

School Announcement Samples:

To coincide with social media posts.

(Name of School) is concerned about the effects of Juul, Vype, vaping, e-cigs, they all have the same risks.

A) Even though vaping is likely less harmful than smoking a cigarette, it can still influence young people to smoke. If you don't smoke, don't vape!

B) E-cigarette vapour can contain heavy metals like lead, nickel, zinc and cadmium. Doesn't sound so tasty now, does it? Make sure you know what you're putting into your body.

C) E-cigs are most likely less harmful than cigarettes. But the long-term health effects of using e-cigs are still unknown. Unknown or less harmful does not mean safe. Unless you're trying to quit smoking with vaping, don't vape.

D) We know that vape juice can taste fruity – like grapes – and this appeals to young people. Why not go for the real thing? Grapes are cheaper, healthier, and guaranteed nicotine-free. The choice seems clear!

E) Some e-cigarette juices contain diacetyl, an approved food additive that is used in fake butter flavourings. It is safe to eat, but can be harmful when heated and inhaled over a long period.

(School can add their own call to action that they deem appropriate).