

Vaping – what parents and carers need to know

Thursday 10 November 2022

Co-hosted by the P&C Federation, NSW Health and NSW Department of Education



Acknowledgement of country

We acknowledge Aboriginal people as the Traditional Custodians of the lands and waters in which we all work, live and learn. We recognise the incredible richness, strength and resilience of the world's oldest living cultures, including cultural practices, languages and connection to Country.



The artwork is called 'Baalee'. It is inspired by the original artwork of Aboriginal artist Tanya Taylor and designed by the National Aboriginal Design Agency. This artwork symbolises the Centre for Aboriginal Health working in partnership with Aboriginal people to support wholistic health and wellbeing and its role in the health system to build a culturally safe and responsive health service.

Dr Kerry Chant AO PSM

Chief Health Officer and Deputy Secretary Population and Public Health, NSW Ministry of Health

The facts about vaping

1

What are e-cigarettes (vapes)?

**THE NICOTINE
IN 1 VAPE
CAN EQUAL 50
CIGARETTES**
*DEPENDING ON THE SIZE OF VAPE AND
NICOTINE STRENGTH, IT CAN BE HIGHER.*



NICOTINE



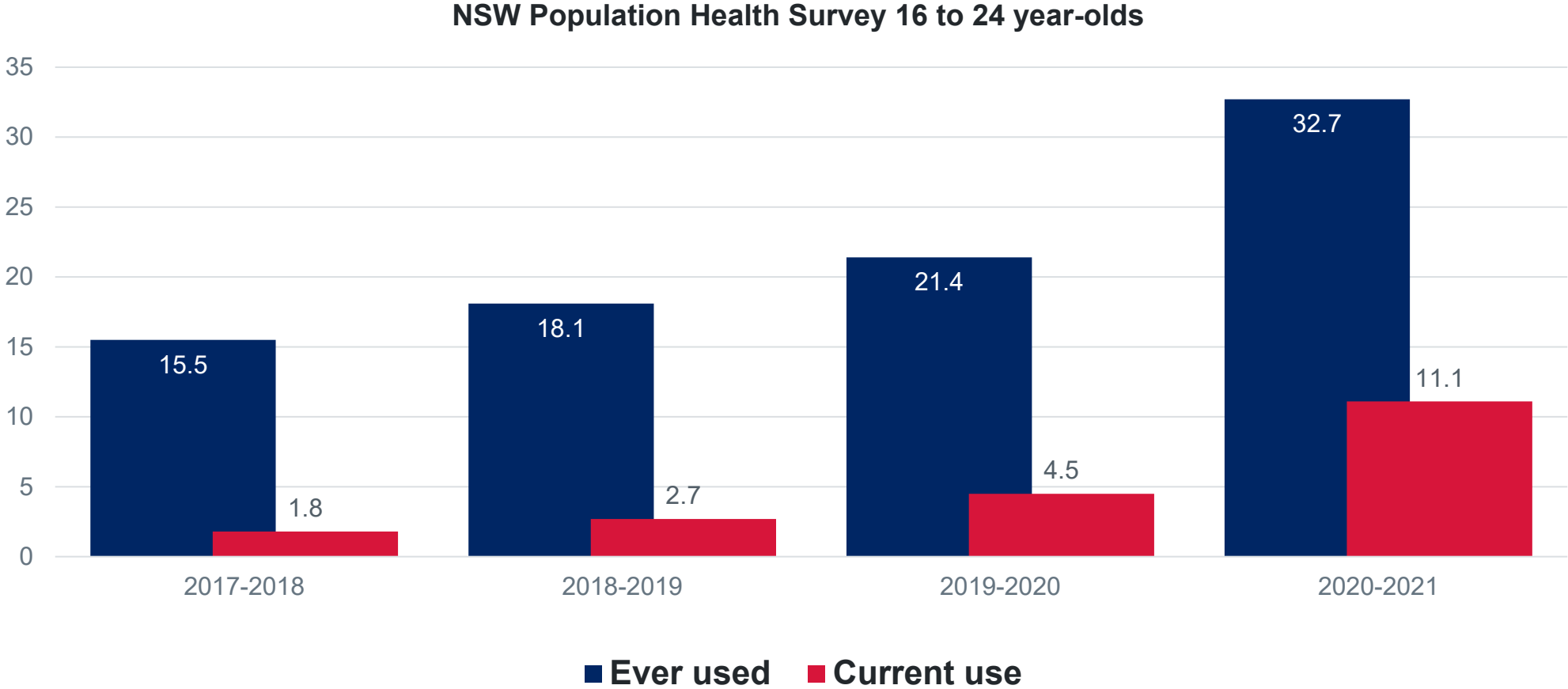
NSW



What are the trends in vaping by young people?



The highest use of e-cigarettes is among young people.



What do young people say about vaping?

...imagine you are eating a lolly, but instead of eating it you're like inhaling it.

– Male, 17 years,
Private school,
tried vaping

Yeah, they do [contain nicotine]. Sometimes it's disclosed, like this contains nicotine, or sometimes, or what I've heard from some of my friends is that even the ones that say no nicotine, actually do also have nicotine in them.

– Male 14 years,
Private school,
tried vaping

..Oh well, I had like a bunch of experiences where like I tried to quit, like I tried to quit like, three times before it actually happened.

– Male, 15 years,
Public school,
ex-vaper

Is the sale of vapes legal?

What is the situation for children under 18 years?

- It is illegal for retailers such as tobacconists, vape stores, service stations, and convenience stores to sell e-cigarettes or e-liquids that contain nicotine. This includes online sales.
- Non-nicotine e-cigarettes can be sold by registered retailers (e.g. vape stores and convenience stores) to people over 18 years.
- It is illegal to sell any e-cigarette or tobacco product to a person under 18 years.



What is NSW Health doing to stop the sale of illegal vapes?



- In the 18 months between 1 April 2021 and 30 September 2022 NSW Health:
 - **seized over 157,000 e-cigarettes** and e-liquids containing nicotine, worth an estimated street value of over \$3 million
 - **successfully prosecuted 12 retailers** for illegally selling e-cigarettes and e-liquids containing nicotine.

Vapes containing nicotine seized by NSW Health.

How can parents and carers report retailers?

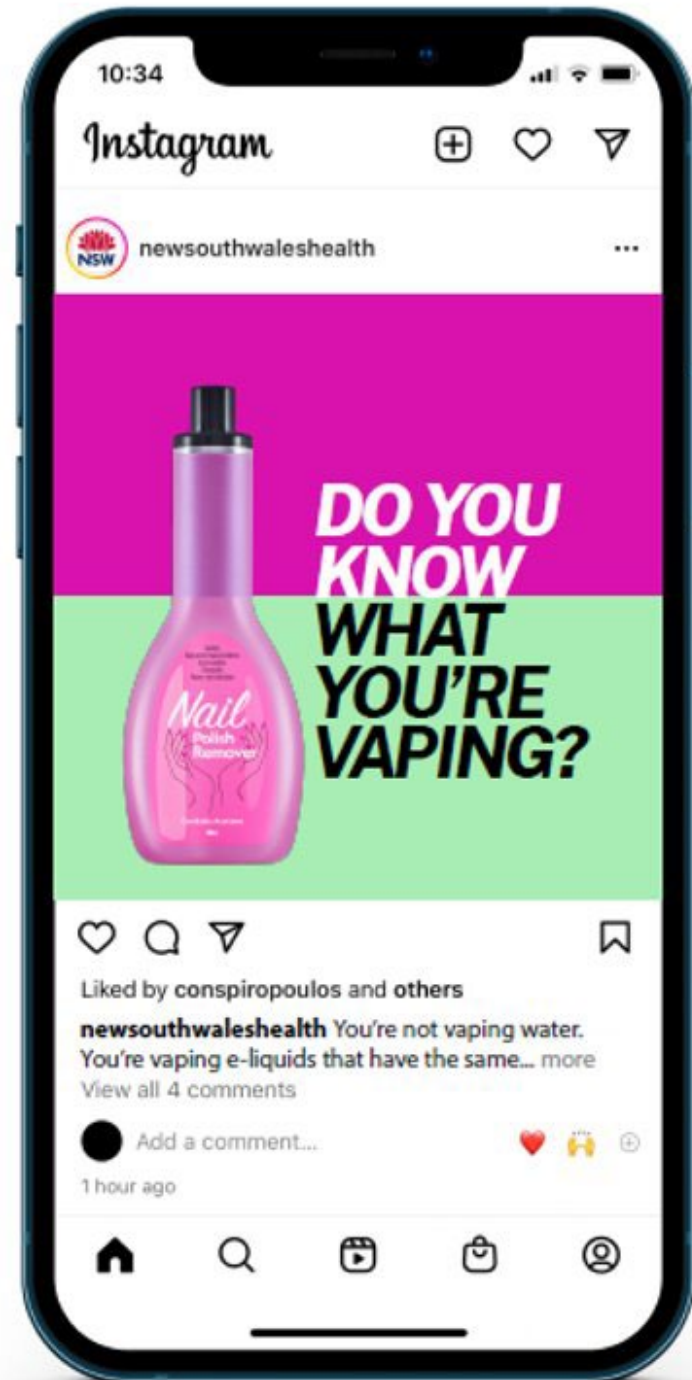


- If you think a tobacco or e-cigarette retailer has broken the law, you can report this on the NSW Health website.
- Information collected helps guide tobacco and e-cigarette enforcement activities by NSW Health inspectors.

<https://www.health.nsw.gov.au/tobacco/Pages/let-us-know-reports-complaints.aspx>

What is NSW Health doing to inform young people?

- The 'Do you know what you're vaping?' campaign launched in March 2022. The campaign is now in its second phase.
- The campaign aims to:
 - provide young people with the facts about vaping and address the myths
 - increase awareness around the health impacts of vaping.
- Paid social media includes advertisements across Facebook, Instagram, Snapchat, Spotify, and TikTok.
- Supported by a resource toolkit with information designed for young people.



What is NSW Health doing to inform parents, carers and schools about vaping?



Home > Tobacco and smoking > The facts about vaping

The facts about vaping



<https://www.health.nsw.gov.au/vaping>



The Vaping Toolkit was developed in partnership between NSW Health, NSW Department of Education and Cancer Council NSW

QR code and text: Vapes can have the same harmful chemicals like in cleaning products, weed killer, bug spray and nail polish remover. They just don't put it on the pack. Get the facts at [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)



Renee West

PDHPE Curriculum Advisor 7-12, NSW Department of Education

How schools are addressing vaping

2

What is the Department of Education doing to address vaping?

The Drugs in Schools policy covers the possession, use and supply of alcohol, tobacco, e-cigarettes, illegal drugs and restricted substances, and the misuse of over-the-counter and prescribed medications on school premises, during school activities and by students.

Drugs in Schools

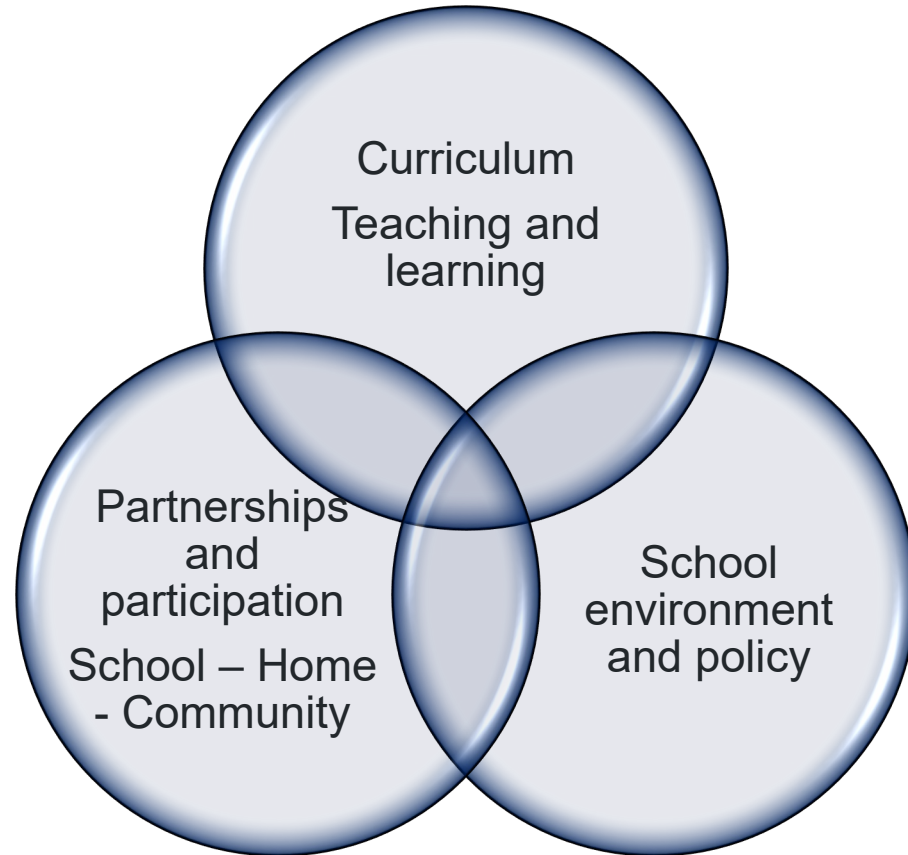
This policy sets out requirements for schools to plan and implement appropriate responses to drug-related incidents, with an emphasis on prevention through drug education and safe and supportive school environments, and intervention and support for students who may be involved.

MANAGING DRUG RELATED INCIDENTS PROCEDURES

Implementation document for the Drugs in Schools policy

Smoking or vaping on school premises, including school buildings, gardens, sports fields and car parks, is prohibited.

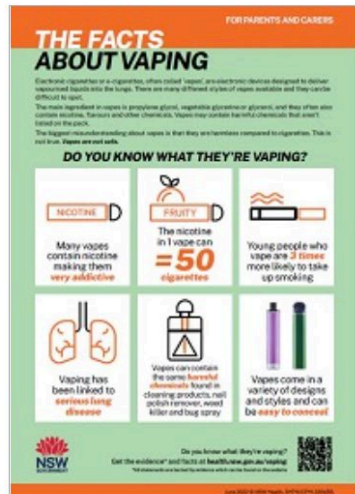
What are schools doing to address vaping?



- A whole of school approach is most effective in supporting student health, safety and wellbeing.
- The whole school community plays a key role – leaders, teacher, students, parents/ carers, community members and organisations.
- Drug education and learning about e-cigarettes is part of the mandatory PDHPE subject for Kindergarten to year 10 and Life Ready course for year 11/12.

What can parents do?

Posters



[The facts about vaping](#)



[Learn to spot a vape](#)



[What can school staff do about vaping?](#)

- Be a positive role model
- Connect and be involved
- Access reliable resources and build understanding together
- Identify when the content is delivered at school – time your conversations to consolidate and reinforce messaging

Dr Bronwyn Milne

Head of Department Adolescent Medicine, Sydney Children's Hospital
Network, Staff Specialist Paediatrician and Addiction Medicine Specialist

The harms of vaping and how to support your child

3

What are the harms of vaping?

- Health impacts of vaping include:
 - Throat irritation and cough
 - Dizziness, headache and nausea
 - Seizures
 - Lung injury
 - Serious burns caused by vapes exploding
- Too much nicotine from vaping can cause nicotine poisoning. If you think someone has been poisoned:
 - Call the NSW Poisons Centre on 13 11 26
 - If it is an emergency call 000.



What is the impact of nicotine on young people?

- All e-cigarette users are exposed to chemicals and toxins that can cause harm.
- E-cigarettes containing nicotine are addictive.
- People who vape are three times as likely to take up smoking cigarettes
- For young people, nicotine can cause long-lasting negative effects on brain development.

**VAPES CAN
CONTAIN NICOTINE
MAKING THEM
VERY ADDICTIVE**



What are the signs my child is vaping?

- Vapes come in a variety of designs and can be easy to conceal.
- It could be hard to tell if your child is vaping.
- Signs that your child is vaping include the symptoms of nicotine addiction and withdrawal such as:
 - Feeling irritable or anxious
 - Poor concentration
 - Strong cravings and inability to restrain

FOR PARENTS AND CARERS

THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



NICOTINE

Many vapes contain nicotine making them **very addictive**

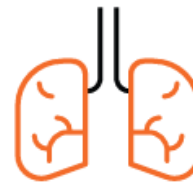


FRUITY

The nicotine in 1 vape can **= 50 cigarettes**



Young people who vape are **3 times** as likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



Do you know what they're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website



What are the sources of support for young people to quit nicotine?

- Young people can talk to their GP or local youth health service for advice and support.
- Quitline counsellors are available to answer questions about vaping and to provide advice, tips, and support to help people quit – **13 7848** (13 QUIT).
- The Aboriginal Quitline is run by Aboriginal counsellors providing confidential advice and support – **13 7848**.



What can I do to support my child?

- Learn about the different types of vapes available and the risks of vaping.
- Take the time to talk to your child and help them understand the risks.
- Try to start the conversation in a relaxed easy-going way.
- If your child is vaping, encourage them to stop, let them know help is available and you are there for them.



Dr Michael Bowden

Senior Clinical Advisor, Child and Youth Mental Health, NSW Health

Vaping and mental health

4

What is the connection between vaping and mental health in young people?

- Mental health concerns are a key issue impacting young people.
- Young people with mental health issues use e-cigarettes more frequently.
- Young people may turn to vaping to try to deal with stress or anxiety, and many continue vaping to cope with these feelings, creating a cycle of nicotine dependence.
- Many young people are unaware that vaping may make their symptoms worse.
- E-cigarette use has been linked to depression and anxiety amongst young people.



What are the sources of mental health support for young people?

- Headspace can help young people (aged 12-25) with mental health, alcohol and other drug services, and work and study support. <https://headspace.org.au/>
- Kids Helpline provides free, 24/7 advice and counselling on the phone, through webchat or online. Call **1800 55 1800** or go to <https://kidshelpline.com.au/>
- Youth Beyond Blue help young people to understand and look after their mental health. Young people can call or chat online with a counsellor at any time. Call **1300 22 4636** or <https://www.youthbeyondblue.com/>
- Child and Adolescent Mental Health Services provide specialist community-based services for young people. Call the NSW Mental Health Line **1800 011 511** for advice, assessment and referral.

Panel Q&A

4