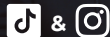


# #whyichoose

increasing knowledge, preventing harm

*We can help ourselves and others make more informed decisions around tobacco smoking and vaping*



@youth\_solutions

[youthsolutions.com.au](https://youthsolutions.com.au)

# LET'S HEAR

*your voice*

## #whyichoose

WHAT IS #WHYICHOOSE?

#whyichoose is  
Youth Solutions' annual  
community health  
promotion campaign led  
by our youth volunteers

WHAT CAN I LEARN?

We want to increase young  
people's knowledge of the  
harms of tobacco smoking  
and vaping and their  
confidence to access  
support services



# LET'S HEAR *your voice*

#whychoose

AJ



YAG Volunteer

“Quitting vaping and/or smoking can be difficult but there are services and resources that can help! If you are unsure of where to start, contact the Youth Solutions team to begin your quit journey!”

“

Quitting vaping and/or smoking can be challenging but you are not alone! There are great services and resources that can support you.

”

Mahnee



YAG Volunteer

Bec



Health Promotion Officer

“Nicotine affects the brain and is highly addictive. When seeking help with a highly addictive drug such as nicotine (which can be mighty difficult to stop) research tells us seeking support does help.”

## Did you know?

If someone usually smokes half a pack of cigarettes a day they will spend approximately **\$6300** on cigarettes in one year!



# LET'S GET *the facts*



## #whyichoose

Answers on the next page →

Q1

Vapes expose users to harmful metals including:

AL_M_N_UM	_OPPER
ARS_N_C	T_N
CHROMI_M	NI_KEL
L__D	

Q2

### True or False?

Nicotine (found in cigarettes, most vapes and shisha/waterpipe tobacco) is highly addictive and affects brain development in young people.

Q3

45 minutes of shisha is equal to approximately how many cigarettes?

- A. 5
- B. 45
- C. 100
- D. 20

Q4

### True or False?

Many vapes contain nicotine (even if the label does not list nicotine as an ingredient)

Q5

**Shortness of breath  
Cough and chest pain  
Nausea, vomiting and diarrhoea  
Fatigue, fever and weight loss**

Are symptoms of what medical condition linked to vaping?

Q6

### True or False?

Passive cigarette smoking can cause asthma in children and young people.

# LET'S GET *the facts*



#**whyichoose**

## **A1**    **Aluminium    Copper** **Arsenic    Tin** **Chromium    Nickel** **Lead**

These metals have been found in vapes at levels greater than or similar to in cigarettes.

## **A2**

### **TRUE**

Nicotine is highly addictive and harmful to the developing brain. Nicotine can impair attention, learning and memory.

## **A3**

### **C. 100**

45 minutes of shisha smoking is equal to smoking around 100 cigarettes!

## **A4**

### **TRUE**

Many vapes are unregulated and mislabelled. Research has shown that many vapes that do not list nicotine as an ingredient, actually **DO** contain nicotine.

## **A5**

### **EVALI**

EVALI stands for E-cigarette or Vaping Associated Lung Injury. EVALI is an inflammatory response in the lungs triggered by inhaled substances.

## **A6**

### **TRUE**

Passive cigarette smoking (breathing in someone else's smoke) is harmful and can cause asthma and other health problems for children and young people.

# LET'S LEARN

*more facts*

#**whyichoose**

**Visit our website to find out more about:**

the harms of tobacco smoking and vaping

nicotine cessation support services and resources

culturally safe services for First Nations peoples

resources in languages other than English



**SCAN HERE**

[whyichoose.com.au](https://www.whyichoose.com.au)



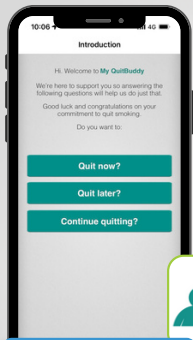
**Bri**

Administration,  
Marketing & Events  
Officer

Be a positive influence.  
Encourage your mates to seek  
support and resources about  
quitting

# LET'S FIND *support*

#**whyichoose**



**MyQuitBuddy**



**NSW Quitline**



**13 78 48  
13 QUIT**

**Quitting vaping and/or smoking can be hard, but there are services and resources that can help!**

**If you would like support to quit (or even to cut back) consider these...**



**[youthsolutions.com.au/support](https://youthsolutions.com.au/support)**

Connect with us

#whychoose



02 4628 2319



[info@youthsolutions.com.au](mailto:info@youthsolutions.com.au)



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**Youth  
Solutions**

Promoting Health • Preventing Harm

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