**Dear Parents/Carers/Guardians,**

The use of Electronic cigarettes (e-cigarettes) amongst young people in the community has risen and we wish to share some information to help you support your young people to avoid the use of e-cigarettes/vaping. We have also included a great resource linked below to learn effective ways to discuss the risks of vaping with your teenager.

E-cigarettes are battery-powered devices. They heat liquids, called e-liquids, into an aerosol that users breathe in. Using e-cigarettes is often called ‘vaping’. E-cigarettes can also look like pens or memory sticks (USBs) and can be difficult to identify. The easiest way to notice if an e-cigarette is being used, is the sweet scent from the e-liquids.

Quit Victoria has highlighted that the use of e-cigarettes in young people has increased from 6.6.% in 2016 to 18.6% in 2019, and still rising. We also know that e-cigarettes are being heavily marketed towards young people on social media.

E-cigarettes and e-liquids have not been safety tested by the Therapeutic Goods Administration in Australia (TGA) and are not regulated in Australia. The TGA considers e-liquids unsafe and the chemicals in e-cigarettes can damage the heart and lungs when inhaled. Most e-cigarettes also contain nicotine, even if they have been labelled ‘nicotine free’. One e-liquid pod can contain as much nicotine as a packet of cigarettes, there is very little regulation in how they are manufactured.

Nicotine is highly addictive, especially for teens, and many vapes/e-cigarettes have high amounts of nicotine despite being labelled “nicotine free”. Nicotine can impact brain development, especially affecting learning, memory, mood and attention. The sale of any device which contains liquid nicotine without a doctor's prescription is also illegal in Australia for any age, while the sale of electronic cigarettes to people under the age of 18 is prohibited/illegal.

E-liquids can poison children and adults through swallowing or skin contact; keep devices out of reach of small children. Symptoms of nicotine poisoning include sweating, dizziness, vomiting and increased heart rate. If you suspect a child has touched or swallowed e-liquids, you can call theVictorian Poisons Information Line (VPIC)*.* When you call the VPIC, trained staff will give you first aid information, and tell you if you need to call an ambulance or refer you to a doctor for treatment.

**For more information please contact:**

[Quit Victoria](https://www.quit.org.au/) 13 7848

Victorian Poisons Information Line 13 11 23

**Parent vaping information and supporting your child package;**

<https://darta.net.au/wordpress-content/uploads/2020/12/VAPING-RESOURCES-PARENTS.pdf>