



Marian Catholic College Kenthurst

E-CIGARETTES

A report conducted by the National Reporting Team found that, out of 1,519 retailers in NSW, four in five shops sold e-cigarettes next to lollies and sweets targeting children.

It's been shown that the sale of e-cigarettes has been increasing. While e-cigarettes may not contain tobacco, which is a cancer-causing substance, they typically contain potentially toxic and addictive nicotine.

What are Electronic Cigarettes?

Electronic cigarettes are battery powered devices which heat liquid (also called e-liquid) into an aerosol which is inhaled into a person's lungs. ^[1] The aerosol is often called 'vapour'. Electronic cigarettes are also called electronic nicotine delivery systems (ENDS), alternative nicotine delivery systems (ANDS), e-cigarettes or e-cigs.

Unlike tobacco cigarettes, where the smoke from burning tobacco is inhaled, the electronic cigarette user inhales an aerosol which may contain nicotine, propylene glycol and other chemicals into their lungs. ^[1] Inhaling the aerosol is usually called 'vaping'. When the electronic cigarette is being used, the user inhales and exhales the vapour which may give the appearance of smoke.

E-liquids are often flavoured, with over 7,000 flavours available such as tobacco, confectionery, fruit and chocolate. ^[2] They may or may not contain nicotine and may or may not be labelled as containing nicotine. ^[3]

Electronic cigarettes may be shaped and coloured to make them look like cigarettes or other tobacco products like cigars, cigarillos, pipes, hookahs or shishas. Electronic cigarettes are also sometimes made to look like everyday items such as pens or USB memory sticks. ^[3]

Electronic cigarettes can either be disposable or re-useable. Most devices include a battery, an airflow sensor (to activate the power from the battery), an aerosol generator (to turn the e-liquid into an aerosol) and the e-liquid.

1. World Health Organization, *Electronic nicotine delivery systems: Report by WHO*. 2014.
2. Zhu, S.-H., et al., *Four hundred and sixty brands of e-cigarettes and counting: implications for product regulation*. *Tob Control*, 2014. 23 Suppl 3: p. 3-9.
3. Brown, C.J. and J.M. Cheng, *Electronic cigarettes: product characterisation and design considerations*. *Tob Control*, 2014. 23 Suppl 2: p. 4-10.

Further information on the safety and legality of e-cigarettes can be found at the NSW Government Health website; www.health.nsw.gov.au.

Parents and students are advised that E-cigarettes are banned from Marian Catholic College.