

ENOUGH OF THE PUFF

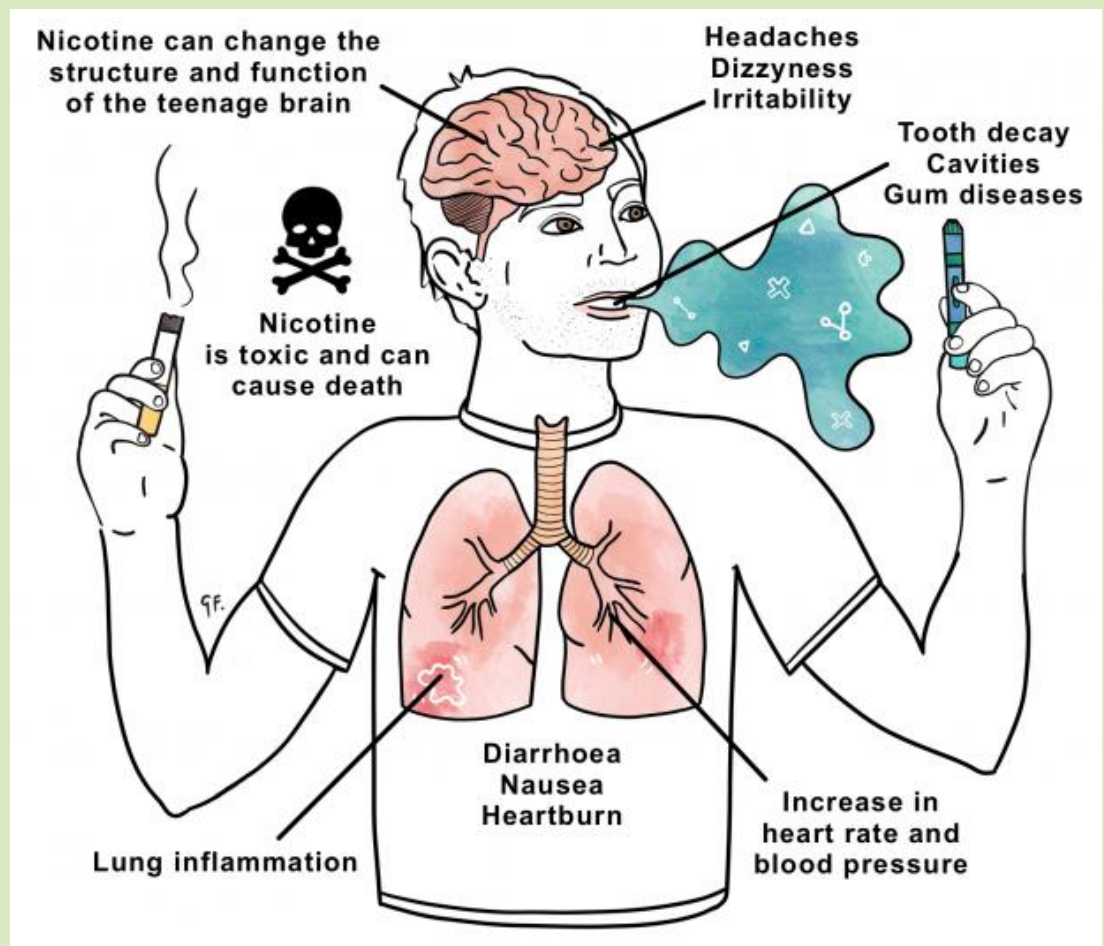


- 01 VAPE RISKS
- 02 NICOTINE
- 03 VAPE BEHAVIOUR
- 04 WHAT'S YOUR REASON?
- 05 CHANGES YOU CAN MAKE
- 06 CHANGES YOU CAN MAKE
- 07 BENEFITS OF BEING VAPE FREE
- 08 KORERO FROM WHĀNAU



**TARANAKI STOP
SMOKING SERVICE**

VAPE RISKS



Vaping does have harmful substances that include:

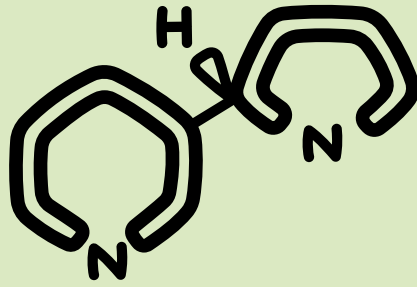
- Nicotine
- Ultrafine particles that can be inhaled deep into the lung
- Flavourings such as diacetyl, a chemical linked to a serious lung disease
- Heavy metals such as nickel, tin and lead
- Cancer-causing chemicals

Devices can overheat, explode & cause burns which have resulted in serious injuries.

Tamariki and mātua have been poisoned by swallowing, breathing, or absorbing e-liquid through their skin or eyes. Approximately 50% of calls to poison control centers for e-cigarettes are for tamariki 5 years of age or younger.

The biggest risks of vaping are the unknown risks.

NICOTINE



- Nicotine causes physical and mental addiction
- Nicotine in adolescence harms the parts of the brain that control attention, learning, mood, and impulse control

Nicotine:

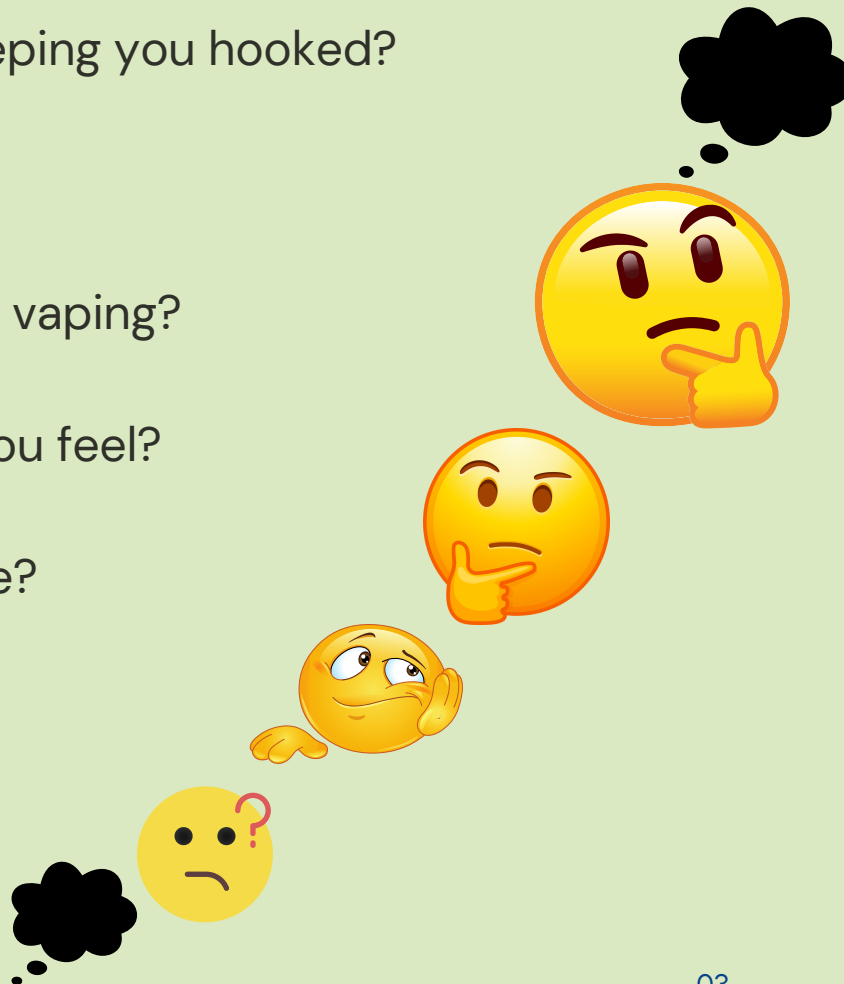
- is the most silent killer of all
- can act as both as a stimulant and a sedative
- elevates the heart rate and breathing. As the heart rate goes up so does the blood pressure and this means that nicotine is also partly to blame for numerous vascular diseases
- suppresses insulin release this elevated blood sugar levels causing high blood sugar
- Nicotine will leave your blood within 1 to 3 days after you stop using tobacco products
- Nicotine withdrawal involves physical, mental, and emotional symptoms. The first week, especially days 3 through 5, is always the worst. That's when the nicotine has finally cleared out of your body and you'll start getting headaches, cravings, and insomnia
- Your craving for nicotine will improve after the first 2 to 3 weeks as your body adjusts

VAPE BEHAVIOUR

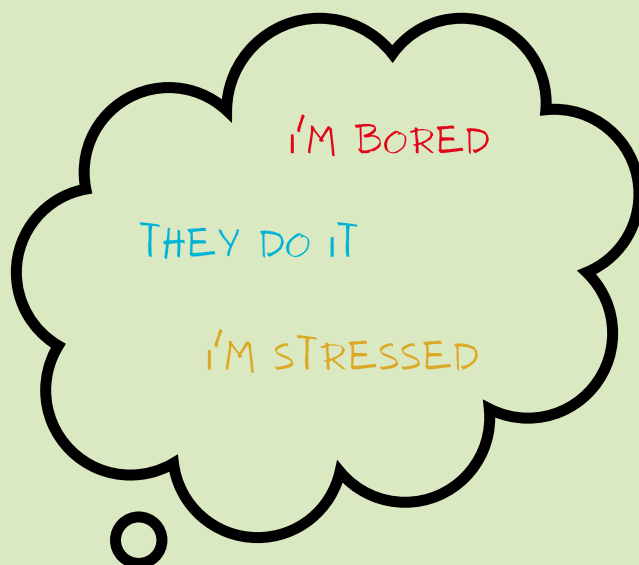


Things to consider

- Vaping can cause addiction!
- Dry and irritated mouth, throat and lungs
- Do you have control over the use of your vape sessions?
- Is vaping your alternative to smoking?
- Are the vape flavour's keeping you hooked?
- Did you need it?
- What do you enjoy about vaping?
- How does vaping make you feel?
- Do you continuously vape?



WHAT'S YOUR REASON



Think about the reason you vape?

CHANGES YOU CAN MAKE



1. Have a smokefree and vapefree whare

(tick) ☐

Date __/__/____

2. Have a smokefree and vapefree waka

(tick) ☐

Date __/__/____

3. Leave vape in a secure outdoor area

(tick) ☐

Date __/__/____

4. Acknowledge and reduce vaping sessions

(tick) ☐



CHANGES YOU CAN MAKE



5. Push out 1st puff of each day

15min ☐ 30min ☐ 45min ☐ 1 hour ☐

☐

6. Put your vape down a little earlier each night

15min ☐ 30min ☐ 45min ☐ 1 hour ☐

☐

7. Gradually extend time between vape sessions

15min ☐ 30min ☐ 45min ☐ 1 hour ☐

☐

8. Acknowledge and reduce vaping sessions

☐

**MAKE YOUR GOALS ACHIEVABLE
TINY CHANGES BIG WINS**

BENEFITS OF BEING VAPE FREE



1 HEALTH / HAUORA



- Reduced health risks
- No more nausea, coughing, and headaches from vaping
- Enjoy fitness without losing your breathe

2 WEALTH



- Gaining wealth from finding new experiences and healthier activities
- Finding a better purpose of your time and money

3 SUCCESS



- Living your best life
- Achieving a nicotine, dependent free lifestyle
- overcoming your addiction
- Health continues to improve

KORERO FROM WHĀNAU



"I started off just having a vape socially, we would all share one. It wasn't long before we all had our own and shared to try each others flavour. Then i would have sneaky puffs in my bedroom by myself. Now i vape when ever i can".

"i get so angry if i can't find it; i blame every one; nearly cry and sometimes it's just in my pocket".

"I smoke outside and vape inside because i can get away with it, but i'm always doing one of them".

"I use to vape because i was down or stressed. Then was vaping when i was real happy and now i go hard on my vape and it dosen't do anything for me when i'm down".

"I think i need a vape before going and doing others things, then sit down to vape and get nothing done".

"i want to stop, think i'm going to then a mate will tell me about some new flavours, and i have to get me one"

Further information and support:

- www.vapingfacts.health.nz/the-facts-of-vaping/risks-of-vaping/
- www.dontgetsucked.in.co.nz/
- www.asthmafoundation.org.nz/your-health/e-cigarettes-and-vaping/vaping-some-more-facts
- www.smokefree.org.nz/help-advice/learn-about-vaping
- www.quitstrong.nz/services-near-you/
- www.protectyourbreath.co.nz



ENOUGH OF THE PUFF

A large rectangular area with a white background and horizontal blue lines, intended for writing.



TARANAKI STOP SMOKING SERVICE

CONTACT: stopsmoking@tuiora.co.nz
0800 TUI ORA



STRENGTHENING WHĀNAU WELLNESS AND QUALITY OF LIVING

