


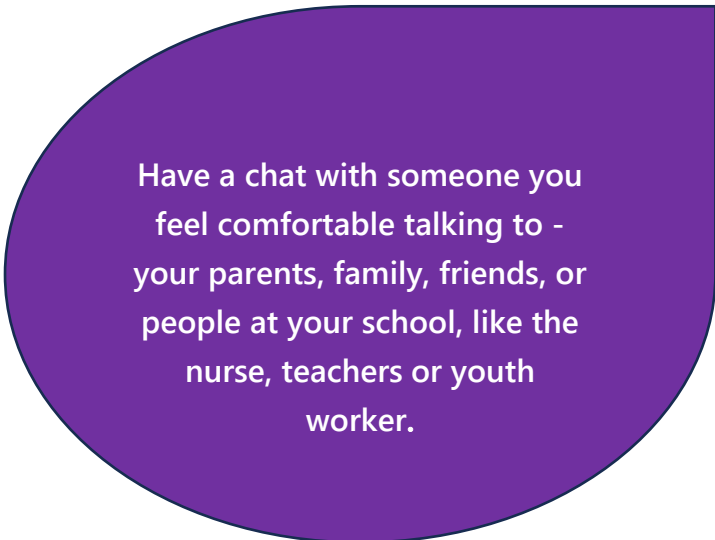
Is it time to break-up with vaping?

How can I break-up with vapes or smokes?

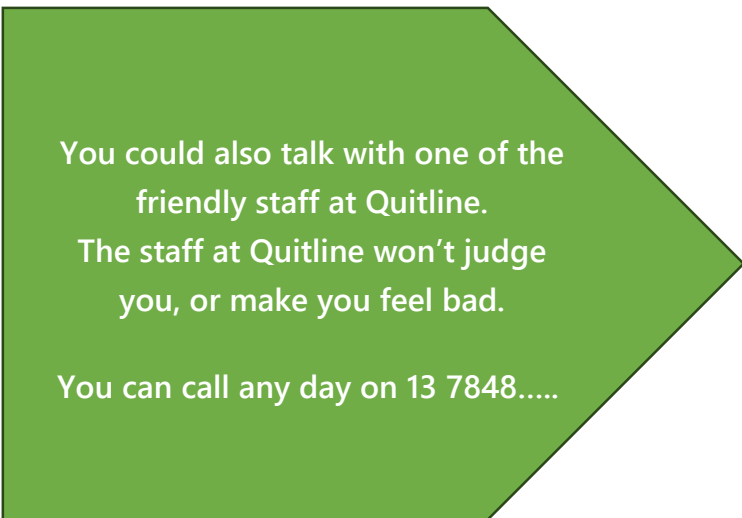
Breaking up is sometimes easier to think about than do. You might worry about how you will get through it, what you'll feel, and even who can you speak with to get support. Here are some ideas that may help you.



Start by getting rid of your vapes and/or cigarettes.

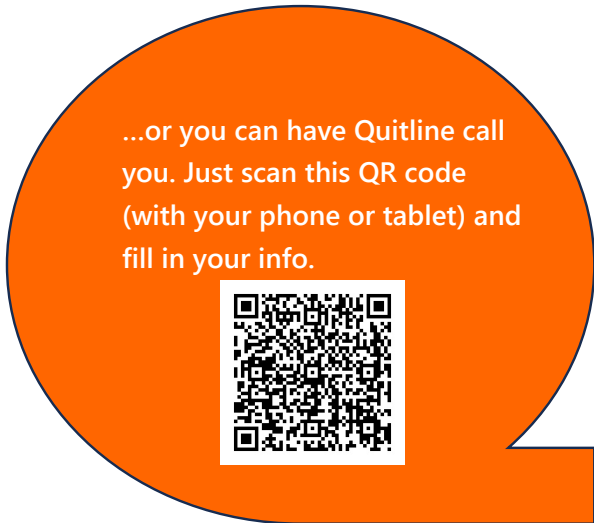


Have a chat with someone you feel comfortable talking to - your parents, family, friends, or people at your school, like the nurse, teachers or youth worker.



You could also talk with one of the friendly staff at Quitline. The staff at Quitline won't judge you, or make you feel bad.

You can call any day on 13 7848.....



...or you can have Quitline call you. Just scan this QR code (with your phone or tablet) and fill in your info.



If you don't feel comfortable telling the staff at Quitline your name, you will need to call directly (i.e. don't fill in the Request a Call form).

Here is some information you may find useful

What is the issue with nicotine?

Nicotine is a key ingredient in a range of products including vapes and tobacco cigarettes.

It is classed as a 'stimulant' drug (these types of drugs speed up messages traveling between your brain and body)¹.

Nicotine is one of the most addictive substances in the world! You can develop an addiction to nicotine quickly – this means that your body can become dependent on nicotine.

Regularly using nicotine can cause changes to your brain development, and your brain keeps developing until you're about 25 years old.

Using nicotine when you're an adolescent can rewire your brain by changing the parts of your brain responsible for decision-making, impulse control, and mood regulation².

How does nicotine impact my brain?

When your body receives nicotine, receptors (nerve endings) in your brain release a feel-good chemical called dopamine.

This is what makes nicotine addictive. Your brain will keep sending you messages telling you it wants more nicotine.

Some vaping products contain the same amount of nicotine as 50 cigarettes - some contain much more!

What else does vaping and tobacco smoking do to my body?

Let's start by looking at what vapes, and cigarettes contain.

Nicotine isn't the only chemical of concern... there are many more chemicals in vapes and tobacco cigarettes that can have a negative effect on your body and health.

Tobacco cigarettes contain around 7,000 chemicals and vapes are known to have at least 200 different chemicals in them.

These can include:

Formaldehyde – can cause irreversible lung damage

Propylene glycol (vapes) – is toxic to human cells

Acetone – good for removing nail polish, not good for inhaling

References

1. Nicotine. Alcohol and Drug Foundation. Available at <https://adf.org.au/drug-facts/nicotine/>
2. Nicotine addiction – Fact sheet for young people. NSW Health. Available at <https://www.health.nsw.gov.au/tobacco/Pages/vaping-nicotine-addiction-young-people-factsheet.aspx>

Resources you might like to look at:

Fact Sheet - Unveil what you inhale. Lung Foundation Australia. https://lungfoundation.com.au/wp-content/uploads/2021/07/Factsheet-Vaping-and-Young-People_Youth-12-17-Jul2021.pdf