

Vaping

We have an expert team to support our students.

Our pastoral care team includes junior and senior deans, specialist guidance counsellors, and youth workers from Kahu Youth and 24-7.



MAC Health Education teacher Carys Overton

We take a preventative approach to managing vaping. In Health Education studies, we focus on educating our students about risk taking, peer pressure and making positive choices.



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What is vaping?

- Vaping refers to the use of an electronic device (an e-cigarette or vape) that heats a liquid turning it into an aerosol (vapour) which the user inhales.
- Vaping e-liquids come in different strengths of nicotine which is a highly addictive substance.

Risks of vaping

- While vaping is less harmful than smoking, vaping is not safe. The healthiest option is not to vape or smoke.
- Recent studies have found that long-term use of e-cigarettes or vaping products can significantly impair the function of the body's blood vessels, increasing the risk of heart disease.
- The most common side effects of vaping include coughing, dry mouth and throat, shortness of breath, mouth and throat irritation, nausea and headaches.
- Nicotine is addictive and is in many vape products. Addiction to nicotine can make people feel irritable, restless, unable to concentrate, and most people experience cravings when they go without it.
- Vaping is associated with the future uptake of cigarette smoking.
- For Māori, and some other cultures, the breath or hā is sacred. Similar to smoking, vaping may interfere with a person's hā and the hā of those around them.

Why vaping appeals to young people

- Vaping is a communal activity for young people that can create a sense of belonging.
- Some young people see vapes as a personal fashion statement.
- Promoters of vapes use social media influencers and event sponsorship to attract young people.
- Vapes are small and colourful and easy to hide.
- Vape liquids mimic confectionary or soft drink flavours to attract users.
- While still harmful, users justify vaping because it is less harmful than smoking.

INFORMATION SHEET

What we know about vaping use

- The number of young New Zealanders aged 15 to 17 who vape every day tripled in two years from 2% in 2018-19 to 6% in 2020-21 (*2020-21 New Zealand Health Survey*).
- The 2021 national Action on Smoking and Health (ASH) survey of Year 10 school students found that daily vaping increased slightly from 9.6% in 2021 to 10.1% in 2022 and regular vaping decreased from 20.2% to 18.2%.
- In the 2022, 129 Year 10 MAC students participated in the ASH survey. 50.4% of the Year 10 students surveyed reported trying vaping. The national average is 40.1%.
- 24.2% of Year 10 MAC students surveyed reported regular vaping (national average is 18.2%) and 8.6% of Year 10 students surveyed reported daily vaping (national average is 10.1%).

What happens when a vaping incident occurs at school

- We treat these incidents very seriously.
- We assign a member of our senior leadership to handle the matter.
- We speak to the student and their parents or caregivers.
- We conduct a bag search if required.
- We refer the student to our school guidance counsellor or a health professional to support them in managing their health and wellbeing and potential addiction.

Tips for parents

- **Talk to your child.** Start a conversation in a relaxed way during a shared activity.
- **Be aware of the law.** It's illegal to sell vaping products to young people under the age of 18 and an R18 'no authority to leave' delivery of an online purchase must be signed for and ID checked.
- **Know what vapes look like.** A disposable vape looks like a USB drive and is easy to conceal.
- **Monitor your child on social media.** There are legal age limits for being on social media and some young people post videos of themselves vaping.
- **Know your child's friendship group.** Some young people are getting vapes through older friends they work with.

Resources

Vaping Facts: vapingfacts.health.nz

Don't get sucked in: dontgetsuckedin.co.nz

Quitline Me Mutu: quit.org.nz

How to talk to young people about vaping: hpa.org.nz/programme/education/young-people-vaping



Our team of guidance counsellors
Victoria Stewart, Michael Multhaup and Holly McDiarmid

How to contact our guidance counsellors

E: dept-guidance@mtaspiring.school.nz

T: 020 404 94623 or 03 443 0496



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