

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

These products are not regulated in Australia and are often purchased online, meaning they can be made anywhere, by anyone and contain anything.

It's important to talk to your teen often about the health risks of e-cigarettes and the harms involved. Many teenagers are under the misconception that e-cigarettes are safe.

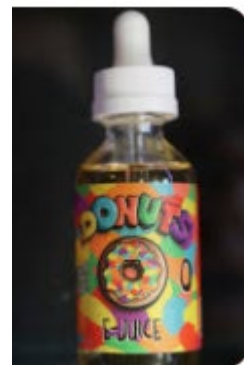
It is important that parents learn about e-cigarettes in order to have these conversations. It is helpful to know what the different devices look like, and the different words young people may use to describe using e-cigarettes.

Reiterate that most young people don't vape and don't smoke, to take the "everyone's doing it" sentiment right down.

Vaping products can come in hundreds of flavours like 'cookies and cream' or 'Donuts'. A single disposable product can contain as much nicotine as 50 traditional cigarettes and cost as little as \$5.

The result?

Young adults aged 18-24 are now the single largest user group of e-cigarettes, and a recent survey showed that 80% of teenagers who have vaped found it "**easy**" to access e-cigarettes.



Smoking and vaping laws:



Wherever smoking is regulated, vaping is included, and applies whether or not the e-cigarette contains nicotine.

It is illegal to sell cigarettes and e-cigarettes to people under 18 years of age (state law)

Adults can purchase e-cigarettes without nicotine

E-cigarettes containing nicotine can only be purchased with a prescription

In Victoria, a person must not smoke or use e-cigarettes on school premises or within 4 metres of any pedestrian access point to school premises.

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Nicotine dangers:

Nicotine in vaping liquid (or e-liquid), the fluid used in vaping products or e-cigarettes, **can cause poisoning**. It can make someone very ill or even kill them. Young children are at highest risk.

Most e-cigarettes contain nicotine, which is highly addictive especially for teens. **E-cigarettes and e-cigarette liquid may contain nicotine, even if they have been labelled 'nicotine free'**. One e-liquid pod can contain as much nicotine as a packet of cigarettes which means it is easy to have too much.

Our students are frequently reporting their dependence on Vapes and some are showing signs Nicotine Poisoning whilst at school.

Nicotine Poisoning Symptoms

Nicotine poisoning usually happens in two stages. Symptoms typically last an hour or two after a mild overdose and up to 24 hours for severe poisoning.

You'll get early symptoms within the first 15 minutes to an hour.

- Feeling queasy or throwing up
- Stomach ache
- [Mouth](#) watering
- Quick, heavy [breathing](#)
- Faster heartbeat, Higher [blood pressure](#)
- Pale skin
- [Headache](#)
- Dizzy, off-balance, or confused



Late-phase symptoms happen 30 minutes to 4 hours later.

- [Diarrhea](#)
- Shallow breathing
- Slower heartbeat, Lower blood pressure
- Lethargy
- Feeling weak, slow reflexes, or unable to control muscles
- [Seizures](#)

Please access the following Informative links which Include short videos for parents and young people:



[Kids Health Information : E-cigarettes and teens \(rch.org.au\)](https://www.rch.org.au)



 CALL QUITLINE 13 7848

[E-cigarettes and young people: what you need to know \(quit.org.au\)](https://www.quit.org.au)