

Your Future. Your Choice.

Why most young people choose not to vape

Know what's really in a vape

Vapes aren't "just flavoured water vapour"
- it's an aerosol and they contain:



Over 200
harmful chemicals



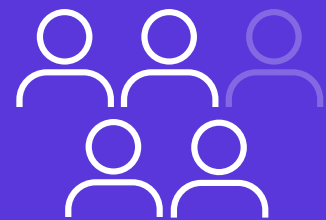
Chemicals also found in
**cleaning products, bug
spray and weed killer**



Nicotine levels **equal to**
400+ cigarettes in
some devices

Reality Check

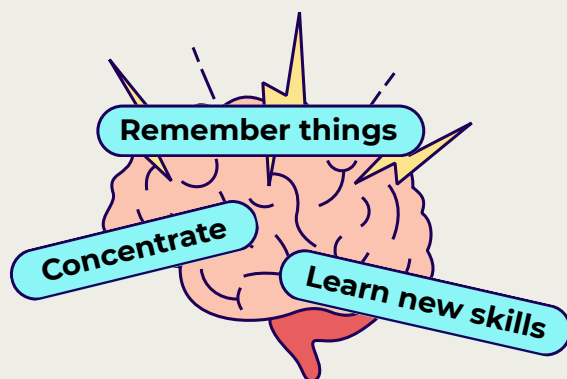
4 in 5 young people
do NOT vape.



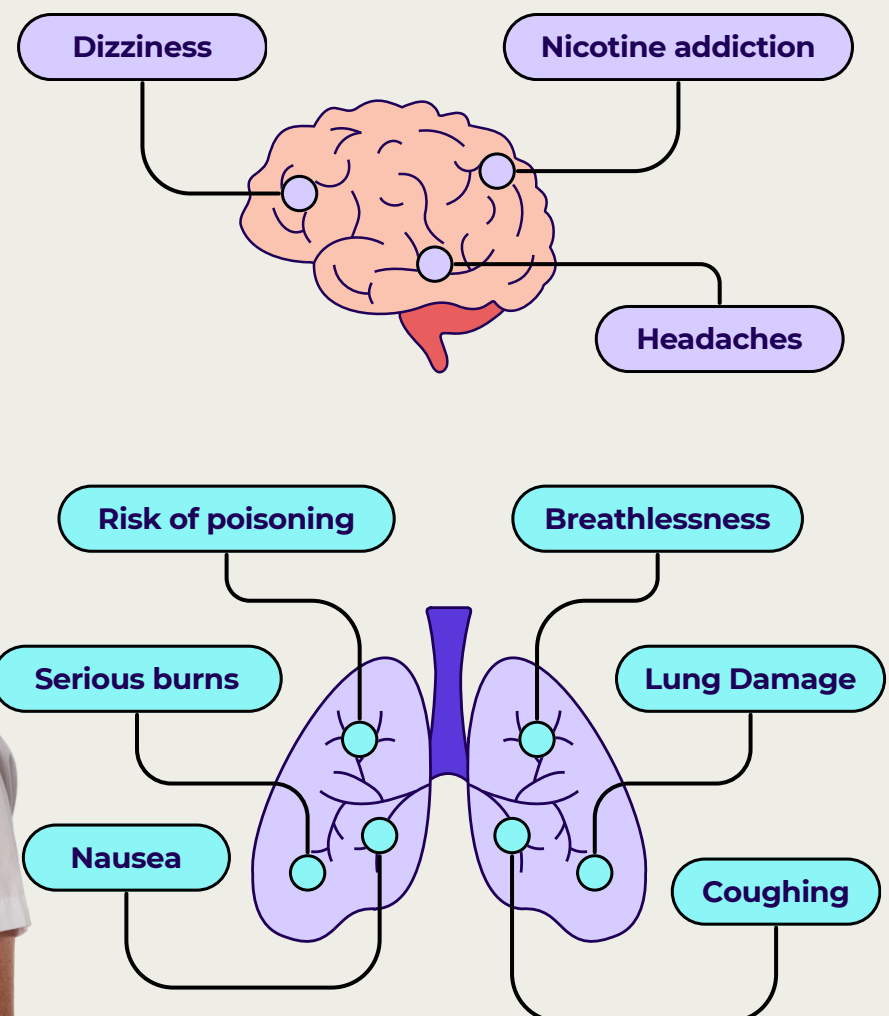
It can feel like "everyone's doing
it" - but the majority aren't.
Choosing not to vape is normal
AND is the healthier choice.

Vaping and your brain

Nicotine can change how
your brain develops and
can make it harder to:



What vaping can do to your body



Not Vaping = Better Mental and Physical Health

- ✓ Lower stress
- ✓ Fewer depressive symptoms
- ✓ Higher confidence and wellbeing
- ✓ Better focus, memory and learning at school
- ✓ Improved lung function and easier breathing
- ✓ More energy and fitness for sport and daily life
- ✓ Seen as more confident, independent and in control



Remember!

Not vaping is a powerful choice.
It protects your mental and physical
health and puts you in charge
of your future.

If you or a friend are
finding it hard to stop
vaping, **help is available.**

- ✓ Talk to a trusted teacher, school counselor
- ✓ Speak with your GP or local youth health service
- ✓ Call Quitline: **13 78 48**
- ✓ Download the Pave app for quitting support