

E-CIGARETTES

&

VAPING

**WHAT PARENTS NEED TO KNOW**

# WHAT DO E-CIGARETTES LOOK LIKE?

**MANY DISPOSABLE  
E-CIGARETTES ARE BRIGHTLY  
COLOURED AND LOOK LIKE  
HIGHLIGHTER PENS.**

Some e-cigarettes can be as small as a lip balm.



**18 +**

**YOU MUST BE 18 OR  
OVER TO PURCHASE AN  
E-CIGARETTE.**

E-Cigarettes can also be known as 'e-cigs', 'electronic cigarettes', 'vapes', 'disposables' or 'dispos'.

There are over 400 brand names for E-Cigarettes.

# HEALTH EFFECTS

**VAPING PUTS NICOTINE AND  
VAPOR INTO THE BODY.  
NICOTINE IS HIGHLY  
ADDICTIVE.**

E-Cigarettes can:

Slow brain development in kids and teens and affect memory, concentration, learning, self-control, attention, and mood .

Increase the risk of other types of addiction as adults.

Cause lung irritation.

# WHAT ABOUT NICOTINE-FREE E-CIGARETTES?

**MOST E-CIGARETTES DO  
HAVE NICOTINE.**

Even e-cigarettes that don't have nicotine have chemicals in them. These chemicals can irritate and damage the lungs.

The long-term effects of e-cigarettes that don't have nicotine are not known.

Some "nicotine-free" e-cigarettes have been found to contain nicotine.

**EXPLOSIONS AND BURNS HAVE BEEN REPORTED WITH E-CIGARETTES WHILE RECHARGING THE DEVICES, DUE TO DEFECTIVE BATTERIES.**

**SOME SUBSTANCES FOUND IN E-CIGARETTE VAPOUR HAVE BEEN LINKED TO AN INCREASED RISK OF CANCER.**

**ACCIDENTAL EXPOSURE TO LIQUID FROM E-CIGARETTES HAS CAUSED ACUTE NICOTINE POISONING IN CHILDREN AND ADULTS.**

**CHILDREN ARE BEING TARGETED ILLEGALLY BY PEOPLE SELLING THEM FROM CARS OR THROUGH SNAPCHAT AND THE E-CIGARETTES COULD CONTAIN OTHER ILLEGAL SUBSTANCES SUCH AS SPICE.**