


GET Informed.
FEEL Empowered.
unsubscribe to nicotine 



@youth_solutions

youthsolutions.com.au

LET'S HEAR

your voice

WHAT IS IT?

**Get Informed.
Feel Empowered.** 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

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

Lauren



Health Promotion
Officer & Educator

“ Reaching out is the first step in the right direction for those looking to quit or cut back on vaping and/or smoking! ”

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



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*



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

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

links to resources in languages other than English



SCAN HERE

youthsolutions.com.au

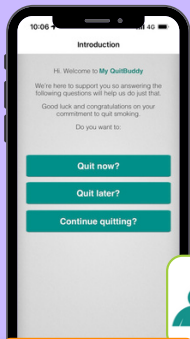


Bri

Administration,
Marketing & Events
Officer

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

LET'S FIND *support*



MyQuitBuddy



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

Connect with us



02 4628 2319



info@youthsolutions.com.au



[@youth_solutions](https://www.instagram.com/youth_solutions)



[/youthsolutionsNSW](https://www.facebook.com/youthsolutionsNSW)



[@youth_solutions](https://www.tiktok.com/@youth_solutions)



[/YouthSolutionsNSW](https://www.youtube.com/YouthSolutionsNSW)

youthsolutions.com.au

This information was compiled by Youth Solutions in March 2024 from a variety of sources. Information is correct at time of printing but is uncontrolled once printed. This work is copyright. Apart from any use permitted under the Copyright Act 1968, no part may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of Youth Solutions, 02 4628 2319, info@youthsolutions.com.au, PO Box 112 Macarthur Square NSW 2560 Australia, 2024.

