

VAPEFREE PARENTAL SUPPORT

What is vaping?

Vaping involves using an electronic device that heats a liquid – often containing nicotine, flavouring, and chemicals to produce a vapour inhaled into the lungs.

Why the concern?

Vaping is a way to stop smoking. It is not for children or young people, or for people who do not smoke. Vaping is not harmless.

Young, developing brains are more susceptible to addiction. Most vapes contain nicotine, which is very addictive and makes it very hard to stop using them. This can affect attention, mood, impulse control, sleep, and school performance.

What New Zealand is doing

Smokefree Environments & Vaping Amendment Act 2020: bans sale and supply to under-18s; vaping forbidden on school grounds and indoors.

From August 2023, vapour devices must have removable batteries; new vape shops can't open within 300 m of schools or marae; generic flavour names only.

From 17 June 2025, a ban on disposable vapes plus tighter advertising and marketing rules came into effect.

Support for tamariki and whānau

Quitline: Free phone and text support for stopping vaping and smoking. Phone 0800 778 778 or free text 4006. Available for people of all ages.

Protect Your Breath: Youth-designed social marketing campaign with information for schools, parents, and rangatahi.

VapingFacts.health.nz: Official Ministry of Health information, with resources for schools, parents, and rangatahi.

'Your Health' Asthma & Respiratory Foundation: asthmafoundation.org.nz

'Vaping and you': dontgetsucked.in.co.nz

'Smokefree Schools' resources: Smokefree.org.nz

How whānau can help

Open the kōrero early – talk to your children about vaping and nicotine risks.

Lead by example – avoid vaping or smoking around children.

Use available support – reach out early if a young person is vaping. Call Quitline or go online to protectyourbreath.co.nz.

Help protect our communities, report tobacco or vape sales to under 18's – scan the QR code to make a complaint:



More information

- **Quitline:** Call 0800 778 778 or text 4006
- **VapingFacts.health.nz:** Guides, videos for whānau and schools
- **Smokefree.org.nz:** Online resources, materials and support
- **Protect Your Breath:** Youth-led support
- **ParentHelp.org.nz:** Supports parents with all parenting challenges. Free Helpline 0800 568 856
- **Make a smoking or vaping complaint:** info.health.nz/tellus



Health New Zealand
Te Whatu Ora