



# Vaping The essentials

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# What is Vaping?

- A smoking device that is battery powered that heats a liquid (often called an 'e liquid/ e juice/nic juice/zero nic/smoke juice') until it becomes a vapour that can be inhaled (vaped) into the lungs
- The "vapour" ( fine mist of chemicals) is an aerosol (not steam) as contains chemicals from e liquid
- 22000 different e-liquids-base ingredients & 7000 flavours
- Look like pens, highlighters and USB drives
- Often/originally prescribed to assist people to quit smoking (first manufactured in 2003)

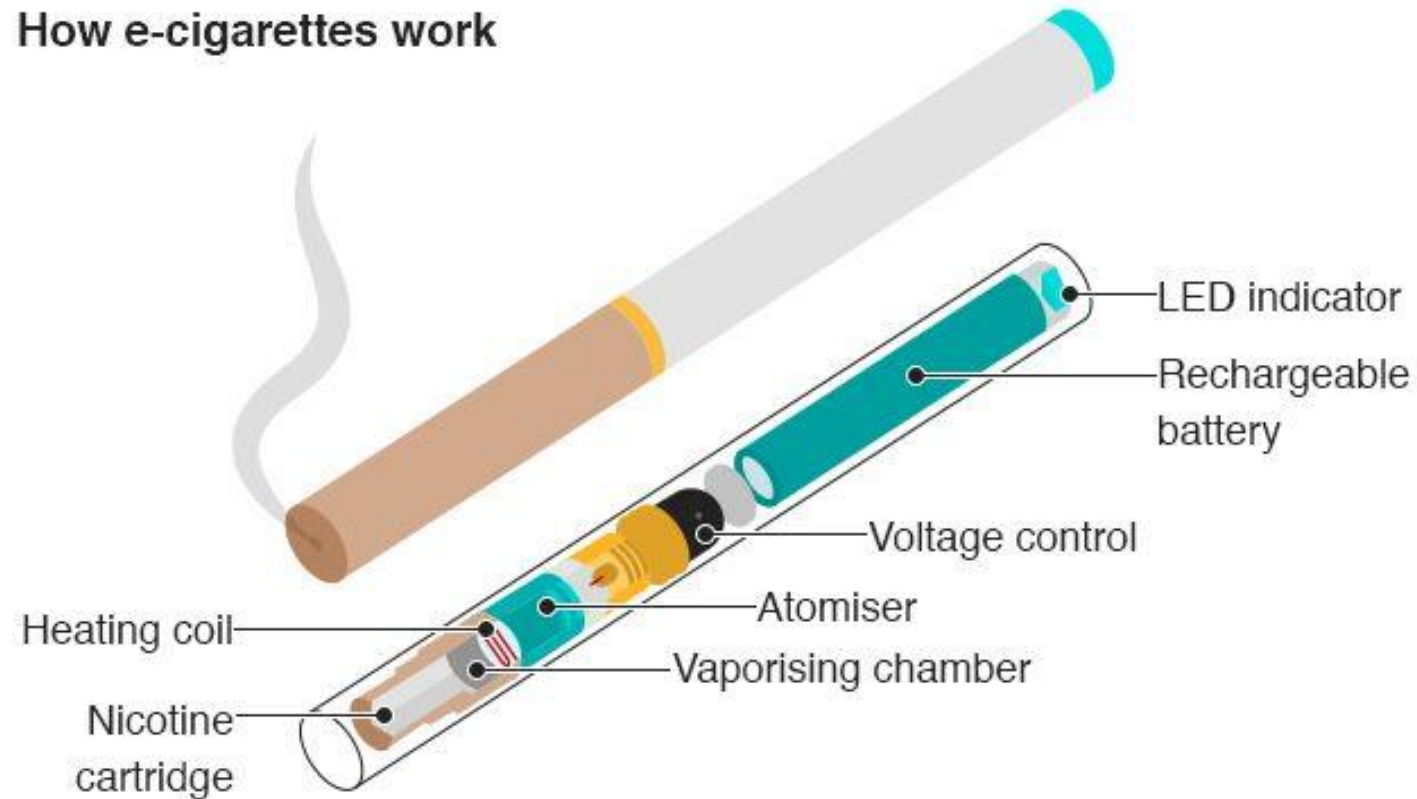


# Other names for Vaping

- E cigarettes- ecigs
- Juuls
- ENDS- (electronic nicotine delivery system)
- ENNDS (electronic non nicotine delivery systems)
- E- hookahs
- Personal vaporisers
- Mods
- Vape Pen
- ANDS- (Alternative nicotine delivery system)
- Lithium battery operated devices

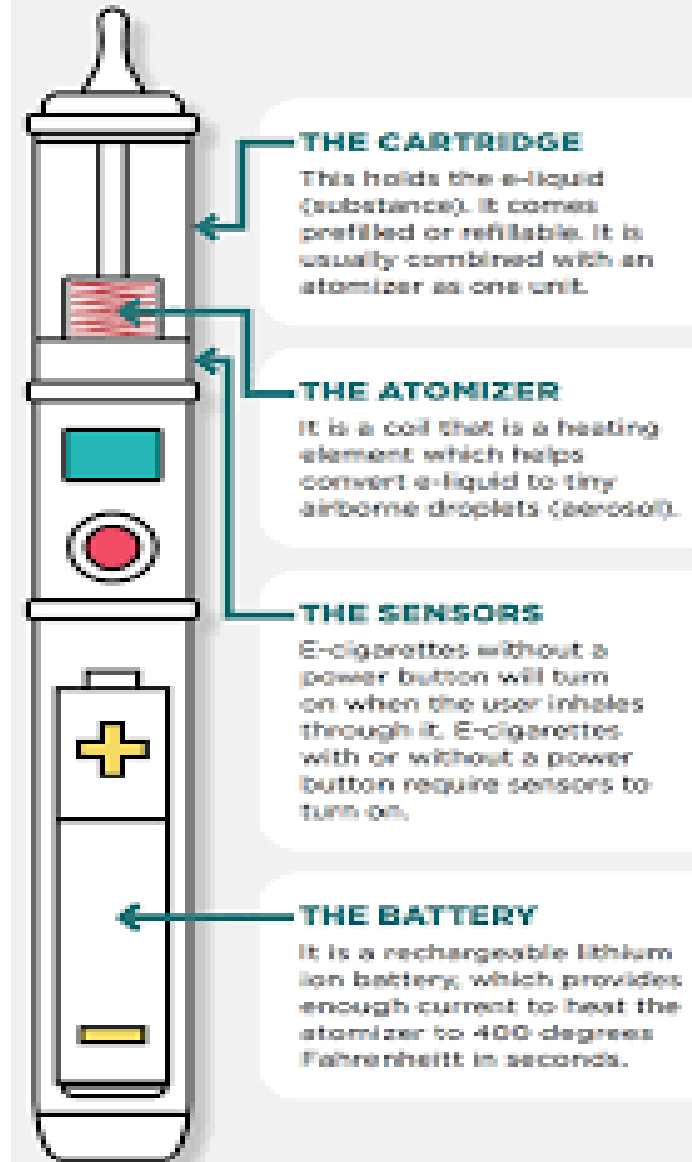


## How e-cigarettes work



BBC

## THE E-CIGARETTE





## Types of E-Cigarettes



Cigalike  
e-cigs



Vape pods



Vape  
pen



Box or vape  
mods



Squonk  
mods



Other vapes

### Tanks & Mods



### Rechargeable E-cigarette



### Disposable E-cigarette







liquid (e-liquid, e-juice)



A carrier solvent

Usually  
propylene glycol  
and/or glycerol





1<sup>st</sup>

**GENERATION**

Disposable  
e-cigarettes



2<sup>nd</sup>

**GENERATION**

E-cigarette  
with prefilled  
or refillable  
cartridge



3<sup>rd</sup>

**GENERATION**

Tanks or Mods  
(refillable)



4<sup>th</sup>

**GENERATION**

Pod Mods  
(prefilled  
or refillable)

# Stats

( CDC,, DARTA, QUIT, Vic smoking and Health Survey 2022,Nat Centre for epidmology and population Health)

- 53% of e-cigarette use is by people who also smoke
- 54% of e cigarette users in Victoria are under 30 yrs ( 2022 Quit)
- 14% 12- 17yrs tried vaping, 1/3 use many times per week
- 15.5% of people who vape have never smoked\* (Quit- 25%)
- Use in youth and adults doubled in 12 months (Vic smoking and health survey 2022)
- Increased 5-fold in woman 18-24yrs between 2018- 2022( Quit 2022)
- Between 2015- 2019 increased 96% in Australia



# Why are young people Vaping?

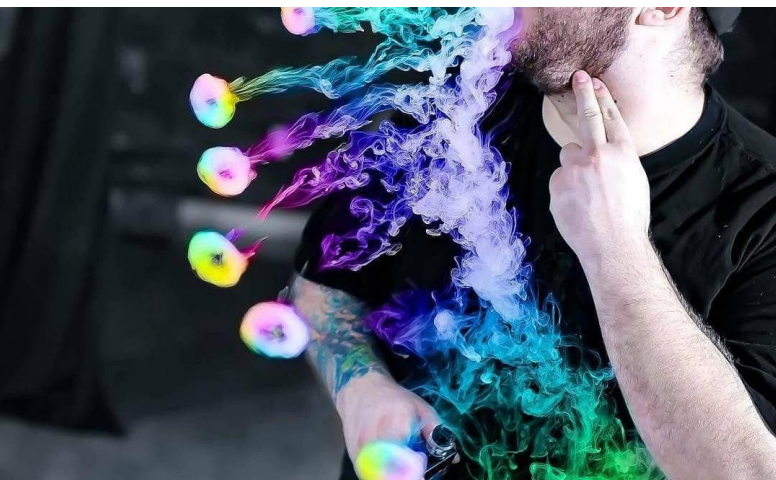
- Curiosity ( 72.3% NSW Health )
- Can do it anywhere/ easy to hide
- Cool smoke- tricks!\*
- Don't have to share with anyone
- Cheaper than cigarettes
- Easy to buy online or in person
- Think less harmful than cigarettes ( 20.4% NSW Health 2022)
- Make online videos – fun
- Fun flavours –taste good!
- Social media platforms ( tic tok etc) glorifying
- Celebrities glorifying
- Push boundaries- 'gotcha' moments
- Social acceptance
- Cool “teen terms” and challenges to create



WAYS TEENS  
HIDE VAPING







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# CONFESSION TIME: GETTING REAL

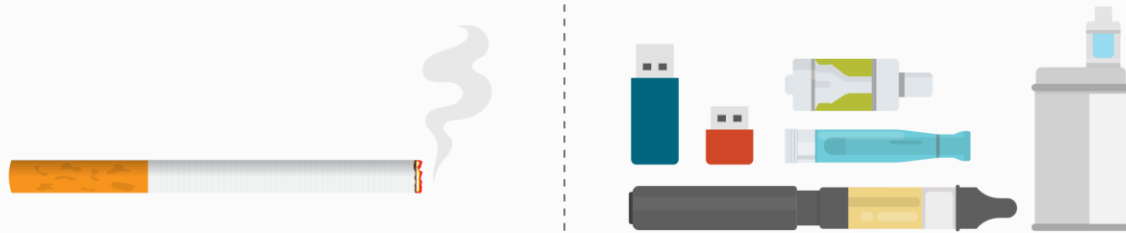
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# Why is Vaping a problem?

- Many believe (and made to believe) it is safe- its just water vapour
- Many believe “ it wouldn’t be so widely available if it were dangerous”
- No quality or safety standards- labelling currently unregulated in Australia\*
- Deliver hundreds of chemicals – some known to be toxic, others unknown effects\*
- Some chemicals activated by heat- harmless on list- not when heated
- USA- >2500 teens hospitalised with lung issues related to vaping (EVALI\*)> 70 deaths (2018)
- Addictions- nicotine and social



# Cigarettes **VS.** E-Cigarettes



65

CHEMICAL COMPOUNDS

have been found in various e-cigarette juices and aerosols.



26

CHEMICAL COMPOUNDS

are considered harmful or potentially harmful to humans.

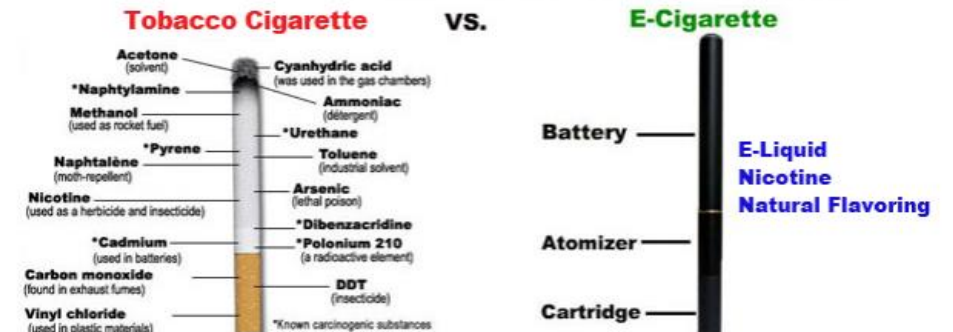


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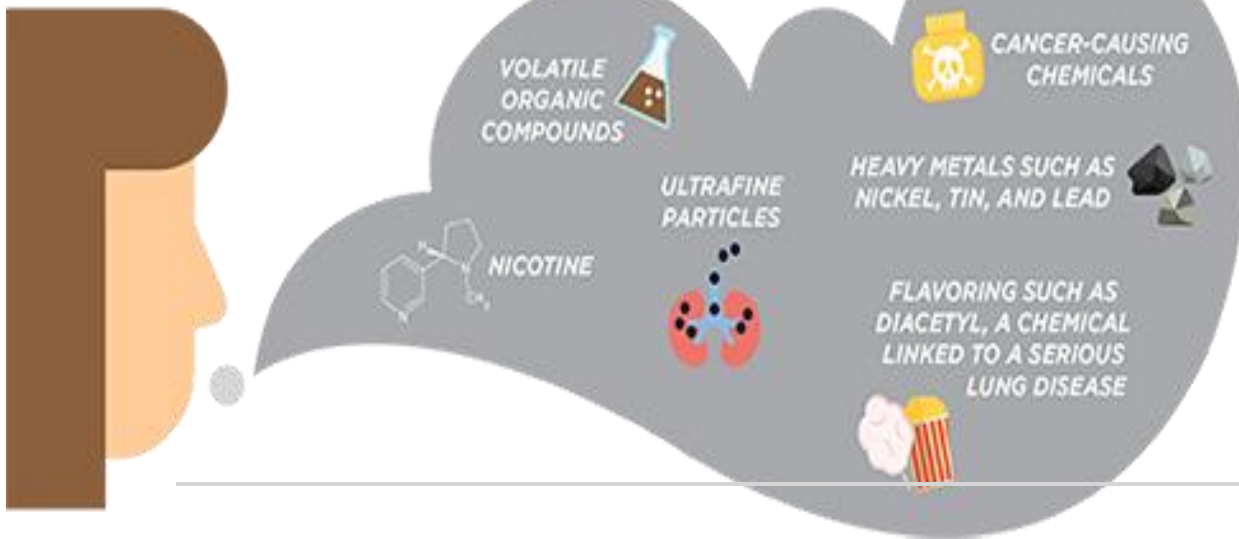
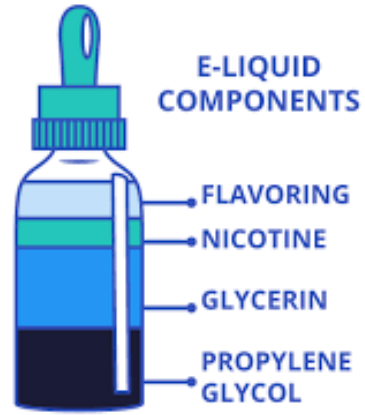
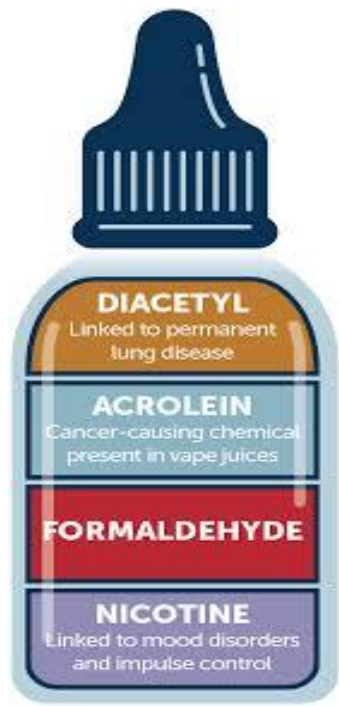
CHEMICALS

found in e-cigarette aerosol are similar to those found in cigarette smoke.

## ARE E-CIGARETTES SAFE?



## E-CIGS VS TOBACCO CIGARETTES



38 chemicals are listed as poisons on the Australian Poisons standard

50% of 65 Australian e-liquids advertised as best-sellers contained chemicals used in pesticides and disinfectants



# VAPING... A TOXIC MIX

It's more than just WATER VAPOR

## BENZENE

Benzene is a widely used industrial chemical. Benzene is found in crude oil and is a major part of gasoline. Benzene can lower bone marrow, and affect blood cell levels.



## ACETONE

Commonly used in nail polish remover. Acetone can irritate the eyes, along with depressing the central nervous system.



## TOLUENE

Commonly used paint thinner. Toluene is highly toxic. This chemical can cause headaches, nausea, and breathing difficulties.



## NICKEL

Commonly used in stainless steel, car production, magnets and batteries. Nickel can cause cancer, lung damage, and immune system failure.



## LEAD

Used in car batteries. Lead is highly toxic. It has been banned



## CADMIUM



## ACROLEIN



## FORMALDEHYDE

## LIQUID NICOTINE

THE MOST DANGEROUS PART OF VAPING. HIGHLY ADDICTIVE AND TOXIC! EVEN SMALL AMOUNTS OF LIQUID NICOTINE ABSORBED THROUGH SKIN, OR SWALLOWED CAN CAUSE SEIZURES, VOMITING, AND EVEN DEATH IN CHILDREN.

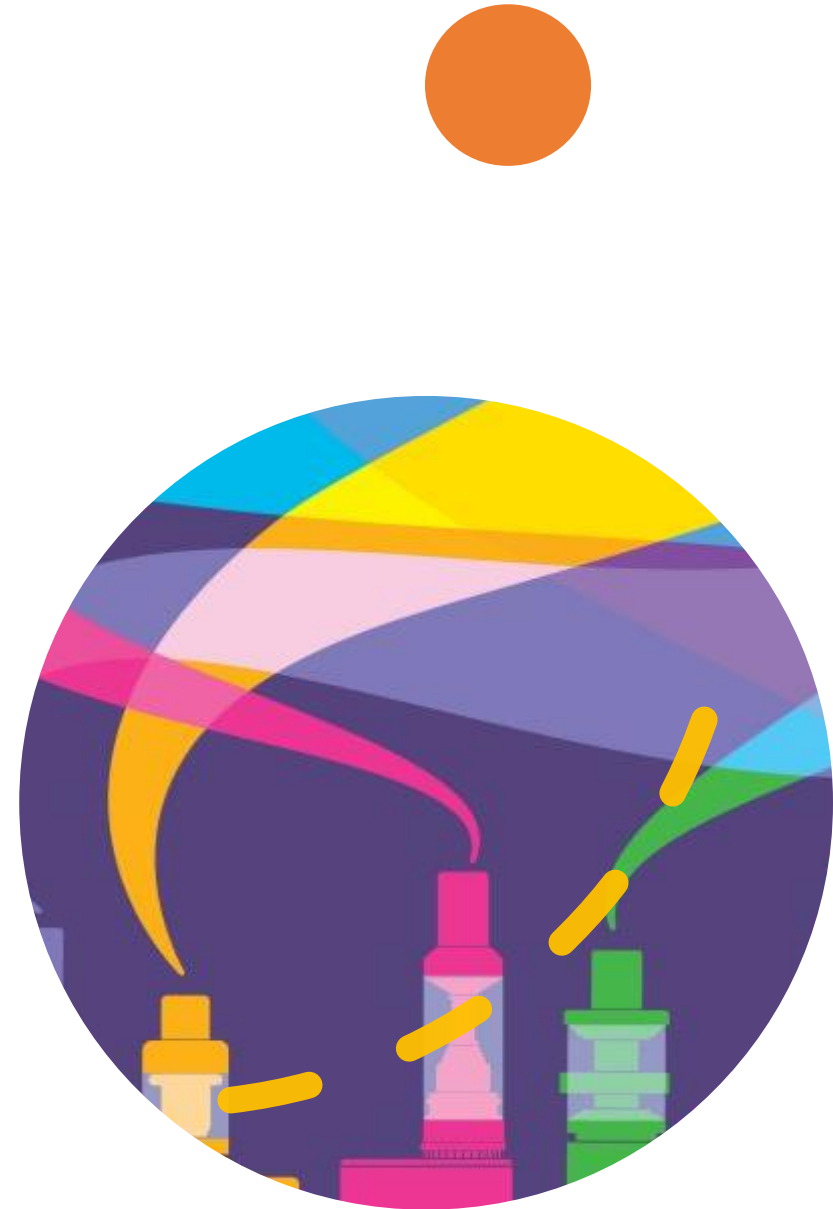


Containers are not childproof, "e-juice" comes in candy flavors, bright colors, and the packaging is very appealing to younger kids.



# Signs someone may be Vaping

- Sweet or fruity smell\* clothes, backpack, room
- Vaping devices- USB drives, unfamiliar chargers or batteries, metallic wires.
- Unusual spending/ packages arriving
- Increased thirst
- Nose bleeds, increased cough, mouth sores
- Behavioural changes, mood swings, agitation, low concentration
- Increased secrecy eg deleting texts/ passwords/ behaviours
- Shortness of breath
- Trouble sleeping
- Desire for spicy or salty foods- 'vapers tongue'\*
- Recent weight loss
- Photos, videos, or adds about vaping on phones/ social media
- Vomiting, nausea feeling unwell ( Nic sick)





# Where are our youth getting products?

Shops- known to youth

online

Friends/ dealers

Instagram

## wondering how to legally buy nicotine e-juice in Australia?

here is how

**ORDER**

① from an online from a company based OUTSIDE of Australia



**MAX YOUR SUPPLY**

you can get up to a 3 month supply at a time (5 times a year)



**SELECT E-JUICE**

③ your favorite flavours and the nicotine strength of your choice



**OR**

**CRAFT**

your own e-juice more than 30,000 POSSIBLE COMBINATIONS when you shop VaporFi



**STAY INFORMED**

④ by following us on:



learn more at: [vaporfi.com.au](https://vaporfi.com.au)

**vaporfi**  
Think It. Mix It. Vape It.®

# The law and Vaping

NOT illegal to vape if under 18- only if can be detected to have cannabis ( DARTA)

Must be over 18 years of age to BUY e cigarettes

Only pharmacies legally allowed to sell nicotine e cigarettes with a script

e-cigarettes cannot be used in areas where smoking is banned

IS illegal to import or buy ecigarettes from overseas

# The Law and Vaping

Sale, possession and use of non-nicotine e-cigarettes is legal in Victoria

The Tobacco Amendment Act 2016 regulates all e-cigarettes in the same laws as tobacco products

Vic-e-cigarettes remain unclassified and are therefore not regulated under tobacco laws. (vape Australia.com)

There is no current legislation to seize any tobacco or e-cigarettes of a minor ( under 18- cannot confiscate( Vic Police)

# In summary- Why is vaping a problem?

**Young brains-  
developing more prone  
to addiction and  
behavioural changes**

Young people who vape  
3x more likely to take up  
smoking

(Aust national University 2022)

Unknown chemicals-  
even those labelled  
'nicotine free' may still  
include nicotine.

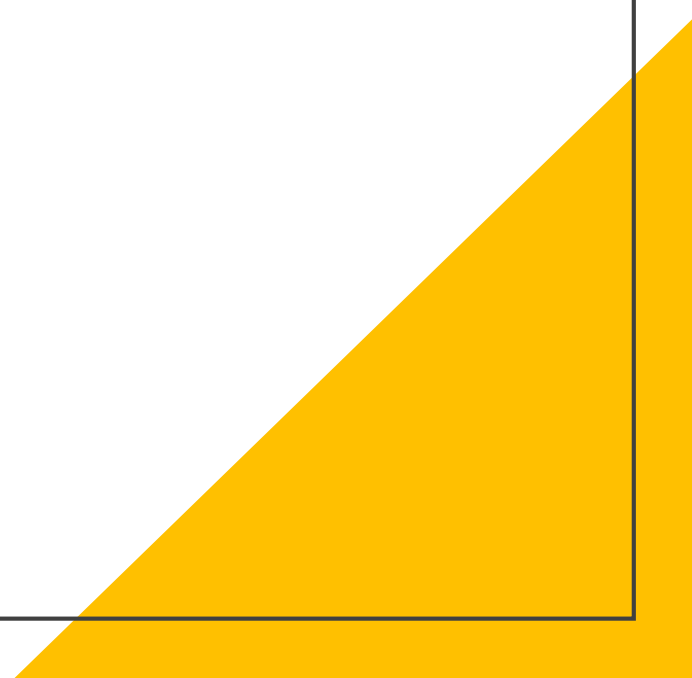
Don't know what you  
are inhaling Could be  
up to 150 unknown  
chemicals

Health effects are  
unknown- but emerging



# What can parents/carers do??

## FOUNDATIONS!

- **Calm down...step back... Breath...\***
  - **Recognise that vaping was not part of your life- new for you to understand**
  - **Remember what it was like to be a teen\***
  - **Know the facts**
    - still evolving
    - variety sources
    - Keep UTD
  - **Practice what you want to say**
    - No judgements
    - Positive wording
    - Listening ears on
  - **Find right time and place to speak to YOUR child**
- 

# What can parents/carers do ?

- Avoid scare tactics-FACTS over emotions
- Early and often- Keep dialogue open
  - comment on others
  - chat in general
  - Not an overnight fix
- Why NOT vape vs WHY vape?
- Empower- strongest tool is your own opinion (esp if you are a teen??)
- Consider Social needs

**TOOLS NOT RULZ!**  
**BE KIND TO YOURSELF!**



# 5 steps to having a productive conversation about vapes/drugs (DARTA)

**1. Ask their perspective-** why did/do they vape? Why want to? help me understand YOUR per angle. FOUNDATION of talk.

**2. Express your views/ what you know-** keep it simple, no judgements, facts over emotions

**3. Express your family expectations/boundaries on vaping\***

(parental disappointment is powerful), consequences of vaping in home,

**4. Time for them to respond** (emotions and all- but don't get caught up in their emotions)

**5. Offer to learn together-** compare resources, documentary, movie- Broken: Big Vape(Netflix), insight

(<https://youtu.be/d38P6HD9RNE?t=12>)

# What can we do to support Schools and Communities??

- Support teachers so they can teach- what does that look like?
- Create a consistent approach in schools and communities
- PD for teachers
  - simple- facts and tools to walk away with
  - avoid negative/ scare tactics and the word DON'T or NO
- Community- information nights- neutral space, invite YP, take politics out , provide grassroots tools-







# Responding to vaping with education

- **Mentor groups-** 30 minute information sessions and school expectations- effective
- **Contact families-** fact sheets/ podcasts/ website resources
- <https://sites.google.com/education.vic.gov.au/cscwellbeing/parent-zone/hot-topic-for-parents/vaping?authuser=0>
- **Wellbeing referral**  
reducing or cessation of vaping options. Review of any signs of addiction  
[20220912\\_vape\\_check-40-a4-version-22.pdf](#)  
Referral to school GP or AOD/ QUIT if needed
- **1 day suspension-Internal education-** harms of vaping- google classroom session with exam  
Risks, potential harms, side effects, decoding vaping marketing, reasons to NOT vape, laws

VapingTalk Gisborne April

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public Liability CoC.pdf

Vaping Talk March 23.pdf

Castlemaine Mail on Instag

VapingTalk Gisborne April

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CSC Wellbeing - Vaping

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https://sites.google.com/education.vic.gov.au/cscwellbeing/parent-zone/hot-topic-for-parents/vaping

🔍

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Import favorites

📖 Training Desk

CSC Wellbeing

Home · Emergency Contacts · Student Zone · Parent Zone · CSC Staff Zone 🔍

# Vaping

## Vaping & E-cigarettes

What are e-cigarettes?

Electronic cigarettes (e-cigarettes) are battery-powered devices that come in many forms. They all heat liquids, called e-liquids, into an aerosol that users breathe in. They may contain nicotine, flavourings and a range of harmful and toxic chemicals. Many e-liquids come in flavours that are attractive to young people, such as mango, lime and mint. The e-cigarette heat may also produce toxic substances.

They are also known as e-cigs, electronic nicotine delivery systems (ENDS), electronic non-nicotine delivery systems (ENNDS), alternative nicotine delivery systems (ANDS), personal vaporisers, e-hookahs, mods, vape pens, vapes and juuls (pronounced 'jewels').


Using e-cigarettes is often called 'vaping'.

## Recommendations for parents

As a parent and caregiver, you have an important role in protecting children from e-cigarettes.

The best way to protect your children is to never smoke or vape in the house, car or other places where there may be children nearby. Passive

## Listen to the Podcast: How to talk to teens about vaping



### How to talk to teens about vaping

Turns out vaping isn't all that harmless. New research has found that vaping can cause acute lung injury, seizures and addiction. Teenagers are right in the thick of this vape cloud, so how do you talk to them about the harms of getting hooked?

## How to talk to teens about the health risks of using e-cigarettes?

Talking with teens about risky behaviours is an important way for parents to help keep them safe. Parents are already good at talking to their teens about alcohol, smoking and drugs. E-cigarettes should be included in the conversation.

The earlier and more often you speak with young people about e-cigarettes, the more likely they are to listen. It's important for parents to educate themselves, so they know the facts and what to say when the topic comes up.

E-Cigarettes and Vaping- What you need to know

Share

# Positive Choices webinar series

Webinar 19 Recorded 30 June 2021

## E-cigarettes and Vaping: What you need to know






Watch on  YouTube



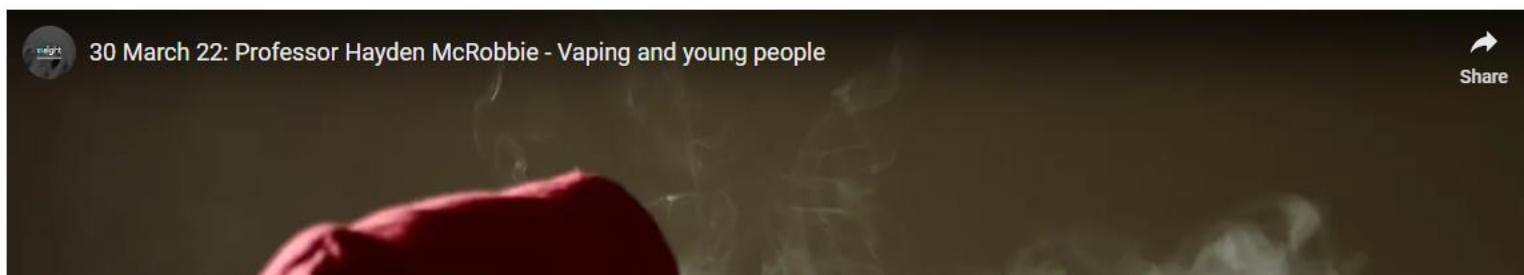
Australian Government  
Department of Health



THE UNIVERSITY OF  
SYDNEY  
Matilda Centre

30 March 22: Professor Hayden McRobbie - Vaping and young people

Share



Watch on YouTube

 **Department of Health**

 **Matilda Centre**







**Vaping is weird...  
you walk past a group  
of dudes who look  
like gangsters but  
smell like strawberry  
muffins...**

# Resources for Parents/Carers

- The parents website-video how to talk to teens about vaping
- QUIT- myth buster infographic
- Better Health channel
- Health direct- <https://www.healthdirect.gov.au/e-cigarettes-vaping>
- Cancer Council
- DARTA-Paul Dillon- Drug and alcohol research and Training Australia (DARTA)- includes podcast- <https://darta.net.au/wordpress-content/uploads/2022/03/DoingDrugsPodcastS01E03.mp3>
- Get your head out of the cloud- ([lung.org/quit-smoking/helping-teens-quit/talk-about-vaping](http://lung.org/quit-smoking/helping-teens-quit/talk-about-vaping))
- Flavors Hook Kids ([flavorhookkids.org](http://flavorhookkids.org))
- Make smoking History.org/dangers-of-vaping
- The Dept of Health
- Vape free schools vaping facts NZ <https://vapingfacts.health.nz/vapefree-schools/>
- Netflix series Broken- episode 'the big vape'
- Lung Foundation Australia
- The Royal Children's hospital [https://www.rch.org.au/kidsinfo/fact\\_sheets/E-cigarettes\\_and\\_teens/](https://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens/)
- <https://www.abc.net.au/4corners/vape-haze:-the-new-addiction-of-vaping/13948226> four corners doc
- Vape Australia

# Resources

- NSW Health-[www.health.nsw.gov.au/tobacco/pages/vaping-teachers.aspx](http://www.health.nsw.gov.au/tobacco/pages/vaping-teachers.aspx)
- Blurred mind academy (rehab programs)
- The parents website
- Australian National University- e cigarettes are harmful and addicting youth- report 7 April 2022
- Griffith University April 2022- teens at risk from lack of education and research on vaping
- Busting vaping myths
- The royal children's hospital Melbourne 5 minutes
- <https://www.facebook.com/watch/?v=5897168250324819>
- NDARC national drug and alcohol research centre
- [Teen.smokefree.gov](http://Teen.smokefree.gov) designed to help teens stop smoking and vaping.- links to a quitting app, a vaping quit plan and social media.
- [nicotine test kits](#). Urine tests that detect nicotine in the body.
- [marijuana test kits](#)



# Non Nicotine substances in e cigarettes

- **E liquids** -nicotine, solvent carriers (propylene glycol, ethylene glycol and glycerol), tobacco-specific nitrosamines, volatile organic compounds (including toluene, phenols, xylenes, ethyl acetate, ethanol, methanol, pyridine, acetylpyrazine, 2,3,5-trimethylpyrazine, octamethylcyclo-tetrasiloxane, benzene, ethylbenzene, styrene), 3 phenolic compounds, flavourings as well as tobacco alkaloids.
- **Formed by chemical reactions in the heating element:** aldehydes (predominantly acetaldehyde and **formaldehyde**, acrolein (propenal), propionaldehyde (propanal), (methyl)benzaldehyde and isobutyraldehyde), free radicals and reactive oxygen species and furans.
- **Originating from the device: metals**, with the following having been reported in aerosols: aluminium, antimony, arsenic, boron, cadmium, chromium, copper, iron, lanthanum, lead, nickel, potassium, silver, tin, titanium, zinc.

# Why is Nicotine an issue??

- Parasympathomimetic drug-binds to nicotinic receptors- release of major neurotransmitters- physiological effects body wide
- Harm parts of the brain that control attention, learning, mood, impulse control
- Increases heart rate, blood pressure, heart muscle changes, reduces insulin sensitivity
- Has both stimulatory and relaxant properties.
- One of the most addictive substances known to humanity. It is the primary agent responsible for addiction in tobacco.
- Nicotine toxicity symptoms e.g.; nausea and vomiting, disorientation- “Nic sick”
- Repeated exposure leads relatively rapidly to tolerance