

THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes (e-cigarettes) or 'vapes' available.

The biggest misunderstanding about e-cigarettes is that they are harmless compared to cigarettes.

This is not true. E-cigarettes are not safe. Spotting e-cigarettes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of e-cigarettes is a first step to help protect young people from the risks of vaping.

COMMON E-CIGARETTES



Disposable e-cigarettes are the most common types used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number of 'puffs' the device contains. Many of these e-cigarettes contain nicotine, despite often not being labelled as containing nicotine.



E-cigarettes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids.

These devices don't seem to be as popular with young people.

WHERE TO GO FOR MORE INFORMATION

To find out more about the health risks of vaping, visit www.sahealth.sa.gov.au/vaping

Knowing the facts about vaping is part of South Australia's approach to respond to vaping in schools. South Australian schools are required to be smoke-free (including vaping). Schools are further supported through vaping content in curriculum, evidence-based resources, funded external programs, training and support in providing intervention and managing incidents where the health and wellbeing of students is paramount.

To find out more, visit www.education.sa.gov.au/vaping