

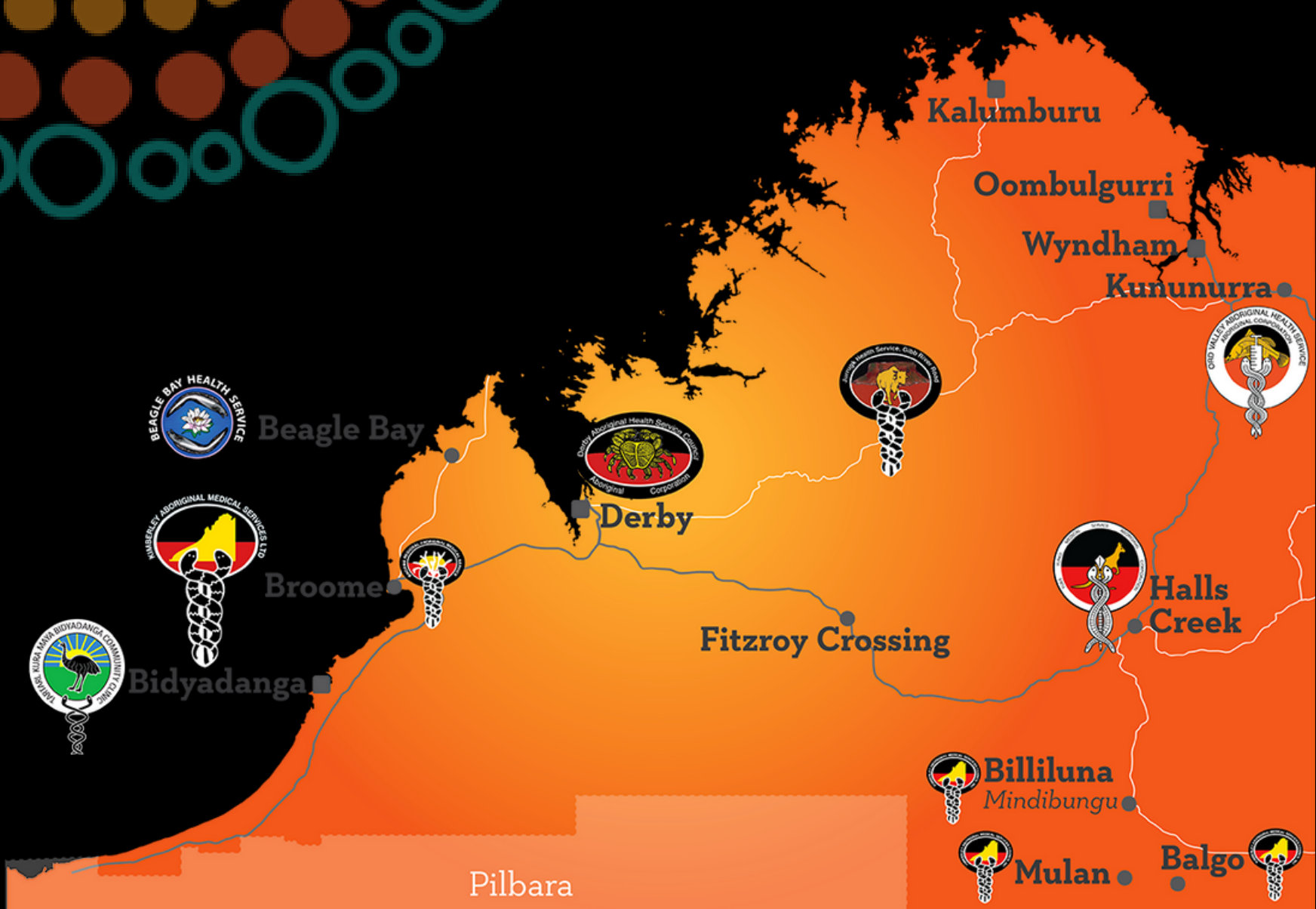
# E-CIGARETTES AND VAPING



**KIMBERLEY**  
TACKLING  
INDIGENOUS  
SMOKING



# ACKNOWLEDGEMENT OF COUNTRY



In the spirit of reconciliation, KAMS acknowledges the Traditional Custodians of country throughout the Kimberley and their connections to land, sea and community. We pay our respect to their Elders past and present and emerging.

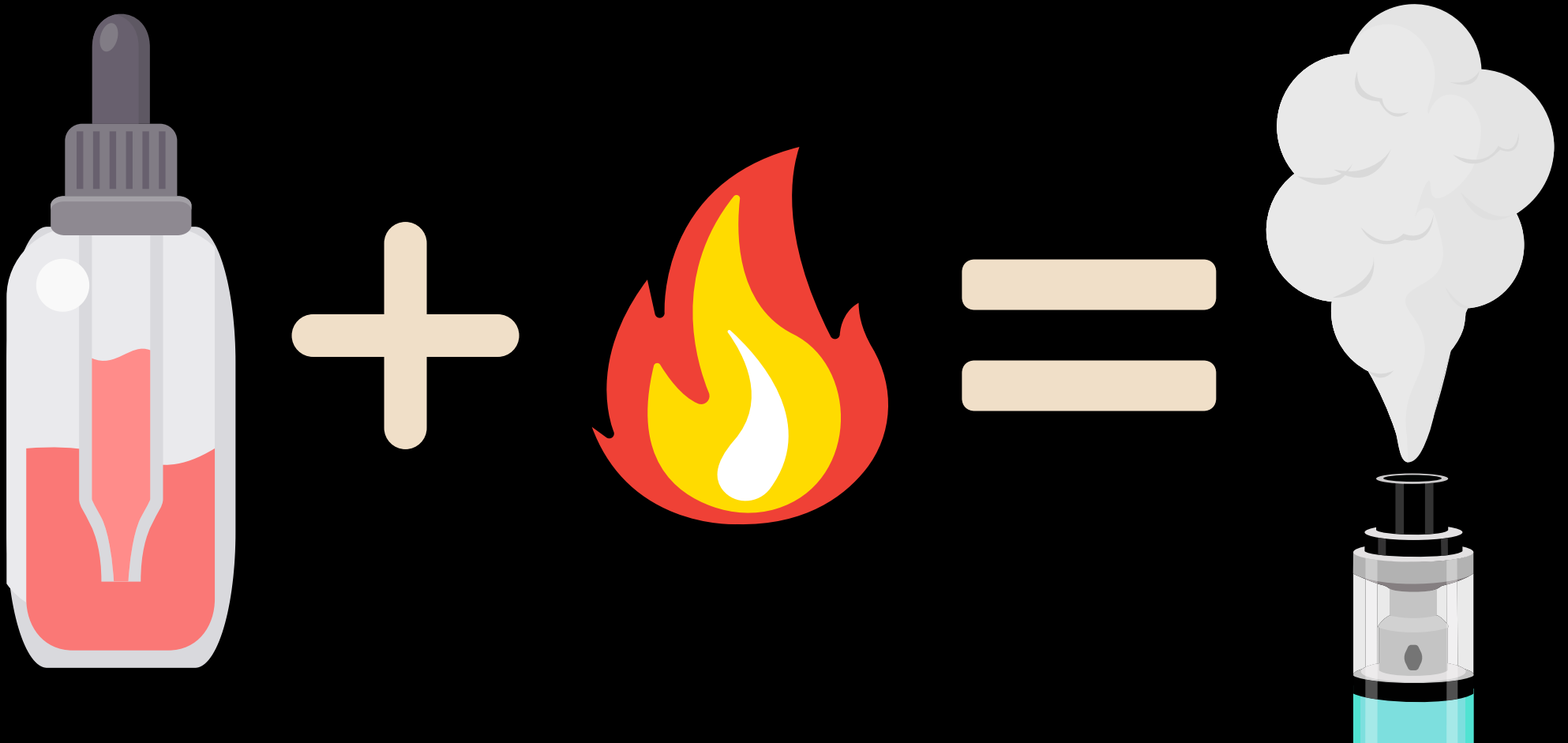
# E-CIGARETTES AND VAPING

What is it?

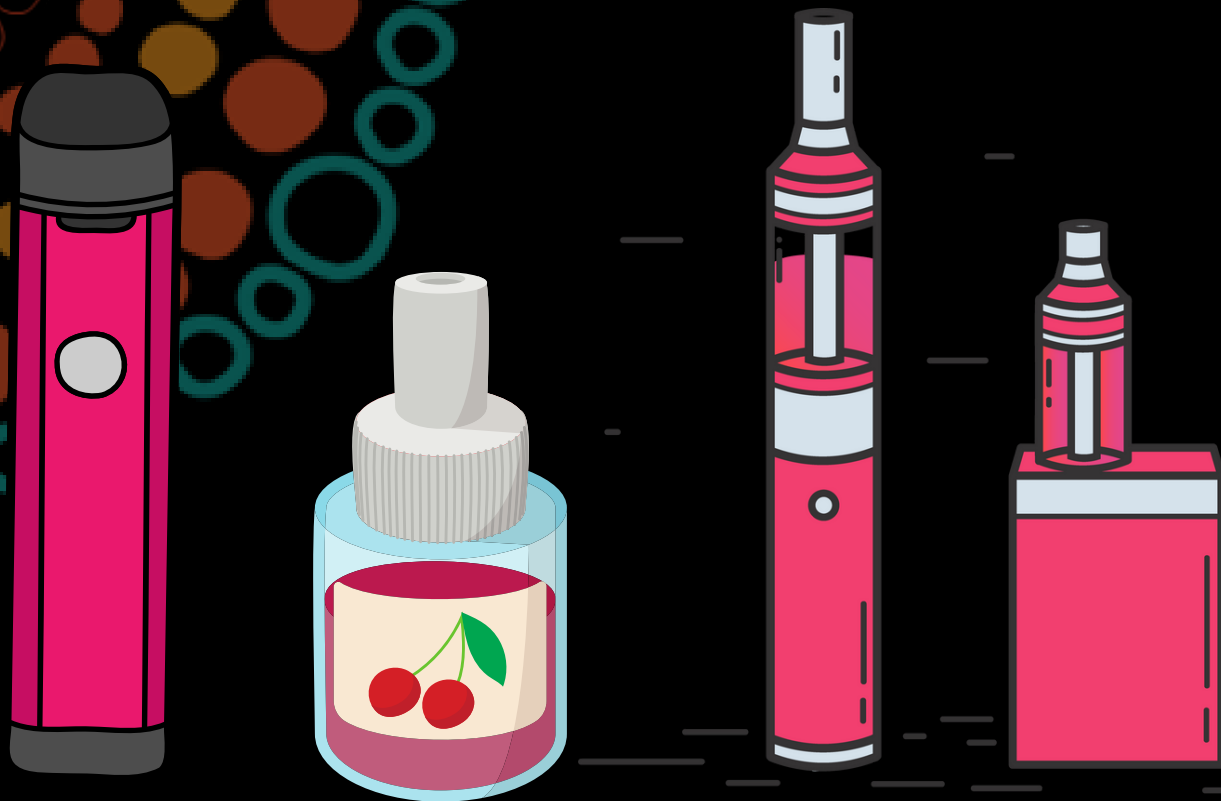


E-cigarettes, or vapes, are electronic devices that heat up a liquid into a vapour that is breathed in.

The devices are powered by lithium batteries and contain cartridges filled with liquid, or "juice".



# E-CIGARETTES AND VAPING



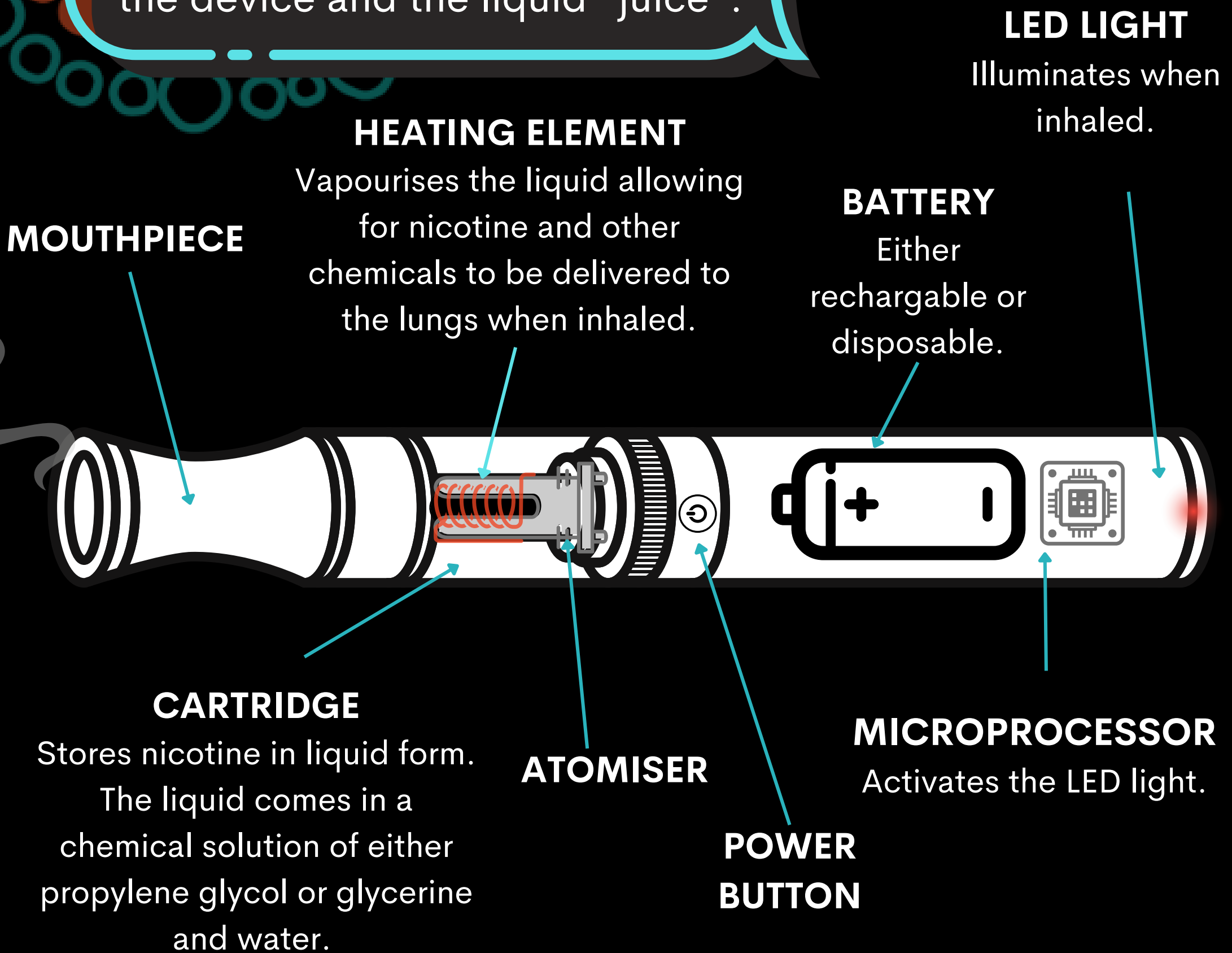
What is breathed in?

Vapour is made up of tiny particles and can contain a range of harmful chemicals.



# SECRETS IN A VAPE

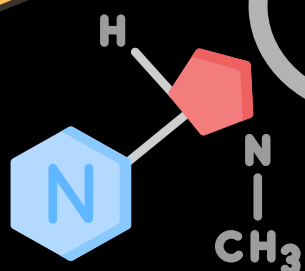
To look at the hidden secrets in vapes, we need to explore both the device and the liquid "juice".



Vapes come in many different shapes and sizes. But, they are all made to work in the same way.

# SECRETS IN THE "JUICE"

There are typically 4 main ingredients in vape juice.



## NICOTINE

Highly addictive and is also found in tobacco



## PROPYLENE GLYCOL

A primary ingredient. A clear, odourless liquid commonly used as a food additive. Used to make:

- **car coolant**,
- **paint** and
- **fake smoke** in fog machines.



Some vape juices that are labelled as 'nicotine-free' may still contain nicotine!

The TGA found 57% of tested vapes contained undeclared nicotine.



## FLAVOUR

Made up of chemicals. These chemicals may be safe to eat, but it is **unknown** if it is safe to **inhale**. There are more than **7000** flavours.



## VEGETABLE GLYCERIN

A primary ingredient. It is **deadly** to human cells.

# THE HIDDEN INGREDIENTS



The more ingredients in an e-liquid, the greater the harm and toxicity to humans!

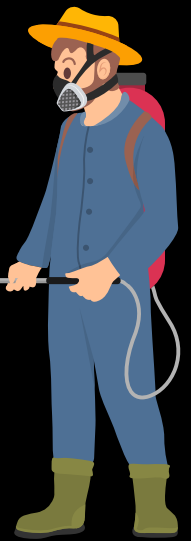
## CAR COOLANT

Diethylene glycol is an odourless chemical also used in **brake fluid**.



## WEED KILLER

Acrolein is the ingredient found in weed killers.



## PERFUMES

Acetaldehyde is used to make perfumes.



## CAR EXHAUST FUMES

Benzene is found in exhaust fumes.

## BATTERIES

Cadmium is toxic metal also found in **cigarettes**.



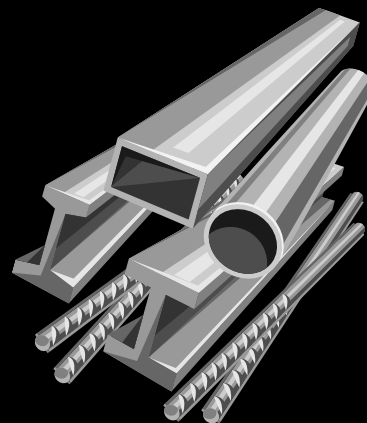
## FORMALDEHYDE

Used to preserve **dead lab specimens and animals**.



## PAINT THINNER

Acetone is found in **paint removers** and **nail polish removers**.



## HEAVY METALS

Including **nickel, tin and lead**.

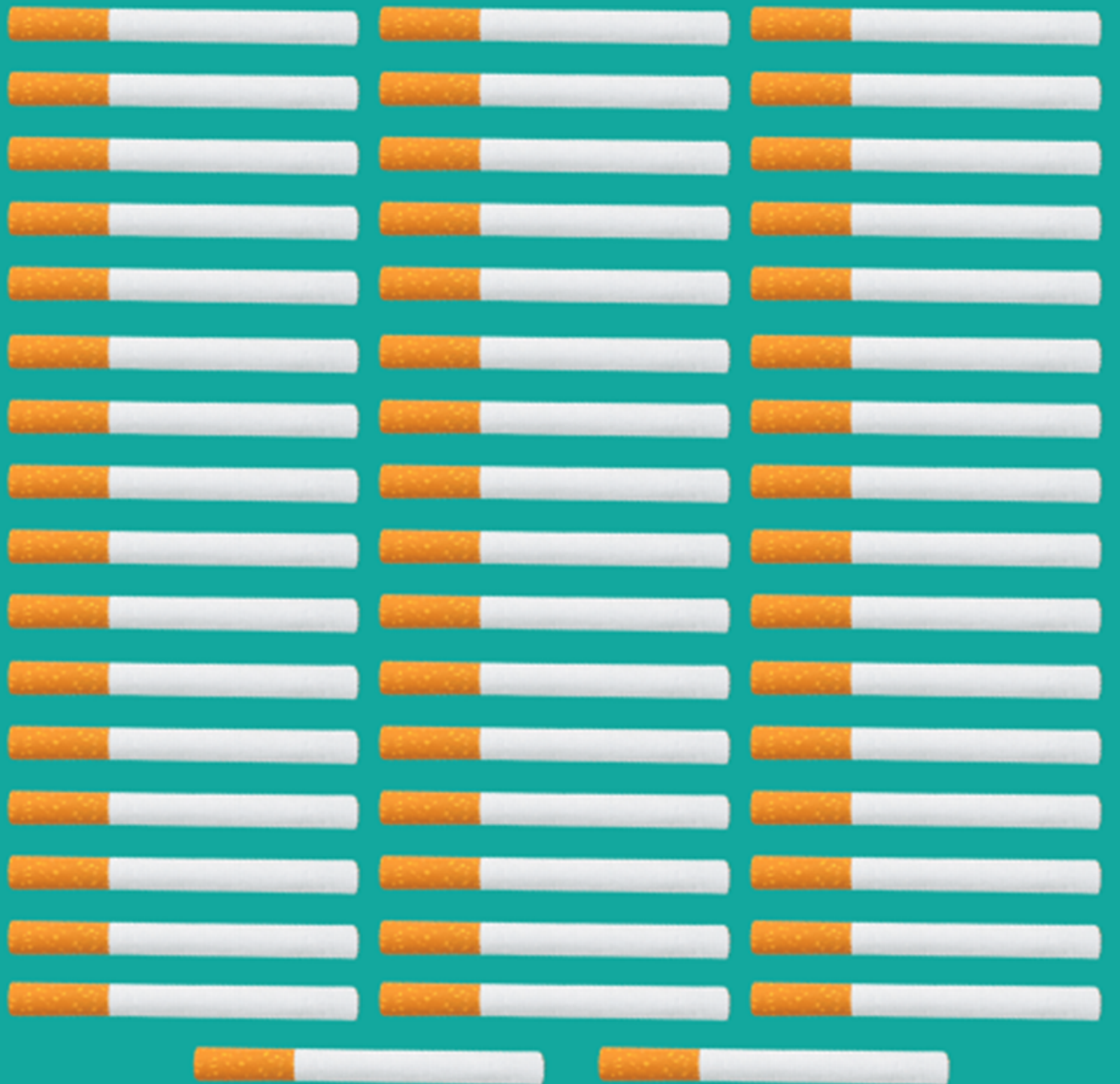


SOMETIMES, THE CHEMICALS ARE NOT LABELLED CORRECTLY. SOME VAPE JUICE INGREDIENTS MAY NOT BE LABELLED AT ALL!

# DID YOU KNOW?

The Nicotine in 1 VAPE can

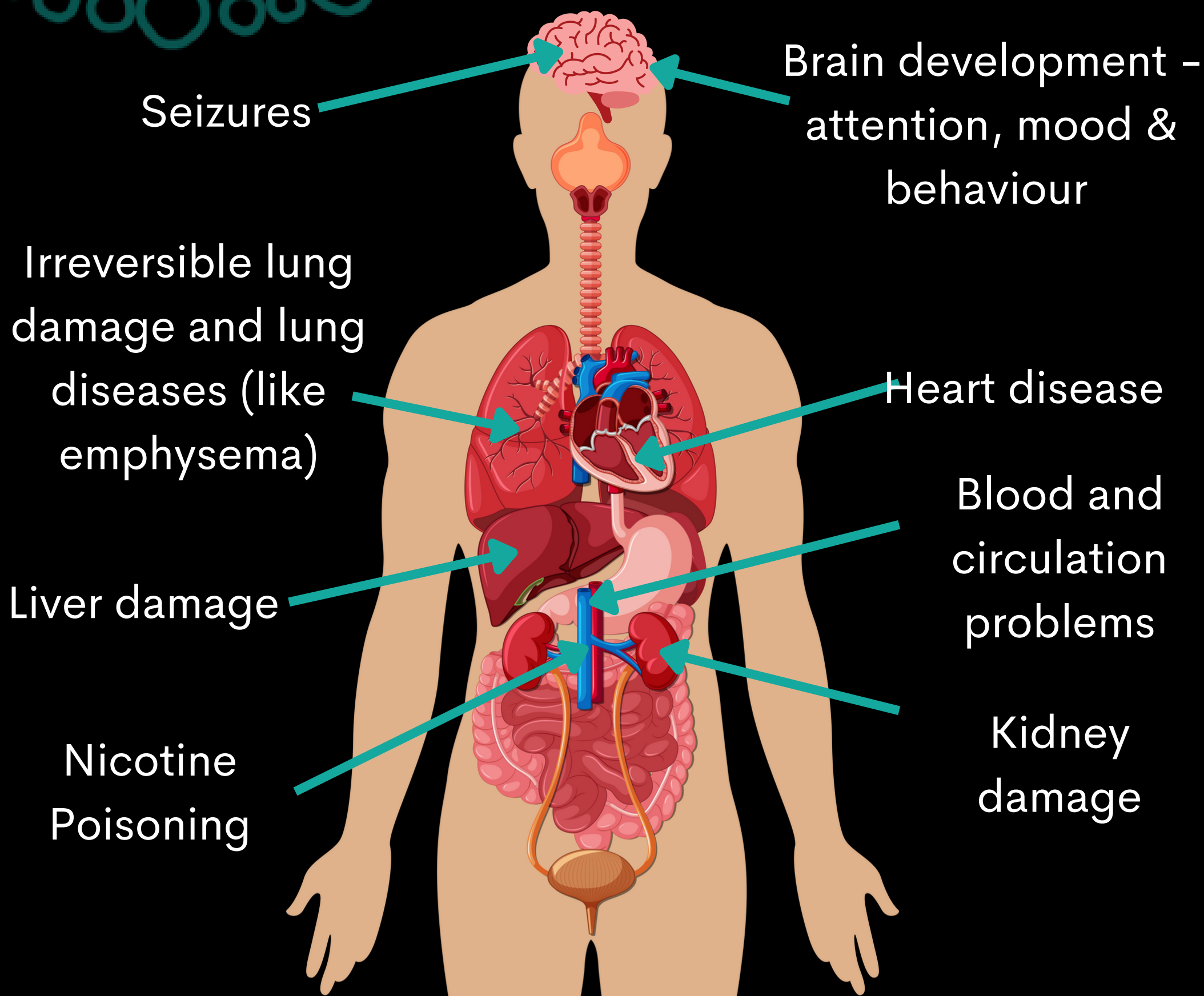
= **50** cigarettes





# Will the ingredients harm me?

Vapes do NOT have harmless water vapour — they contain toxic particles.

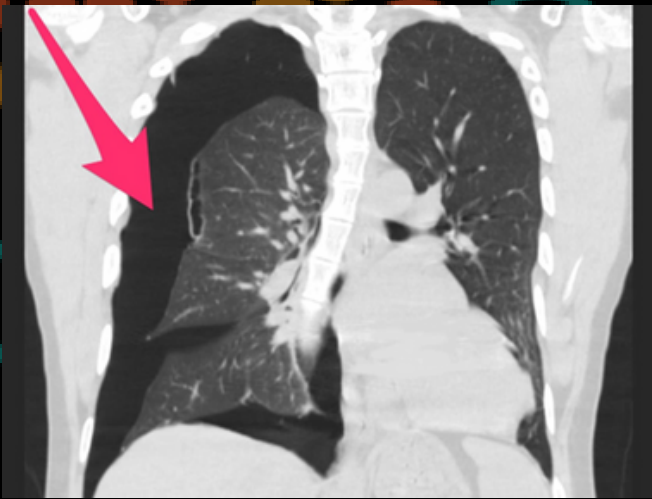


**The full health impacts are still unknown!**

Vaping can increase coughing, worsen asthma symptoms and change your blood pressure.

**EVALI**

**e-cigarette or vaping use-associated lung injury**



**What is it?**

A serious lung condition that causes damage to the lungs such as:

- blister formations
- collapsed lungs

over

**60** reported deaths

Hospitalisation of more than

**25000** people in the United States

# OTHER DANGERS



Poor quality  
batteries  
increase the  
risk of

**EXPLOSIONS**

- Can cause serious chemical and thermal burns on the skin.
- Can occur when the batteries overheat or are overcharged.



# DID YOU KNOW?



## VAPES ARE DESIGNED FOR YOUNG PEOPLE

### How?

- The flavours and colourful packaging used for vapes make them appealing to young people.
- Tobacco companies are always looking for new customers.
- Vapes are a new way to get young people addicted to nicotine!



# SECOND-HAND VAPING

What is it?

When e-cigarette users breathe out the chemical cocktail (emissions) and it is breathed in by other people.

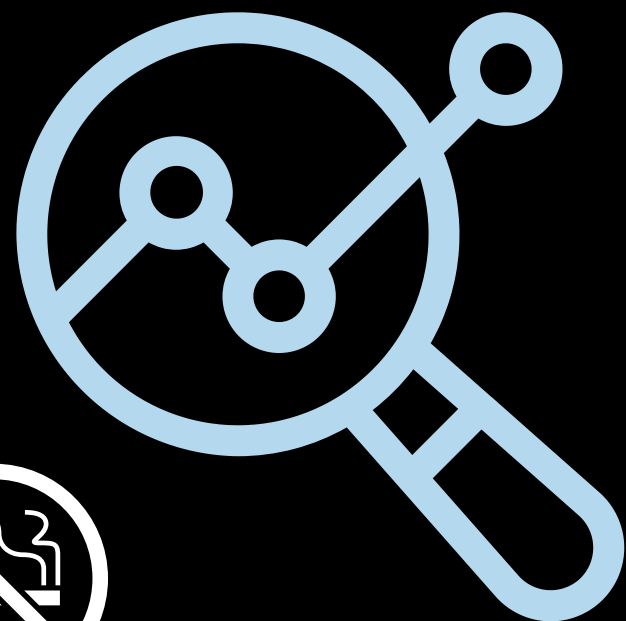
Emissions are dangerous for those who breath it in.



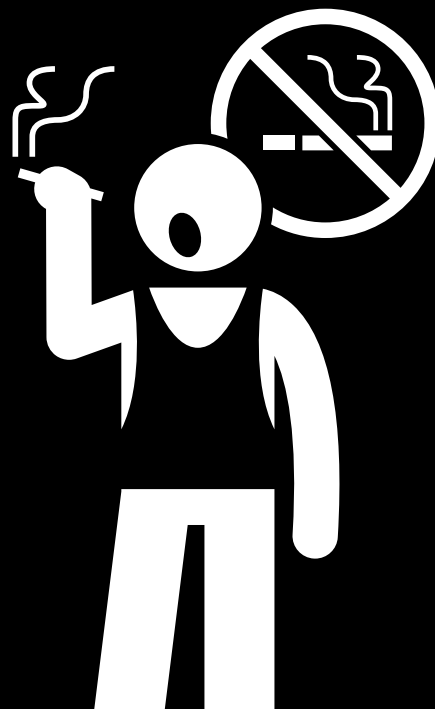
It can be just as harmful as passive smoking and can lead to:

- asthma attacks
- heart disease

# FACT FINDER!



Young smokers  
who vape are  
**3x** more  
likely  
to start smoking  
cigarettes than non-  
vapers

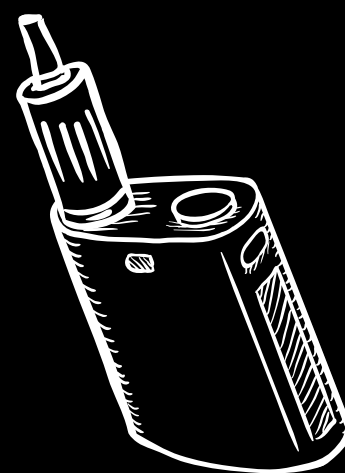


**15.5%**

of current people who VAPE  
have NEVER SMOKED  
cigarettes

**32%**

of 14-17 year-olds  
have used vaping  
products



Vaping is causing

**ADDICTION**

in a "new generation"  
of users

# THE LAW!

It is illegal to **sell, supply** or **possess/own** an e-cigarette or any liquid that contains nicotine in Australia without a doctor's prescription.

It is illegal to sell vapes to anyone under 18 years of age.

In W.A., even if the device does not contain nicotine, it is still illegal.



up to

**\$45,000** fine for possessing a vape.

# MYTH BUSTING!

Vapes wouldn't be available if they were dangerous!

**BUSTED**

**BUSTED**

It is JUST water vapour!

E-cigarettes help people quit smoking!

**BUSTED**





# HAVE A YARN

Do you want some help going vape and smoke free?

Have a yarn at your local clinic with:

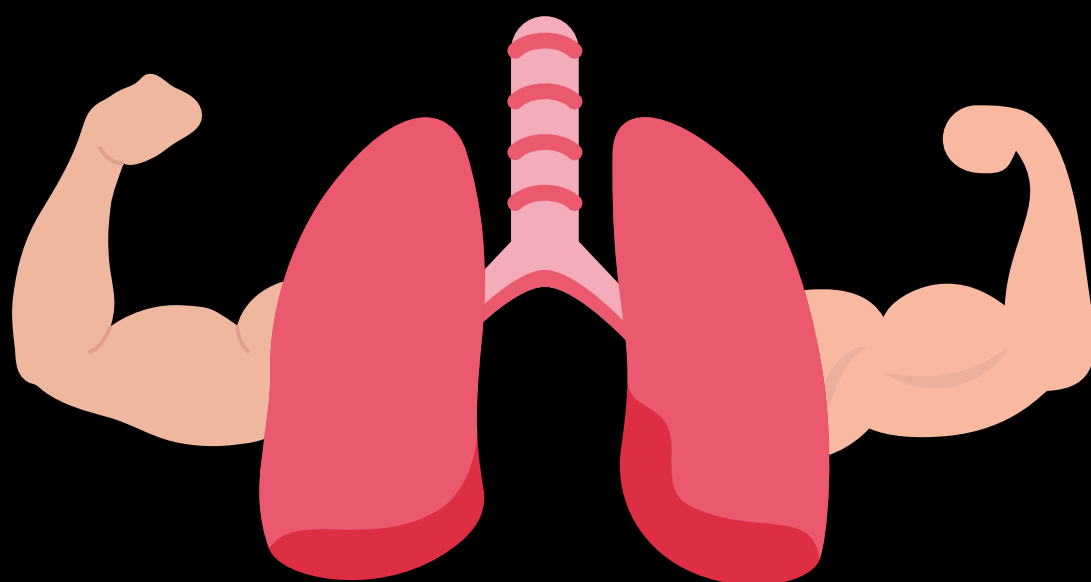
- Aboriginal Health Worker, or
- Nurse, or
- Doctor.



Say NO to Vapes!



For strong lungs.



To stay deadly on game day.



To keep country clean and healthy



## References and accreditations:

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