

**ADVOCACY**

**RESOURCES**  
D.A.R.T/Y.D.A.R.T

**B.O.W.I**  
SPORT EDUCATION

**fence**  
BUILDERS

**BOUNCE  
BACK**

**150  
YEARS  
M.A.D.**

**0<sup>th</sup>**

**N  
BRAINER**  
SCHOOL SEMINARS



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"Minimising Harm by Maximizing Prevention!"

# Heads Up!

Today we are going to look at:

- Data, Stats & Legislation
- What, & the How of this Issue
- Push a little into the 'What Next' and What You Can do on Vaping.
- Q&A



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# Schools puffing to stay on top

Kids hooked on vapes

**EXCLUSIVE**  
**SUSIE O'BRIEN**  
**OLIVIA JENKINS**

A VAPING scourge is sweeping the state, with children as young as 10 the target of a crackdown by police in Victorian schools.

Primary school teachers in state and private schools have been forced to educate year 5 and 6 students about the dangers of inhaling nicotine from vapes.

Children are buying and selling vapes in schools after buying them online or from illegal retailers.

Some students are even given vapes by their parents in the mistaken belief they are safe, principals have reported.

In suburbs such as Melton, residents report the supply and use of vaping products to children is one of the most concerning issues in their community.

Lung Foundation chief executive Mark Brook said "parents and principals from upper primary school, among others, are reaching out".

"This industry lacks a moral compass, with vapes sewn into hoodie linings and designed to look like asthma holders, highlighters and memory sticks," he said. "It doesn't help that products are designed to appeal to young children, with names like mango daiquiri and even branded like Marvel superheroes."

detect vaping and film those coming in and out of bathrooms".

Experts say single-use disposable vapes in bright colours which are cheap and easy to conceal are the greatest threat to young people.

House of Vape owner Michael Cameron said such devices "have 5 per cent nicotine, which is 50mg per disposable vape - the same as 2½ packs of cigarettes."

"It's fuelling nicotine addictions in children that wouldn't ever be addicted to cigarettes," Mr Cameron said. He said some dealers were now selling vapes instead of drugs, buying them for three or four dollars and selling them for \$25.

The Herald Sun has also obtained footage from video-sharing app TikTok of minors asking other users to suggest places that will sell them vapes without requiring an ID.

"Anyone know where I can (get) vapes in Melbourne under the age limit?" one user says. Kids are also dodging the app's ban on vaping content by searching terms such as "vpe", "v@pe" and "geek bars".

Vaping products are also on sale in Melbourne on delivery service app DoorDash and other sites, such as Facebook



## PARENTS' GUIDE TO VAPING

### WHAT IS VAPING?

Vapes are e-cigarettes which are battery-powered devices that use cartridges filled with liquid. They typically contain nicotine, artificial flavourings, and various chemicals, many of which are toxic.

### WHAT ARE THE DIFFERENT TYPES OF VAPES?

The liquids come in different flavours. One company sells a "Lolli Bag" sampler pack designed to appeal to children with flavours such as Rainbow Sherbert and Gummi Bears. Some e-cigarettes are made without nicotine. They often come in fruit flavours like apple, mango, raspberry, vanilla and cherry. But one study found 70 per cent of nicotine-free vapes contained nicotine.

### HOW MUCH NICOTINE DO VAPES CONTAIN?

A normal cigarette contains 10-15mg of nicotine. A 24mg bottle of liquid, it has 24x nicotine in every

### WHAT DO THEY

A premium cost more than single-use vapes can reach

IS



anyone know where I can buy vapes in Melbourne under the age limit?

# VAPING:

## The New Harm Reduction Trap



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# The Propaganda: Unfettered Harassment



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# E-Cigarettes labelled 'public health crisis'

A damning report has  
of the "public health  
E-Cigarettes are creat  
putting a new genera  
smokers at risk of a ra  
illnesses.

April – June 2022

## Herald Sun



# Child Vaping 'Skyrocketing'

"A single 30-minute vaping session can significantly increase cellular oxidative stress. Middlekauff et al demonstrated that vaping is associated with adverse changes in the body that can presage future health problems."

(Association of 1 vaping session with cellular oxidative stress in otherwise healthy young people with no history of smoking or vaping - a randomized clinical crossover trial - JAMA)

JAMA Pediatric 2021

<https://jamanetwork.com/journals/jamapediatrics/article-abstract/2782800>



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**Child Vaping  
'Skyrocketing'**

**I wonder  
why???**



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# Illegal e-Cigarettes Targeting Kids!

Five companies recently received FDA warning letters for selling illegal e-cigarettes designed to look like toys, food, and cartoon characters.

“The designs of these products are an utterly flagrant attempt to target kids,” Brian King, PhD, MPH, director of the agency’s Center for Tobacco Products, said in a statement.

The e-cigarettes look like glow sticks and popsicles and other items popular with youth and feature characters from video games, television shows, and films, such as The Simpsons, Squid Game, and Minions.

None of the products’ manufacturers had submitted a premarket application to the FDA, whose approval is necessary before a new tobacco product is introduced to the market. The agency said it has issued more than 440 warning letters to companies marketing illegal e-cigarettes containing tobacco-derived nicotine.

[Illegal e-Cigarettes Targeting Youth | Adolescent Medicine | JAMA | JAMA Network](#)



# Smart Vape Phone: Seamless Fun for Modern Vapers



Smart Vape Phone Collection

- ◆ Offering Screen Touch, Phone Call, Text & Social Notification, **Games**
- ◆ Phone Locator, Camera Control, Battery & E-liquid indicator and more.

<https://>

[collections/smart-vape-phone](https://collections/smart-vape-phone)

# Who was and is 'Cashing In'?

## Who is Paying the Price?



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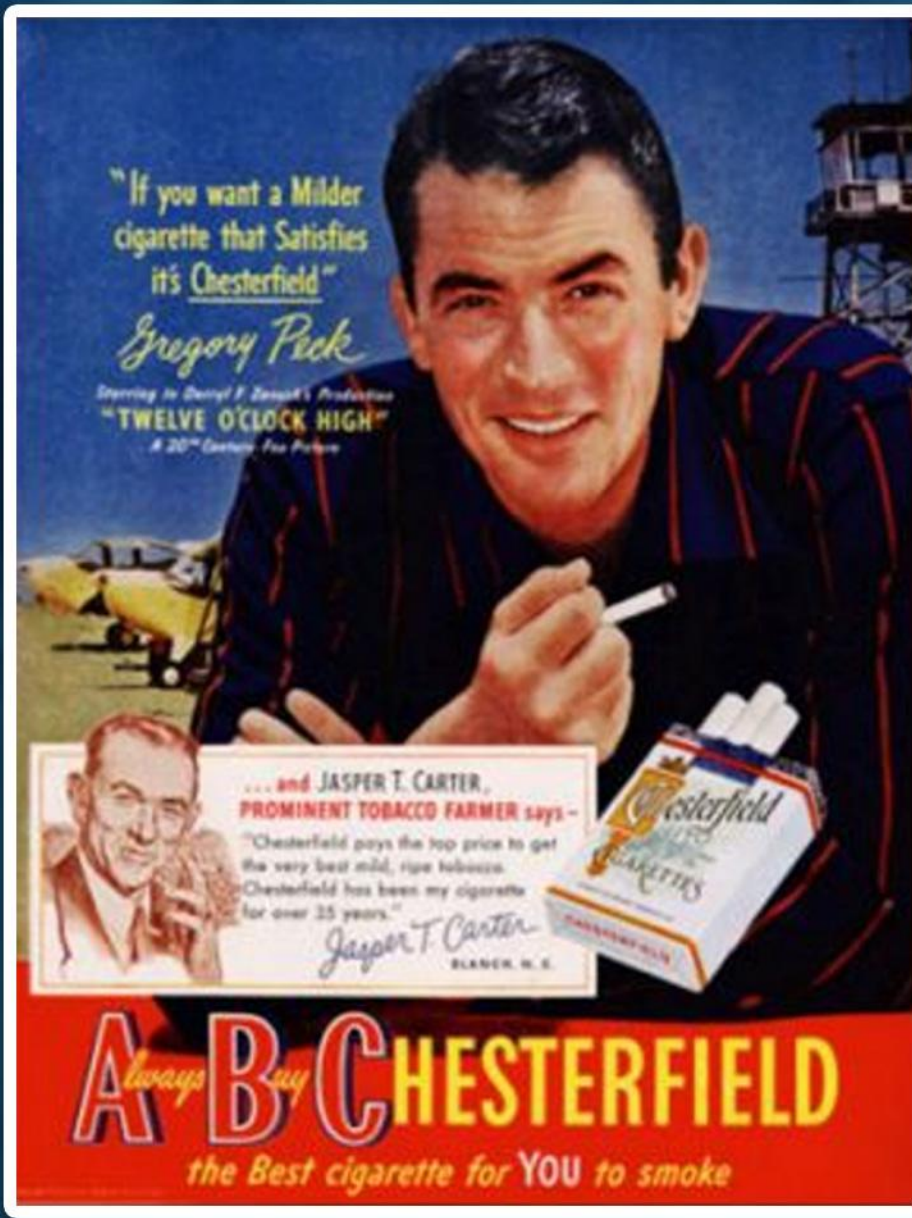
Altria



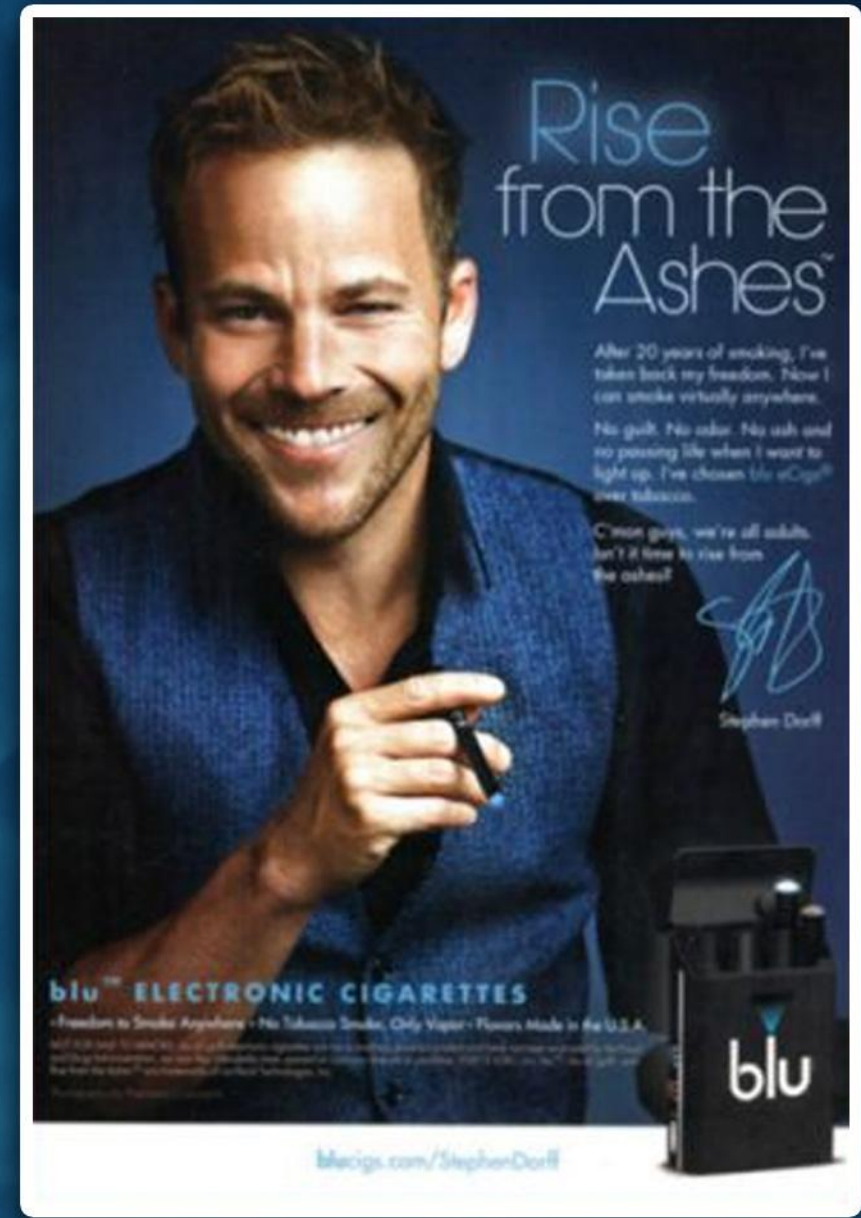
Tobacco company Altria  
bought a 35% stake in  
Juul for \$13 billion last year.

# How Juul Got Vaporized!

<https://time.com/6048234/juul-downfall/>



1947 Chesterfield Ad



2013 Blu Ad

Menthol and  
Lights Menthol



You've come  
a long way, baby.

Menthol 14 mg "tar," 0.9 mg nicotine—Lights Menthol: 8 mg  
"tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb '95.

SURGEON GENERAL'S WARNING: Cigarette  
Smoke Contains Carbon Monoxide.

© Philip Morris Inc. 1997



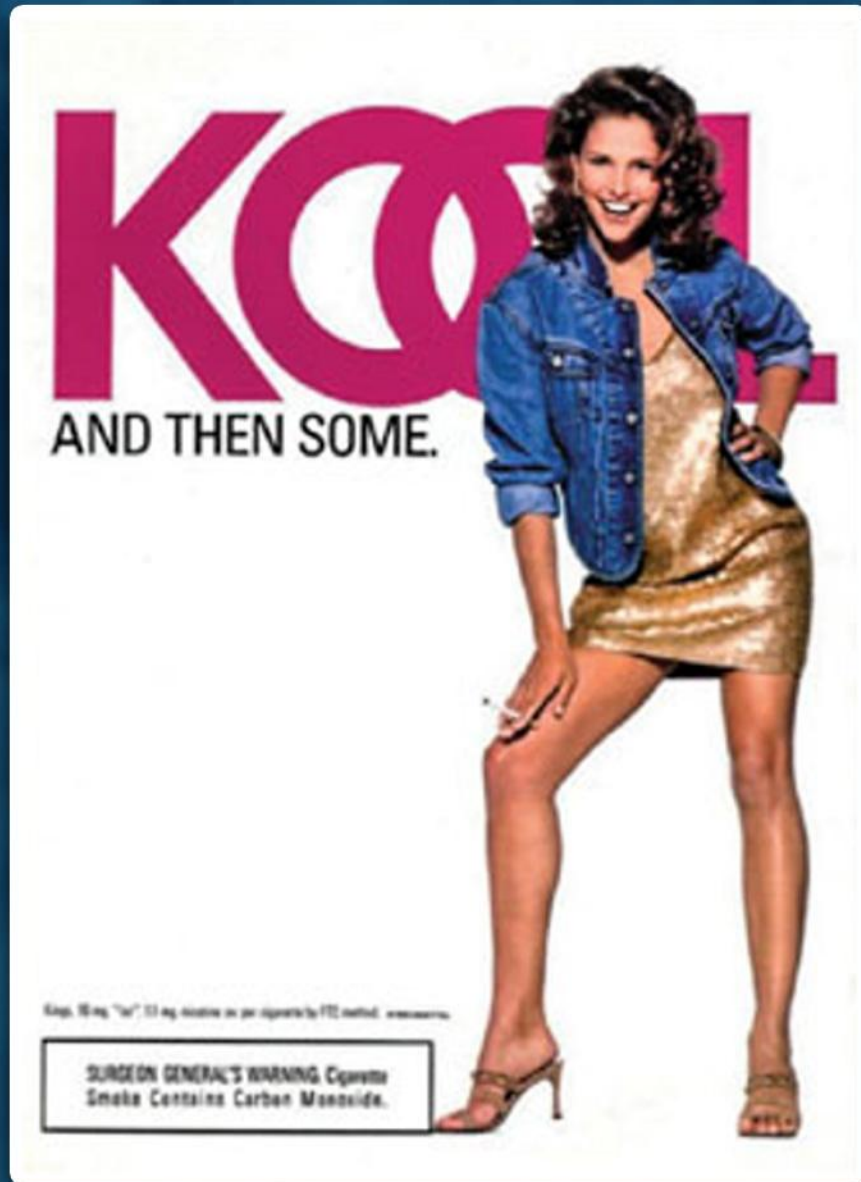
BUY JUUL



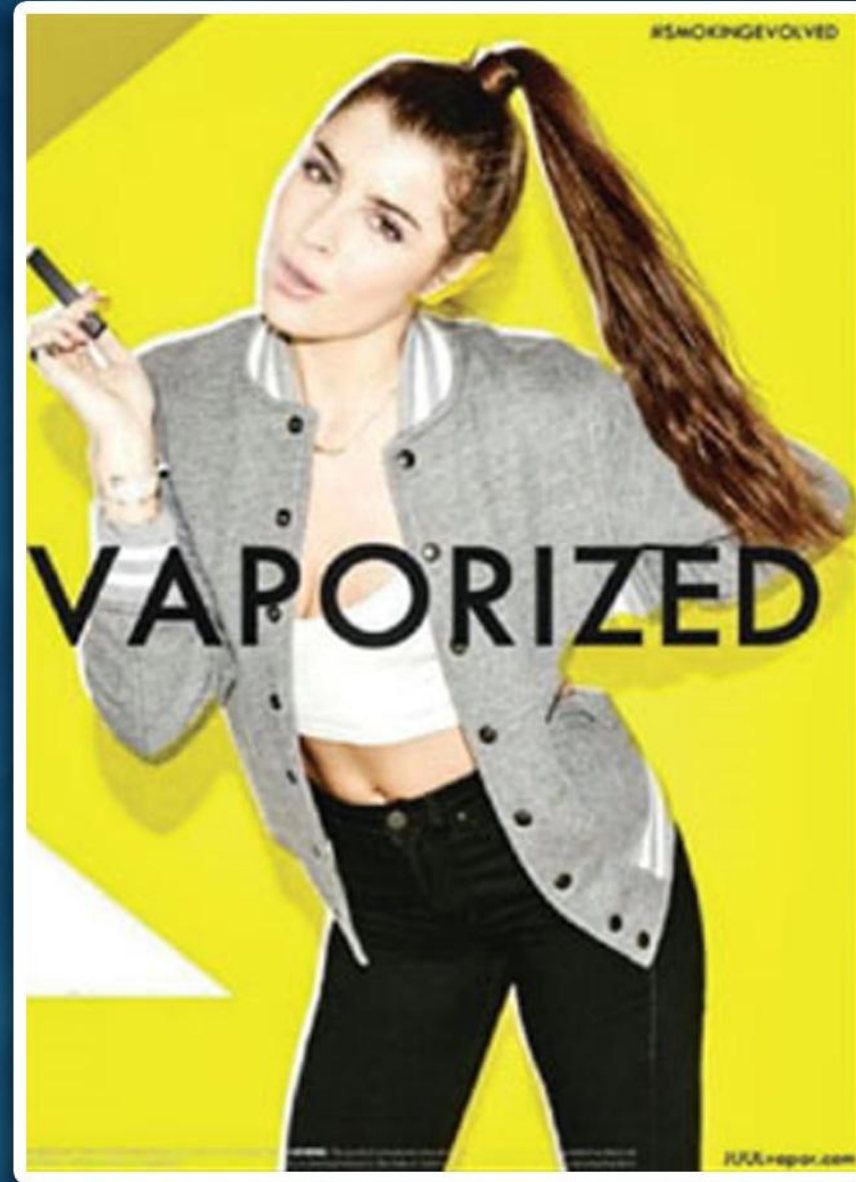
BUY JUUL pods



CLICK TO BUY YOUR JUUL  
AND JUUL PODS DIRECT



THEN: A young model in a cigarette ad from 1993



NOW: A strikingly similar pose in a 2015 Juul ad

*I heard the sound of "Lucky Strike" -  
It comes like music on the  
blue waves of success to cigarette  
[shout for Lucky Strike]*

*It really isn't a lucky strike  
Just get any P.M. Co.  
To prove the quality of our  
L.S. M.F.T. means F.T.*

# Be Happy- Go Lucky!

Enjoy your cigarette! Enjoy truly fine tobacco  
that combines both perfect mildness and rich  
taste in one great cigarette - Lucky Strike!

Perfect mildness? You bet. Scientific tests, confirmed by  
three independent consulting laboratories, prove that  
Lucky Strike is milder than any other principal brand.  
Rich taste? Yes, the full, rich taste of truly fine tobacco.  
Only fine tobacco gives you both mildness and  
rich taste. And Lucky Strike means fine tobacco. So en-  
joy the happy blending that combines perfect mildness  
with a rich, true tobacco taste. Be Happy-Go Lucky!

**LS/M.F.T.-  
Lucky Strike  
Means Fine Tobacco**

*Some claim this and some claim that,  
but when it's said and done...  
for full, rich taste and mildness, too,  
Lucky Strike's the one!*

**JUUL**

SMOKING EVOLVED

#JULVAPORIZED

SWIPE UP TO GET  
**25% OFF**  
YOUR NEW  
BAD HABIT

ADVERTISING  
EVOLVED

**VAPORIZE**  
YOUR BANK ACCOUNT  
AND YOUR  
COMMON SENSE

ADDICTION HAS  
NEVER LOOKED  
SO COOL

I CAN'T WAIT  
TO REGRET THIS  
IN MY 30'S!

COUNTERCULTURE  
HAS NEW  
CONSEQUENCES



MIC

# Juul knowingly sold a million contaminated vape pods, according to new lawsuit

MENU

Seth Wenig/AP/Shutterstock





# Juul Labs agrees \$462m deal to settle claims

**BBC News** 13 April 2023

E-cigarette manufacturer Juul Labs has agreed to pay \$462m (£372m) to settle claims by six US states after being accused of targeting teenagers.

Several states also accused the firm of falsely marketing its vapes as less addictive than cigarettes.

The firm did not admit wrongdoing and said the latest deal was part of its "commitment to resolve issues from the company's past".

The deal means Juul has now settled cases for more than \$1bn.

Juul has been accused of fuelling an increase in teenage vaping in its rise to be one of the top e-cigarette firms in the US.



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## **Illegal Vape Sales in US Reach \$2.4 Billion in 2024**

[WRD News](#)**S**

Sales of unauthorised flavoured disposable vapes in the United States have surged, highlighting the issue of illegal vape sales in the US. These sales amounted to approximately \$2.4 billion in 2024, representing 35% of all e-cigarette sales tracked in select outlets, including convenience stores and supermarkets. While these sales indicate a decline from \$3.2 billion in 2023, the market for such products remains significant and reveals persistent gaps in regulatory enforcement.



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## ‘More available and in more flavours than before’: The great vape resurgence

Vapes are cheaper and being sold in record numbers in Victoria — despite the government ban — as China floods the market.

Jon Kaila Exclusive

🕒 2 min read March 2, 2025 - 5:00PM

Herald Sun



- Vapes are being sold in record numbers, with more flavours available than ever and the cost as cheap as before the Federal Government banned them

- Every single one now exclusively comes from China.
- Border Force seized 6.3 million vapes last year – but many millions more made it onto the streets.
- The Chinese government also owns Double Happiness, the second leading brand of tobacco consumed in Australia – which is illegal here.



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# The Product: Unfurling Harms



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*“Vaping has a number of potential harmful effects, some associated directly with the device itself and some with the different e-liquid solutions being vaped.”*

(Page 8 Reducing Vaping Among Youth and Young Adults  
Evidence-Based Resource Guide Series Overview (S.A.M.H.S.A)  
Publication No. POP20-06-01-003

**VAPING HARMS**  
**It's the PROCESS, not**  
**just the product!**



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# What does this have in common with.....



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# Diethylene glycol



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# What is in the vape pen coils?

Many harmful chemicals released at high temperatures

- Acrolein (a toxic chemical that is among other things, a biocide!)
- Diacetyl (Popcorn Lung 'flavouring')
- Diethylene glycol (also found in antifreeze)
- Formaldehyde
- Heavy metals – nickel, chromium, and lead

<https://www.sciencealert.com/toxic-levels-heavy-metals-heating-coil-ecigarette-vaping>



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# Toxic Gas Release in Vaping

A study by Portland State University... found that the toxic gas known as ketene is released when cannabinoid acetates are heated under vaping conditions. Ketene was found previously by researchers studying vitamin E acetate in 2019 in the emissions from a commercial e-cigarette. This led to ketene's identification as a possible source of the vaping-induced lung injury outbreak that led to nearly 3,000 hospitalizations and deaths in the U.S. as of February 2020. While ketene is known to be toxic to humans, Strongin said it's too dangerous to study in order to fully understand its impact on the human body.

<https://medicalxpress.com/news/2022-07-vaping-cannabinoid-acetate-formation-deadly.html>



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# One 'Puff' Will Do It!

- The acetate group used in products, like Delta 8, make it easier to cross the blood-brain barrier, enhancing potency. The chemical reaction is similar to how morphine becomes heroin, Researchers said.
- The study provides results based on one puff, which showed not only that ketene formed at lower temperature settings than previously thought but at levels that are known to be dangerous to an individual's health.

<https://medicalxpress.com/news/2022-07-vaping-cannabinoid-acetate-formation-deadly.html>



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# **The Public Health Problem: Unfettered Harm**



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# Vaping: American Heart Association

E-cigarettes may be as dangerous as traditional tar-filled cigarettes, the leading medical organization for heart health said.

The influential American Heart Association warned that vape devices contain a cocktail of nicotine, thickeners, solvents, and flavors that likely pose the same severe risks to cardiovascular health, including raising blood pressure levels, as smoking cigarettes.

<https://www.dailymail.co.uk/health/article-12307539/American-Heart-Association-says-vaping-just-bad-heart-smoking-cigarettes.html>



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# Vaping: Barbeques Your Lungs!

"I'm a doctor - this is why I believe vaping is much worse than smoking cigarettes: 'It barbeques your lungs!'" Dr Boxer Wachler 'Vape temperatures can be significantly hotter than cigarette smoke, so vape literally could be barbequing your lungs,' he said in the video, which has 6.3 million views. '[This could] explain why more younger people who vape need lung transplants versus younger people who smoke cigarettes.'

Dr Boxer Wachler pointed to a 2022 study published in the journal [Critical Reviews in Toxicology](#), which found that of 11,350 patients with vape lung damage, half vaped both nicotine and THC, the ingredient in cannabis that gives users a 'high.'

<https://www.dailymail.co.uk/health/article-12549573/Im-doctor-believe-vaping-worse-smoking-cigarettes-barbeques-lungs.html>



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# **A damning review of e-cigarettes shows vaping leads to smoking, the opposite of what supporters claim**

A major review of negative health impacts of e-cigarettes was released this April, commissioned by the Federal Health Department

- Escalating use of e-cigarettes in school-aged children,
- Early warning signs of increased smoking rates in young Australians,
- Direct health harms of vaping in all ages.
- Overall, it found the health risks from e-cigarettes significantly outweighed any potential benefits.

## **Leads to Smoking**



A damning review of e-cigarettes shows vaping leads to smoking, the opposite of what supporters claim



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# “**Vaping** found to be the biggest **risk factor** for teenage tobacco **smoking**.”

**August 2023**

E-cigarette use is the single strongest risk factor for adolescents taking up tobacco smoking, outranking social norms, poor mental health and misperceptions about smoking harms, research published August 2023 has found.

Young People who Vape are...

- **three times as likely to take up smoking**



(Source: [Guardian](#)  
[22/8/23](#))



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# Vaping Messes with Your Genes & Negatively Impacts Immunity.

“Our study, for the first time, investigates the biological effects of vaping in adult e-cigarette users, while simultaneously accounting for their past smoking exposure. Our data indicate that vaping, much like smoking, is associated with dysregulation of mitochondrial genes and disruption of molecular pathways involved in immunity and the inflammatory response, which govern health versus disease state...”

Ahmad Besaratinia, PhD, Professor of research population and public health sciences at the Keck School of Medicine  
Full Research <https://www.nature.com/articles/s41598-021-01965-1>



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# Experts have also warned against **secondhand vaping.**

Scientists from universities in Virginia and North Carolina reported that when e-cigarette users puffed in their cars for less than 10 minutes, the air around them became laden with possibly poisonous particulate matter known specifically as PM2.5 (denoting a diameter of 2.5 micrometers or smaller).

Using e-cigarettes and traditional cigarettes together is likely to worsen cardiovascular health than the use of either of them alone as they both cause irritation due to the inhalation of a foreign substance as well as damage to blood vessels.

<https://www.dailymail.co.uk/health/article-12549573/Im-doctor-believe-vaping-worse-smoking-cigarettes-barbeques-lungs.html>



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# **The Public Health Solution?**

## **Unravelling the Harm**



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"Banning fruity flavours and plain packaging are among plans being considered to stamp out skyrocketing rates of vaping amongst children"  
**No E-cigarette is 'safe'**  
– even non-nicotine vapes."

**Calls for prescription only!**

**Northern Territory News, 16/1/2023 - Page 7**

<https://edition.pagesuite.com/html5/reader/production/default.aspx?edid=5d9f4ebc-b045-464a-b60b-a292b512293c&pnum=6>





# Vaping and the LAW

## Federal Govt

- Nicotine poison unless Human Therapeutic use (smoking cessation)
- Therapeutic Goods Association (TGA) changes to Nicotine as a poison 1st Oct 2021 - requires a prescription to legally access e-cigarettes containing nicotine
- Illegal to sell or buy nicotine for use in e-cigarettes
- TGA does not support the use of e-cigarettes & not approved ANY e-cigarette as a Therapeutic good

States are similar

For more info see  
<https://notevenonce.org.au/resources-1/2021/8/10/vaping-and-the-law-in-australia-mpkkc>



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# Vaping & Health Organisations

Several key Australian health organisations, such as the Australian Medical Association (AMA), Cancer Council Australia and the Australian Council on Smoking and Health (ACOSH) have published positions on-cigarettes, sharing the following messages:

- **There is insufficient evidence to promote the use of e-cigarettes for smoking cessation.**
- **There is increasing evidence of health harms.**
- **E-cigarettes may normalise the act of smoking and attract young people.**
- **E-cigarettes should be more properly regulated.**

For more info see

<https://www.tobaccoinaustralia.org.au/chapter-18-harm-reduction/indepth-18b-ecigarettes/18b-10-position-statements>



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What do you think is the major reason teens vape?

(Stand if you agree – Bob if you're not sure)

- ✓ **Give up Smoking?**
- ✓ **Hide/engage in Drug Use?**
- ✓ **Be 'cool'? (Whatever that is?)**

**Be 'cool'**



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**Harm Reduction that  
Isn't  
Created an Entirely  
New Disease!**



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# VAPING & EVALI

## Among hospitalized EVALI patients

More than 25% of  
rehospitalizations and  
deaths occurred within  
**2 days** of discharge.


**CDC updated guidance:** all EVALI patients should be seen as outpatients, optimally within 48 hours of hospital discharge

<http://bit.ly/MMWRGuidance>

# VAPING

- Over 2,800
- 68 deaths
- Vitamin
- 51 EVALUATION
- after the (respiratory system)
- found
- Other
- 152 different
- Dank Vapes
- Carts also involved

**A Picture  
Paints a 1000  
Words!**



I WANT TO  
START A  
NO VAPING  
CAMPAIGN

ases  
ry  
ells)

smart

# Let's hear Daniels Story: Daniels Surgeon explained what he found during operation





**Sure, and not everyone who Vapes will end up in ICU!**

**But, Wait there's more...**

Vaping Made My Mental Health Worse!

MY VAPING  
MISTAKE

PRESENTED BY  
**THE REAL COST™** 





# EVALI in Australia & UK

**Dakota Stephenson**, a 16 year old Sydney teenager, was treated in ICU for EVALI in September 2020.

Dakota had been vaping for seven months prior to admission to Sydney Children's hospital.

One year later, Dakota still struggles to breathe properly.

<https://7news.com.au/sunrise/on-the-show/sydney-teenager-dakota-stephenson-treated-in-icu-for-evali-a-lung-conditon-linked-to-vaping-c-4232124>



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# EVALI in Australia & UK

**Ewan Fisher**, a 16 year old Nottingham lad was left with the lungs of an 80 year-old smoker after vaping for 6 months.

Ewan spent 10 weeks fighting for life in hospital and now has permanently damaged lungs.

Ewan now travels around the UK warning children about the problems you could face if you vape

<https://www.news.com.au/lifestyle/health/health-problems/teen-nearly-dies-from-vaping-left-with-permanently-damaged-lungs/news-story/a557d95fe2c62837883b242ef6147c93#:~:text=Ewan%20Fisher's%20lungs%20failed%20the,his%20final%20high%20school%20exams.&text=Ewan%20spent%2010%20weeks%20in,say%20it's%20down%20to%20vaping>



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# Lung Transplant Viability

A lung transplant may be the best option for some people with severe lung disease. The procedure can improve your quality of life and help you live longer. However, there are serious risks, such as infection and rejection. And long-term use of anti-rejection drugs can increase the risk of other health problems. Lungs are very fragile organs. That may be why the survival rate doesn't match that of other solid organ transplants. The median survival rate after a single-lung transplant is 4.6 years. Double-lung recipients tend to do better, with a median survival rate of 6.6 years.<sup>1</sup> Of course, some people live much longer.

(Source: [Very Well Health.com](https://www.verywellhealth.com))



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# Pop Quiz



- I. What does E.V.A.L.I stand for?
- II. Did this disease/condition exist before vaping?
- III. Has vaping led to a reduction or increase in the consumption of nicotine (or other substances) amongst youth?



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# Pop Quiz - Answers

- I. E-cigarette & Vaping Associated Lung Injury
- II. NO, brand new disease/condition.
- III. YES - Survey data for between 15 000 and 36 000 students in grades 6 through 12 per year, found that exposure to nicotine products, as assessed by nicotine product days, decreased prior to the popularity of e-cigarettes. This decrease slowed and then reversed owing to the upsurge of vaping;

Reference

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2783483>



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# Vaping in plain sight!



## VAPING IN PLAIN SIGHT

WHAT PARENTS NEED TO KNOW ABOUT HIDDEN DEVICES



# Vox Pop: Tell Us Your Story

Let's take 5 minutes for  
you to tell us your story  
around vaping

- Helping you Quit? or
- Causing you Harm?



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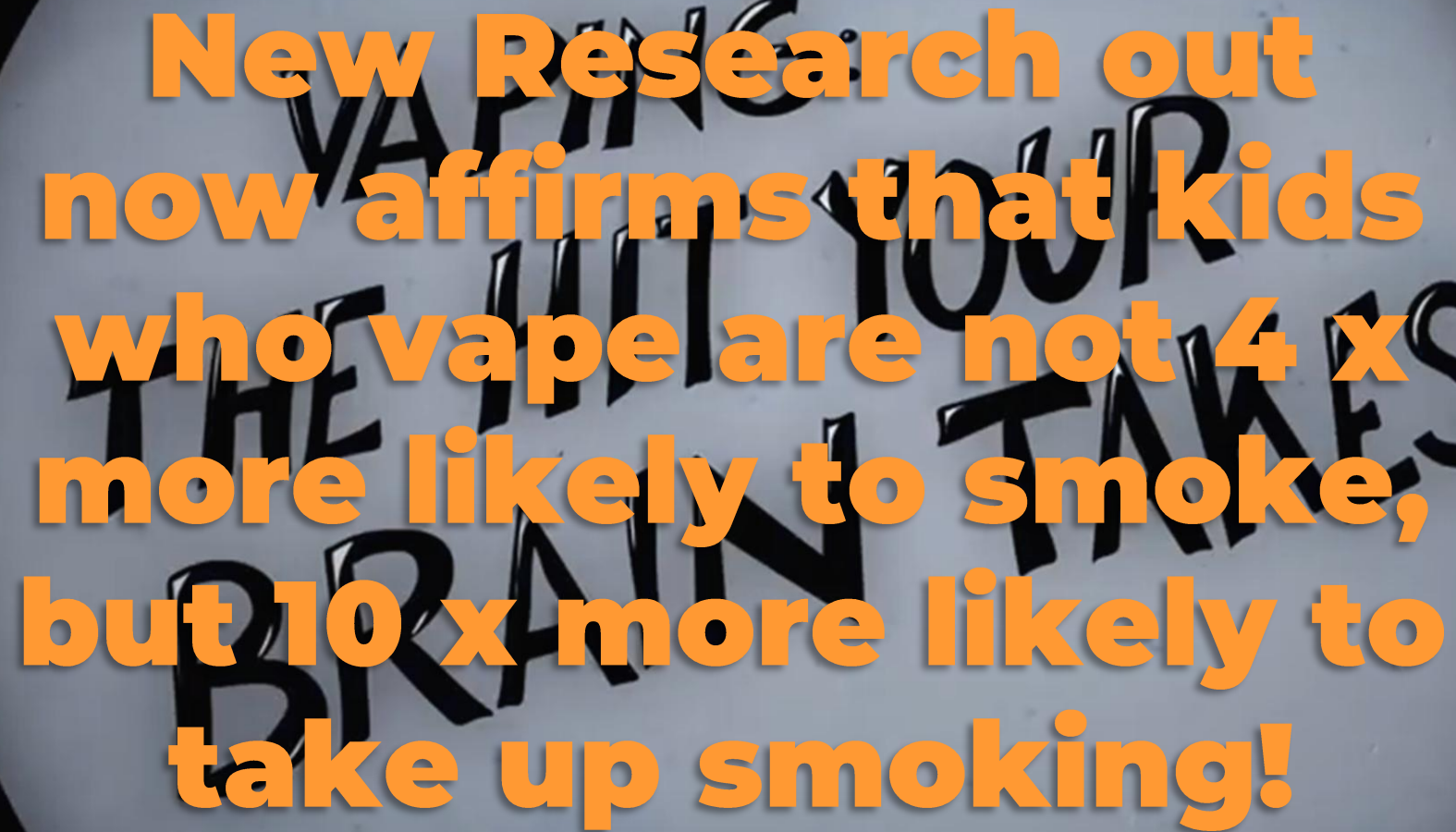
**BAN**  
**VAPING**

**Why We  
Need to Stop!**



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**New Research out  
now affirms that kids  
who vape are not 4 x  
more likely to smoke,  
but 10 x more likely to  
take up smoking!**

**The Round Out**

# Australian National University Research 2022

[E-cigarettes health outcomes  
review summary brief  
\(anu.edu.au\)](https://www.anu.edu.au)

# E-CIGARETTES **EVIDENCE ON HEALTH IMPACTS**

Use of e-cigarettes (vaping) has increased rapidly in recent years and is greatest in young people. In 2019, about 5 per cent of people aged 18-24 in Australia reported current vaping.

The global evidence shows that use of e-cigarettes can be harmful to health, particularly for non-smokers and youth. For most major health outcomes — like cancer, cardiovascular disease and mental illness — the impacts of e-cigarettes are not known, so their safety for these outcomes hasn't been established.

## NOT HARMLESS VAPOUR

There are 100s of chemicals in e-cigarettes, including formaldehyde, heavy metals, solvents, and volatile organic compounds.



## CAUSES ADDICTION

Nicotine is highly addictive and exposure during adolescence can change the structure and function of the brain.



# Australian National University Research 2022

[E-cigarettes health outcomes  
review summary brief  
\(anu.edu.au\)](https://anu.edu.au)

# E-CIGARETTES

## EVIDENCE ON HEALTH IMPACTS

### A GATEWAY TO SMOKING

# 3x

Non-smokers who vape are three times as likely to take up regular smoking as non-smokers who don't vape.



### SMOKING CESSATION UNCLEAR

Evidence that e-cigarettes are effective for smoking cessation is limited. Most smokers who use e-cigarettes continue to smoke.



### CAUSES INJURY

Impacts include poisoning, seizures, burns, and lung disease.

### HARMFUL TO THE ENVIRONMENT

E-cigarettes contain single-use plastics and lithium batteries, cause pollution and can start fires.



Australian  
National  
University

Knowledge translation and visualisation by the PHXchange

Banks E, Yazidjoglou A, Brown S, Nguyen M, Martin M, Beckwith K, Daluwatta A, Campbell S, Joshy G. Electronic cigarettes and health outcomes: systematic review of global evidence. Report for the Australian Department of Health, National Centre for Epidemiology and Population Health, Canberra: April 2022. The study was commissioned by the Australian Department of Health and was undertaken independently by researchers from the National Centre for Epidemiology and Population Health at The Australian National University.

## 2022 CEO Statement on Electronic Cigarettes: Plain English Summary



NHMRC

# Product safety

- E-liquids can contain nicotine (even when labelled 'nicotine-free') and many other chemicals. More than 200 chemicals have been detected in e-liquids.
- E-cigarettes can be harmful. All e-cigarette users are exposed to chemicals and toxins that can harm your health.
- Use of e-cigarettes can result in serious burns and injuries. In some cases, these burns and injuries have resulted in death. Poor-quality e-cigarette batteries or high-power devices increase the risk of explosions that can cause serious burns and injuries.



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## 2022 CEO Statement on Electronic Cigarettes: Plain English Summary



NHMRC

## Health effects

- Use of e-cigarettes can result in seizures in some users.
- Exposure to e-liquids that contain nicotine can result in poisoning for some users which, although it may not happen to everyone, can be severe and cause death.
- E-cigarette-related calls to Australian Poisons Information Centres have increased over the past 5 years. Most poisonings occur in toddlers and adults.
- Use of e-cigarettes can result in a serious and sometimes fatal lung condition known as E-cigarette or Vaping Associated Lung Injury (EVALI) in some users. Most cases of EVALI reported in the United States of America were linked to cannabis oils and vitamin E acetate, but other chemicals may also contribute to this condition.



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## 2022 CEO Statement on Electronic Cigarettes: Plain English Summary



## Health effects

- Use of e-cigarettes that contain nicotine probably results in throat irritation, cough, dizziness, headaches and nausea.
- There is not enough information from human research studies to know about the potential impacts of e-cigarette use on conditions such as cancer and cardiovascular disease, reproductive health, respiratory conditions (e.g. asthma) and mental illness.
- Lack of information does not mean that e-cigarettes are safe. More information is needed to know if long-term e-cigarette use is safe or if it harms your health.
- Can cause serious burns and injuries.



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## Specific health effects by tobacco smoking status

In addition to the health effects listed above:

If you have never smoked tobacco cigarettes and you use or are thinking of using e-cigarettes

There are no health benefits of using e-cigarettes if you do not currently smoke tobacco cigarettes.

You can become addicted if you use e-cigarettes that contain nicotine.

## 2022 CEO Statement on Electronic Cigarettes: Plain English Summary



NHMRC

# Specific health effects by tobacco smoking status

If you are a current tobacco smoker and you use or are thinking of using e-cigarettes

You will probably experience immediate increases in heart rates and blood pressure and stiffening of the arteries if you use e-cigarettes.

You may become addicted to e-cigarettes if they contain nicotine and you may use e-cigarettes in excess.

If you are a former tobacco smoker and you use or are thinking of using e-cigarettes

You may experience a decrease in blood pressure after you have switched.



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## 2022 CEO Statement on Electronic Cigarettes: Plain English Summary



NHMRC

# E-cigarette use and tobacco smoking

Tobacco smoking uptake

If you have never smoked tobacco cigarettes and you use or are thinking of using e-cigarettes

You are more likely to try tobacco smoking or become a tobacco smoker if you use e-cigarettes.



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## 2022 CEO Statement on Electronic Cigarettes: Plain English Summary



NHMRC

# Tobacco smoking cessation

If you are a current tobacco smoker and you use or are thinking of using e-cigarettes

There are other proven safe and effective options to help you quit smoking. E-cigarettes are not proven safe and effective smoking cessation aids.

Short-term e-cigarette use may benefit you if you are able to quit smoking and have been previously unsuccessful with other smoking cessation aids. However, not everyone finds e-cigarettes helpful for quitting.



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## 2022 CEO Statement on Electronic Cigarettes: Plain English Summary



NHMRC

# Tobacco smoking cessation

If you are a current tobacco smoker and you use or are thinking of using e-cigarettes

Research studies have found that it was more common for smokers to become dual users (using both e-cigarettes and tobacco products at the same time) than quit if they used nicotine e-cigarettes.

For some smokers, using nicotine e-cigarettes may assist them to quit; however, more research is needed to confirm the harms and benefits of using them for this purpose.

For additional assistance to quit tobacco smoking or quit e-cigarettes you are encouraged to seek further information from reliable sources, such as your healthcare practitioner or quit services.



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# Relapse to tobacco smoking

If you are a former tobacco smoker and you use or are thinking of using e-cigarettes

Using an e-cigarette may increase your chance of smoking relapse.



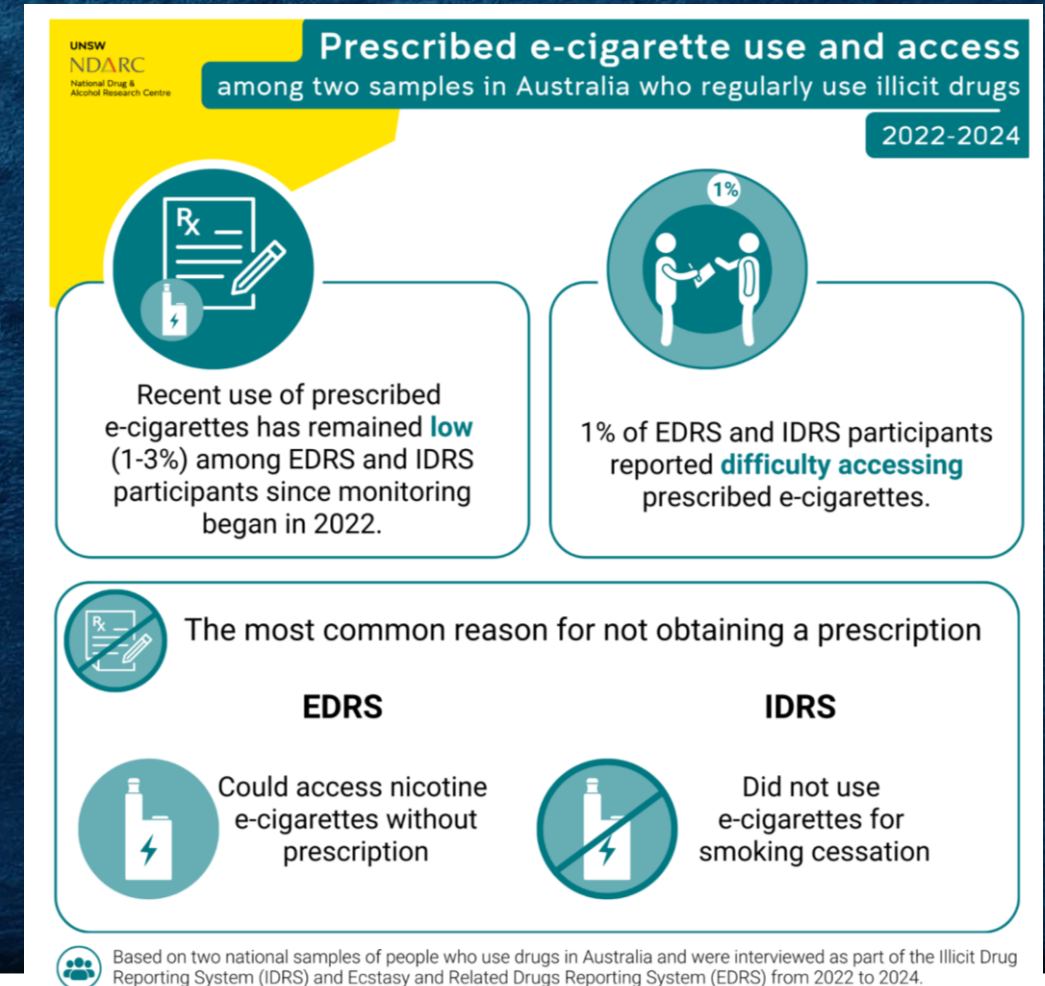
# What's Next?

“Youth involvement with vaping is not as clear-cut as grouping teenagers into those who vape, and those who don't. Vaping use falls along a continuum, from having not tried it and having no desire to do so, to those who are dependent on the product. Age has a bearing on vaping behaviour but is not the determining or predictive factor because vaping has ‘landed’ on all age groups at roughly the same time.”

(Source: *Being Gen Vaper: Exploratory research on the knowledge, perceptions, attitudes and influences on teen vaping in Western Australia 2022*)



# What's Now?



resilient

DO NOT VAPE

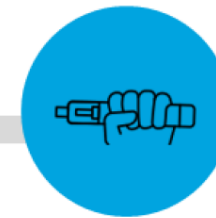


vulnerable



opportunistic

VAPE



committed

VAPE



dependent

# BAN VAPING



## What's Now?

1) Continually inform yourself, keep updated with Vaping Research & Activities

(Hit our Search engine *VAPING* or *E-CIGARETTES* or go to Get-a-Clue Partae on [www.nobrainier.org.au](http://www.nobrainier.org.au))



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# BAN VAPING



## What's Now?

### 2) Leverage of the New Legislation

**on Bans:** On 1 July 2024, the law changed so that all vapes and vaping products, regardless of whether they contain nicotine or not, can only be sold in a pharmacy for the purpose of helping people quit smoking or manage nicotine dependence.

It is illegal for any other business, such as tobacconists, vape shops and convenience stores, to sell any type of vape or vape product.

From 1 October 2024, people 18 years and older can buy vapes from participating pharmacies with a nicotine concentration of 20 mg/mL or less without a prescription, where state and territory laws allow.



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# BAN VAPING



## What's Now?

### 2) Leverage of the new legislation

They must talk with the pharmacist before purchasing.  
This includes:

- discussing the product and dosage
- discussing other options to quit smoking and/or manage nicotine dependence
- providing identification (for proof of age purposes only).
- Only one month's supply can be purchased over the course of one month.

People under 18 years need a prescription to access vapes, where state and territory laws allow, to ensure they get appropriate medical advice and supervision.



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# BAN VAPING



## What's Now?

### 2) Leverage of the New Legislation

People who need vapes with a higher concentration of nicotine than 20 mg/mL also need a prescription, regardless of their age.

(Sadly) Flavours are still in, but are restricted to mint, menthol and tobacco, and vapes must adhere to plain pharmaceutical packaging standards.

(Source:

<https://www.health.gov.au/vaping/new-laws>)



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# BAN VAPING



## What's Now?

**3)** Protective Factor Number One in Drug Use Prevention Science: For your Children/Students it is the *“Belief that Drugs are Bad”*.

Use the evidence that vaping is very bad... Relentless reinforcing within school policy (and to parents) the undeniable harms of vaping.

<https://nobrainer.org.au/index.php/student-teacher/curriculum/828-protective-factor-number-one-in-drug-use-prevention-science>



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# BAN VAPING



## What's Now?

**3)** Protective Factor Number One continued:

### Whose opinion matters?

Not surprisingly, when it comes to vaping a teenager's own opinion matters most; however trusted adults' opinions also matter to many – parents, sports coaches, health professionals (a doctor and the school nurse) and close family members. For teens who don't vape or vape very little, it is the 'cost' of their parents' disappointment that they most wish to avoid.



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# BAN VAPING



## What's Now?

### 3) Protective Factors continued ...

Engaged and caring parents are still one of the most powerful influences... Some keys to building that include:

- Know your values and what informs them. What you disapprove of and why? What you value and Why? (Sustainable Context – Meaning and Purpose that your child can identify and engage with)
- Boundary setting – clear and uncompromised. As the child matures, you may 'negotiate' boundaries as long as that is around best-practice, not simply demand, tantrum or 'I'm older now' rant! Teaching them to think through issues maturely. That is framed by...



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# What Now: Aussie Vaping App

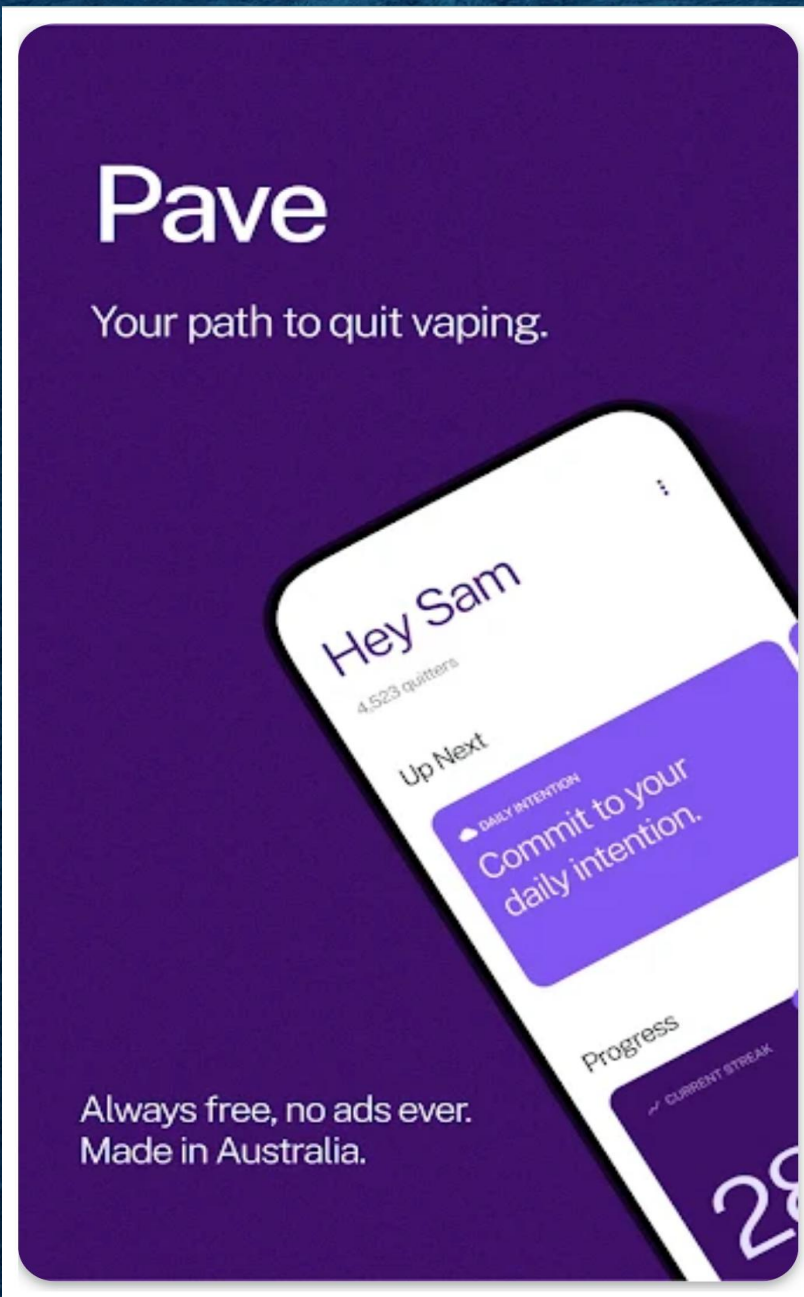
## New *Pave* app to support quitting vaping

The new *Pave* app being launched February 2025 provides users with helpful tips, motivation, tracking tools, distractions for when cravings hit, as well as activities and information to navigate common barriers to quitting vaping.

It provides a daily check-in feature supporting users to reflect on their progress and a click-to-call function to connect with Quitline counsellors.

The app was developed by the Cancer Institute NSW, and designed together with young people who vape or had recently quit vaping.

Their experiences informed the content and user interface of the app.



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# What NOW?

**4) Resilience Building:** Continue to develop resiliency building protective behaviours into the young people in your orbit

Proactive Protective factors also include

- 1) loving/caring/supportive relationships that model best health and well-being practices.
- 2) Boundary setting and reinforcing in those relational contexts
- 3) Values that reflect that context



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# Resiliency is like a bungee rope

“Managing complex issues of difficulty, duress, trauma or disappointment with well developed problem solving skills – persistence of will – founded on HOPE.”



# What's Next?

To help that, check out the...

## Humpty Dumpty Dilemma – Resilience Building Project

(Free Video Mentoring/Coaching  
sessions for youth in your school,  
club or family.)

<https://nobrainer.org.au/index.php/resources/humpty-dumpty-resilience>



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# What's Next?



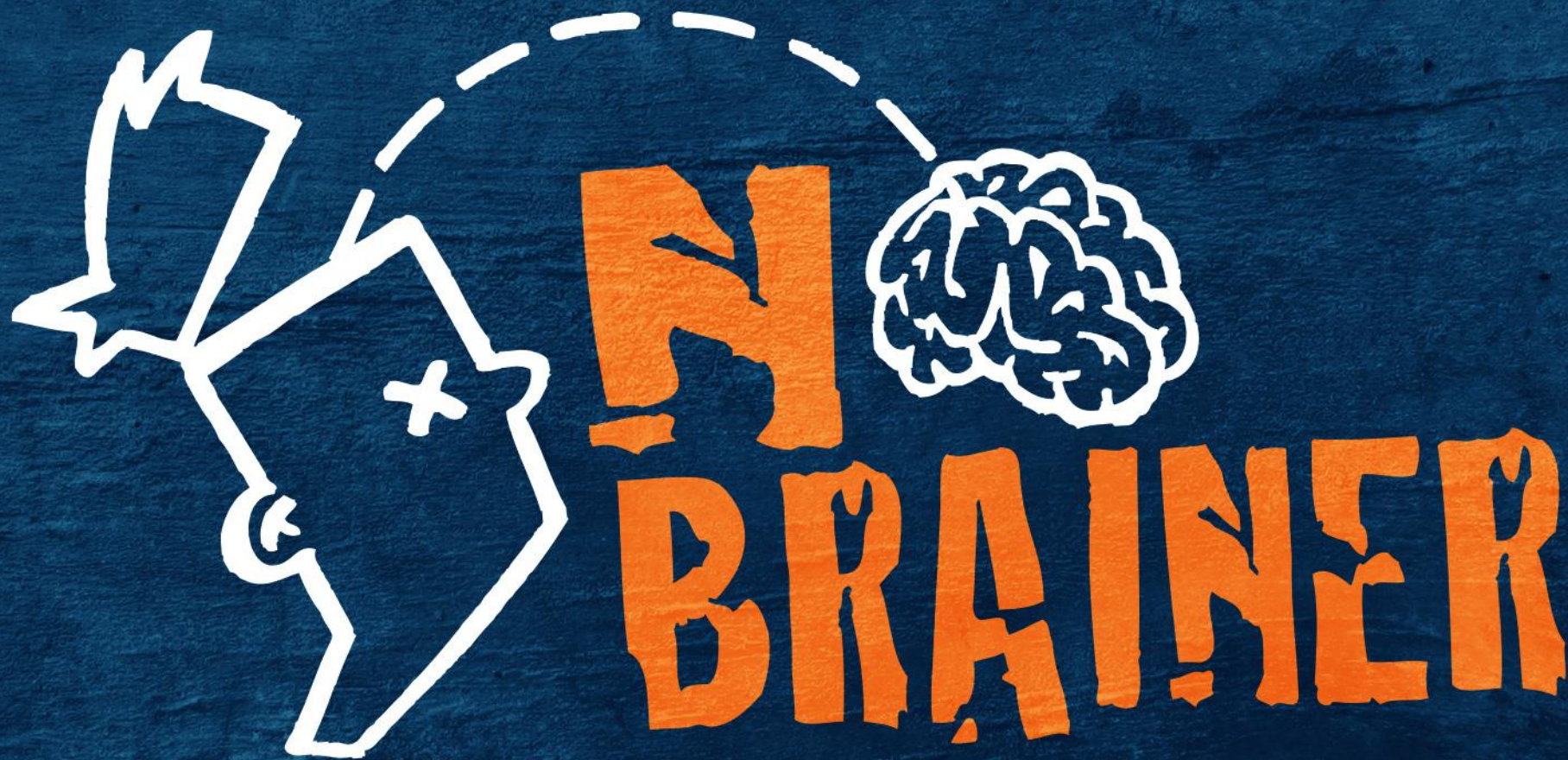
## Resource Hub

<https://worldresiliencyday.org/>



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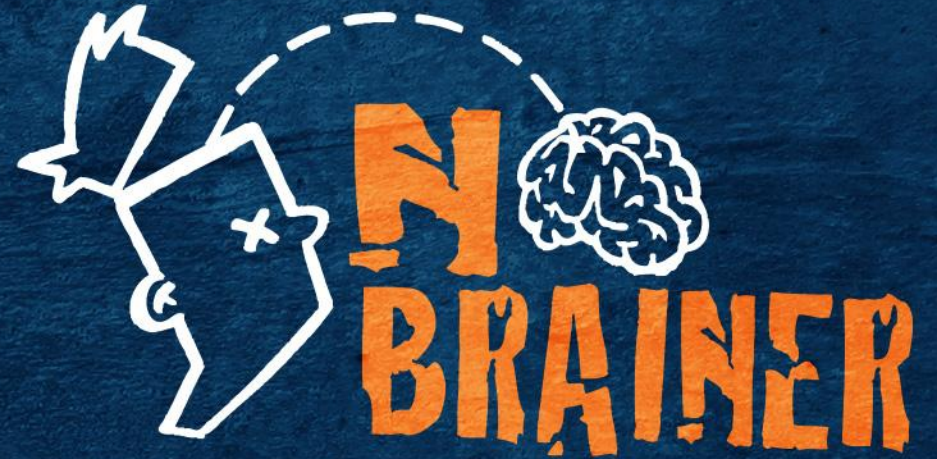






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# What Now?

Paul

Community Relations Manager



# Check us out

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