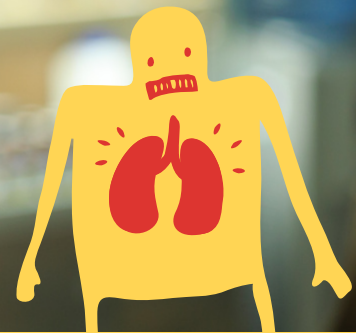




# VAPING

## WHAT PARENTS NEED TO KNOW



**You may know there has been an increase in the use of e-cigarettes or vapes in schools, but did you know...**

- they are illegal products, produced in China
- there's no regulation and they sell for \$15 – 20 - they are usually bought from a friend or purchased illegally from convenience stores or tobacconists
- they are disposable, compact and can resemble a lighter, USB or pen
- one pod contains roughly the same amount of nicotine as a pack of cigarette
- they contain 300 puffs – an average cigarette has 10 puffs
- they come in multiple flavours e.g. ice, mint, blueberry, orange soda.

**KNOW THE FACTS . TALK TO YOUR KIDS.**