

# Vaping (E-Cigarettes) What you Need to Know!

## The Health Risks of Vaping

It may look and seem harmless, but vaping comes with many health risks:

- Most vapes contains nicotine which is highly addictive, particularly for teenagers.
- Nicotine exposure during the teenage years can harm brain development, which continues until about age 25.
- Nicotine can damage DNA, promote tumours, and is linked to a number of different cancers.



- One vape pod can contain as much nicotine as a whole packet of cigarettes.
- Long term vaping has been shown to cause lung issues.
- Vapes may also contain cannabis and chemicals, which are harmful to health, and the liquid in vapes can poison through swallowing or skin contact.

# How to Quit

1. **Write down good reasons to stop vaping** – example, save the money for something special for yourself or someone else.
2. **Be prepared** - ask yourself when you might be more likely to vape and prepare yourself with ways to deal with cravings. For example, you might replace it with chewing gum, physical exercise or talking to someone.
3. **Avoid your triggers** - it may be best to avoid situations that can trigger you to vape when you're in the early stages of quitting, such as with certain friends or at certain places.
4. **Ask for help** -you don't have to do it alone. If you feel comfortable, tell your friends and family that you're quitting and you will need their support. You can also talk to an experienced health professional.

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If you need support relating to alcohol and other drugs, or more information about our services, get in touch:



[www.2connect.org.au](http://www.2connect.org.au)



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2Connect provides practical and emotional support (case management and counselling) regarding alcohol and other drugs use and their harms to youth and families.



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