY BUY VAPE PRODUCTS.**

**MANY YOUNG PEOPLE ARE SWITCHING FROM SMOKING TRADITIONAL CIGARETTES TO E-CIGARETTES, AS THEY BELIEVE IT'S A HEALTHIER ALTERNATIVE. THIS CAN BE A HUGE MISCONCEPTION BECAUSE MOST VAPE PRODUCTS CONTAIN NICOTINE, WHICH IS A HIGHLY ADDICTIVE SUBSTANCE. IT IS BENEFICIAL FOR VAPING COMPANIES TO USE ADDICTIVE SUBSTANCES IN THEIR PRODUCTS TO HELP THEM INCREASE THEIR SALES AND PROFITS. MANY OF THE BIG CIGARETTE COMPANIES ARE BUYING AND PROMOTING VAPING NOW**



## VAPING IS HIGHLY ADDICTIVE BECAUSE IT USUALLY CONTAINS NICOTINE EVEN IF IT SAYS 'NICOTINE FREE'

**VAPING IS BECOMING INCREASINGLY POPULAR AMONG TEENAGERS, AND IT'S HARDLY SURPRISING WITH THE GLAMOROUS ADVERTISEMENTS THAT SHOW YOUTHFUL MODELS, POSITIVELY PROMOTING THESE PRODUCTS. THE ADVERTISEMENTS ARE OFTEN BRIGHTLY COLOURED AND ARE ACCOMPANIED WITH SOCIAL MEDIA HASHTAGS TO ENCOURAGE YOUNG PEOPLE TO JOIN THE 'TREND'.**

**ANOTHER CHALLENGE FOR YOUNG PEOPLE IS THAT VAPING HAS BECOME A CRAZE AND THERE MAY BE SOME PEER PRESSURE TO 'FIT IN'. IT IS IMPORTANT THAT YOU ARE AROUND FRIENDS THAT YOU FEEL COMFORTABLE SAYING 'NO' TO OR IF YOU ARE FEELING UNCOMFORTABLE, THAT YOU ARE ABLE TO LEAVE THE SITUATION OR SPEAK WITH A TRUSTED ADULT.**

FOR FURTHER INFORMATION YOU CAN CONTACT THE HEALTH PROMOTION NURSE HERE AT SURFCOAST SECONDARY OR VISIT

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC3543069/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3543069/)

[HTTPS://ADF.ORG.AU/TALKING-ABOUT-DRUGS/PARENTING/VAPING-YOUTH/VAPING-YOUTH-2/:](https://adf.org.au/talking-about-drugs/parenting/vaping-youth/vaping-youth-2/)

[HTTPS://WWW.RCH.ORG.AU/KIDSINFO/FACT\\_SHEETS/E-](https://www.rch.org.au/kidsinfo/fact_sheets/e-)

[CIGARETTES\\_AND\\_TEENS/#:~:TEXT=NICOTINE%20EXPOSURE%20DURING%20THE%20TEENAGE,ON%20TO%20USE%20REGULAR%20CIGARETTES.](https://www.rch.org.au/kidsinfo/fact_sheets/e-cigarettes_and_teens/#:~:text=NICOTINE%20EXPOSURE%20DURING%20THE%20TEENAGE,ON%20TO%20USE%20REGULAR%20CIGARETTES.)

[HTTPS://TEEN.SMOKEFREE.GOV/QUIT-VAPING](https://teen.smokefree.gov/quit-vaping)

[HTTPS://WWW.CDC.GOV/TOBACCO/BASIC\\_INFORMATION/ECIGARETTES/INDEX.HTM?CDC\\_AA\\_REFVAL=HTTPS%3A%2F%2FWWW.CDC.GOV%2FE-CIGARETTES%2FINDEX.HTML](https://www.cdc.gov/tobacco/basic_information/ecigarettes/index.htm?CDC_AA_REFVAL=HTTPS%3A%2F%2FWWW.CDC.GOV%2FE-CIGARETTES%2FINDEX.HTML)