

**Unveil what they inhale-resources to help you discuss the risks of vaping**

Talking to children and teenagers about the risks of vaping can be difficult. *Vaping is becoming more and more popular with Australia’s youth, but this trending activity poses a serious concern to young people's health. There is a misconception that vapes contain harmless water vapour and are a 'safer alternative’ to traditional cigarettes.*

But did you know that vaping can be a gateway to nicotine addiction and future cigarette smoking? Research has unveiled that many vape liquids contain nicotine, even when they are labelled as ‘nicotine free’. They also contain a cocktail of toxic chemicals that haven’t been tested as inhalants. The long-term health impacts of vaping are also still unknown, but what has been uncovered about traditional cigarettes in recent decades has experts concerned vapes could lead to the next generation of lung disease and lung cancer.

As Australia’s leading lung health charity, Lung Foundation Australia has developed a suite of free, downloadable resources for educators, parents and young people to empower you with the facts and information you need to have informed conversations both in the classroom and at home.

***For more information and to access the free resources, visit lungfoundation.com.au/vapingforparents or lungfoundation.com.au/vapingforeducators.***

[Factsheet-Vaping-and-Young-People\_Youth-12-17-Jul2021.pdf (lungfoundation.com.au)](https://lungfoundation.com.au/wp-content/uploads/2021/07/Factsheet-Vaping-and-Young-People_Youth-12-17-Jul2021.pdf)

[Vaping and Young People - Parents and Carers - Lung Foundation Australia](https://lungfoundation.com.au/resources/vaping-and-young-people-parents-and-carers/)