

DON'T GET SUCKED IN!

dontgetsucked.in.co.nz

How does vaping affect my health?

We don't know all the long-term effects of vaping because it hasn't been around for very long. However, as scientists do more research, we're learning more about how vaping can impact our health...

How does vaping impact your wellbeing?

Some of the ways nicotine vapes may affect you include:^{1,2}

- Finding it hard to concentrate and pay attention at school.
- Having a negative impact on your behaviour and attitude at school and home.
- Negative behaviours such as not telling the truth about vaping, hiding vapes, taking vapes from other family members.
- Feeling irritated when you can't vape.

Vapes that contain THC and/or Vitamin E acetate can cause respiratory disease (EVALI)⁴

Vapes can cause severe burns and injuries

Using nicotine vapes can cause throat irritation, cough, dizziness, headaches and nausea^{5,6}

Vaping increases heart rate and blood pressure acutely after use^{7,8,9}

Intentional or accidental exposure to nicotine e-liquids can lead to poisoning which can be severe and result in death^{* 12,13}

People who vape are 3x more likely to start smoking cigarettes than those who don't^{10,11}

** Nicotine vape juice in its liquid form is highly poisonous if swallowed. Keep out of reach of children.*

My personal plan to quit vaping

My SMART goals (Specific, Measurable, Achievable, Relevant and Time-bound)

1. Start my vaping quit vaping diary and write every day for a month
2. Set up my support team, and tell them I want to quit vaping
3. Ask friends not to vape around me
4. Make an appointment to talk to my healthcare professional
5. Get rid of all vapes that I have
6. Write down my reasons for quitting vapes

Behavioural strategies

1. Get rid of all my vapes
2. Ask my friends for help and support
3. Reward myself with fun things I look to do that doesn't include vaping
4. Keep reminding myself I can do this

I'm most proud of

1. Making an appointment to talk to my healthcare professional
2. Telling my friends and family I want to quit vaping
3. Starting my QUIT VAPING diary

Who is my support team?

My friends, my parents, my teachers, my healthcare professional

THE BIG "QV" DAY!

Jan 1st, see my healthcare professional about 2 weeks prior to quit day

My reasons to quit

1. I want to be fitter to make the sports team
2. I don't want to feel addicted to my vape
3. I don't want to get in trouble at home and/or school

(Example)

What are my vaping triggers?

1. When I am bored
2. When I feel stressed
3. When I am with friends who vape around me
4. Vape cravings
5. Going on walks by myself

How do I manage my vaping triggers?

1. Use the 5D's to distract myself
2. Do some exercise
3. Do something nice for myself e.g. play a game
4. Talk with my support team
5. Throw vapes away and/or reduce nicotine concentration of vapes

Don't go it alone.

Regional support services you can contact for more help

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My reasons to quit

What are my vaping triggers?

How do I manage my vaping triggers?
