# ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬: ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤡꤛꤢ꤬ꤘꤛꤢꤩꤑꤢ꤬ ꤗꤟꤌꤣꤖꤢꤧ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬

ꤟꤢꤩꤏꤥ꤬ꤞꤢꤧꤑꤢꤩ꤭ꤔꤟꤤ ꤔꤟꤢꤧ꤬ꤖꤢꤨꤔꤟꤢꤧ꤬ꤜꤟꤛꤢꤩ꤬ ꤔꤢ ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭ ꤘꤣ ꤊꤤ꤬ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤔꤌꤣ꤬ꤗꤢ꤬ ꤢ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭꤯

### ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤗꤢ꤬ ꤤ꤭ꤒꤢꤩ꤭?

ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤢ꤬ ꤒꤟꤢꤧ꤬ꤤ꤬ꤏꤢꤦꤢꤦ꤭ꤊꤟꤛꤢ꤭ ꤒꤢ꤬ꤗꤤ꤬꤭ꤒꤢ꤬ꤡꤣ꤬ ꤚꤢꤪ ꤞꤢꤧꤔꤟꤌꤣ꤬꤭ꤥ꤭ꤔꤟꤌꤣ꤭ꤔꤟꤤ ꤗꤤ꤬ꤢꤦ꤭ꤋꤌꤣ꤬ ꤘꤣ ꤞꤢꤨ꤬ꤊꤢꤨ꤭ ꤕꤚꤢꤧ, ꤗꤟꤢꤖꤢꤨ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ꤙꤢꤨ꤭ ꤒꤣ꤬ꤙꤥ꤭ ꤔꤌꤣ꤬꤯ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤗꤢ꤬ ꤒꤟꤢꤧ꤬ꤥ꤭ꤔꤟꤌꤣ꤭ꤞꤢꤧꤔꤟꤌꤣ꤭ꤔꤟꤤ ꤗꤤ꤬ꤞꤝꤤꤗꤤ꤬ꤋꤌꤣ꤬ ꤘꤣ ꤢ꤬ꤓꤛꤢꤩ꤭ꤡꤛꤢ꤭ ꤘꤣ ꤢ꤬ꤊꤟꤢꤨ ꤔꤌꤣ꤬ ꤕꤚꤢꤧ꤯

ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤔꤌꤣ꤬ꤑꤟꤢꤩ꤭ꤡꤣ꤬ꤜꤟꤢꤪ꤭ ꤗꤢ꤬ ꤒꤟꤢꤧ꤬ꤥ꤭ꤔꤟꤌꤣ꤭ꤞꤢꤧꤔꤟꤌꤣ꤭ ꤔꤟꤤ ꤒꤟꤢꤧ꤬ꤗꤢꤨ꤭ꤗꤟꤛꤢ ꤋꤢꤧ꤬ꤗꤤ꤬ꤊꤢ꤬ ꤘꤣ ꤢ꤬ꤗꤟꤢꤩ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ ꤔꤟꤢꤧ꤬ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤔꤌꤣ꤬ ꤕꤚꤢꤧ꤯

ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤗꤢ꤬ ꤢ꤬ꤗꤟꤢꤩ꤬ꤊꤟꤢꤨꤓꤢꤩ꤬ ꤢ꤬ꤓꤛꤢꤩ꤭ꤡꤛꤢ꤭ ꤘꤣ ꤢ꤬ꤓꤝꤥ꤭ꤓꤛꤢ꤬ꤔꤢ ꤗꤤ꤬ꤞꤝꤤꤗꤤ꤬ꤋꤌꤣ꤬ ꤚꤢꤪ ꤢꤨ꤭ ꤥ꤭ꤔꤟꤌꤣ꤬꤭ꤞꤢꤧꤔꤟꤌꤣ꤭ꤔꤟꤤ ꤢꤧ꤬ ꤚꤢꤪ ꤢꤨ꤭ꤢꤧ ꤢꤧ꤬ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬꤯ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤗꤢ꤬ ꤗꤛꤢꤢ꤬ꤞꤛꤢꤕꤚꤢꤧꤔꤢ ꤒꤟꤢꤧ꤬ꤚꤢ꤭ꤙꤥ꤭ ꤒꤣ꤬ꤙꤥ꤭, ꤜꤤ꤬ꤙꤥ꤭ꤓꤛꤢꤩ꤭ ꤒꤣ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ USB ꤞꤤ꤭ꤔꤌꤣ꤬ ꤕꤚꤢꤧ꤯

### ꤘꤣ ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤬꤭ꤋꤌꤣ꤬ ꤊꤢꤨ꤭ꤔꤌꤣ꤬ ꤒꤟꤢꤧ꤬ꤥ꤬ ꤤ꤭ꤒꤢꤩ꤭?

ꤒꤟꤢꤧ꤬ꤒꤟꤥꤗꤢ ꤘꤣ꤬ ꤢ꤬ꤒꤝꤟꤥꤢ꤬ꤚꤛꤢ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤢ꤬ꤗꤟꤥ꤬ꤢ꤬ꤚꤛꤢ ꤘꤣ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭, ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤗꤤ꤬ꤙꤥ꤭ꤓꤛꤢꤩ꤭ꤡꤛꤢ꤬꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤢ꤬ꤑꤢꤩ꤭ꤔꤌꤣ꤬ ꤢ꤬ꤥ꤬ ꤒꤣ꤬ꤡꤣ꤬꤮ ꤒꤥ꤬꤯

ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤢꤧꤒꤢ꤬ꤊꤤ꤬ ꤗꤢ꤬ ꤢ꤬ꤥ꤬ꤕꤢ꤬ꤒꤟꤣꤔꤢ [ꤔꤤ꤬ꤊꤥ꤬ꤒꤢꤩ꤭ ꤘꤣ ꤢ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ ꤚꤢꤪ ꤢ꤬ꤕꤢ꤬ꤔꤟꤌꤣꤊꤛꤢ꤭](https://www.tobaccoinaustralia.org.au/chapter-18-harm-reduction/indepth-18b-e-cigarettes/18b-0-introduction) ꤢꤨ꤭ ꤔꤌꤣ꤬ ꤕꤚꤢꤧ꤯ ꤢ꤬ꤚꤢ꤬꤭ꤥ꤬ꤊꤜꤢꤧꤥ꤬ꤔꤟꤤꤔꤢ ꤔꤤ꤬ꤊꤥ꤬ꤒꤢꤩ꤭-ꤥ꤬ꤕꤢ꤬ꤒꤥ꤬ ꤡꤢꤪꤙꤢꤒꤢꤩ꤭꤮ ꤙꤢꤧ꤬ꤙꤢꤧ꤬ ꤔꤤ꤬ꤊꤥ꤬ꤒꤢꤩ꤭ ꤥ꤬ꤕꤢ꤬ꤕꤢ꤭ ꤕꤚꤢꤧ꤯

ꤗꤤ꤬ꤞꤝꤤꤗꤤ꤬ꤋꤌꤣ꤬ (aerosol) ꤗꤟꤢꤒꤥ꤬ꤗꤢ꤬ ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ (vapor) ꤘꤣ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ꤔꤌꤣ꤬ ꤢ꤬ꤥ꤬ꤕꤢ꤬ꤔꤟꤌꤣ꤭ꤔꤟꤤ ꤒꤟꤢꤧ꤬ꤗꤢꤨ꤭ꤗꤟꤛꤢ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤋꤢꤧ꤬ꤗꤤ꤬ꤊꤢ꤬ ꤚꤢꤪ ꤢ꤬ꤗꤟꤢꤩ꤬ꤓꤝꤥ꤭ꤓꤛꤢ꤬ ꤒꤟꤢꤧ꤬ꤏꤝꤤ ꤋꤢꤧ꤬ꤎꤣ꤬ (cancer) ꤔꤢ ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ ꤘꤣ ꤢ꤬ꤓꤌꤣ꤬ꤢ꤬ꤑꤢꤩ ꤒꤢ꤬ꤟꤢꤩ꤬꤯

### ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤗꤢ꤬ ꤢ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ꤡꤟꤛꤢ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤔꤟꤢꤩꤊꤜꤟꤢꤪ ꤖꤢꤨꤒꤢꤩ꤭

ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤗꤢ꤬ ꤢ꤬ꤗꤟꤢꤩ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ ꤜꤢ꤬ꤊꤢꤜꤢ꤬ꤊꤥ꤭ꤡꤢꤪ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤔꤟꤢꤩꤊꤜꤟꤢꤪ:

* ꤢ꤬ꤖꤢꤦ꤬ꤋꤥ꤭ꤑꤟꤢꤚꤢꤪ ꤢ꤬ꤓꤝꤥ꤬꤭ꤓꤛꤢ꤬ꤔꤢ ꤕꤚꤛꤢ, ꤞꤢꤧꤕꤚꤛꤢ, ꤒꤢ꤬ꤋꤢꤦ, ꤞꤢꤧꤊꤢꤪꤞꤢꤧꤙꤢ꤭ꤒꤥ꤬, ꤊꤢ꤬ꤞꤢꤧ ꤊꤟꤛꤢ꤭ꤊꤢꤨ꤭ ꤔꤢ ꤗꤢꤨ꤬ꤊꤚꤥ꤬꤯
* ꤢ꤬ꤐꤛꤢꤩ꤬ꤔꤥ꤬ꤋꤢꤧ꤭ꤕꤢ꤭ ꤚꤢꤪ ꤢ꤬ꤓꤝꤥ꤭ꤓꤛꤢ꤬ꤔꤢ ꤞꤢꤨ꤬ꤕꤛꤢꤩꤊꤛꤢ꤭, ꤞꤢꤧꤕꤜꤢꤪ꤬ ꤒꤟꤢꤧ꤬ꤏꤢꤧ꤭ ꤔꤢ ꤋꤢꤧ꤬ꤎꤣ꤬ ꤒꤟꤢꤧ꤬ꤏꤢꤧ꤭ ꤞꤤ꤭ꤒꤢ꤬ꤒꤢꤩ꤬꤯

ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ꤔꤌꤣ꤬ ꤢꤨ꤭ ꤗꤛꤢꤕꤟꤢꤨ꤭ꤞꤢꤧꤑꤢꤩ꤭ ꤕꤢ꤭ꤕꤚꤢꤧ ꤢ꤬ꤚꤤ꤬ꤢ꤬ꤊꤛꤢ꤭, ꤗꤢ꤬ꤔꤢꤚꤢꤪ ꤕꤚꤟꤢꤧ꤬ꤞꤤꤖꤢꤨ ꤢꤧꤕꤚꤟꤢꤧ꤬ ꤐꤟꤢꤦꤢꤩ꤬ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤗꤢ꤬ ꤢ꤬ꤊꤟꤢꤦ ꤗꤟꤢꤩ꤬ꤓꤝꤥ꤭ꤓꤛꤢ꤬ ꤞꤢꤨ꤬ ꤋꤢꤧ꤬ꤎꤣ꤬ ꤔꤢ ꤊꤟꤛꤢ꤭ꤊꤢꤨ꤬꤭ ꤋꤢꤧ꤬ꤎꤣ꤬ ꤞꤤ꤭ꤒꤢ꤬ꤟꤢꤩ꤬꤯

ꤔꤤ꤬ꤊꤥ꤬ꤒꤢꤩ꤬꤭ ꤗꤢ꤬ ꤒꤟꤢꤧ꤬ꤡꤢꤦ꤬ꤒꤟꤢꤧ꤬ꤕꤜꤟꤢꤧꤚꤟꤛꤢ꤭ꤏꤢꤧ꤭ ꤒꤣ꤬ꤡꤣ꤬ ꤚꤢꤪ ꤊꤤ꤬ ꤕꤤꤊꤜꤢꤨ꤭ꤔꤟꤌꤣ꤭ ꤢꤧ꤬ ꤊꤤ꤬ꤟꤢꤩꤗꤢ꤬ ꤢ꤬ꤗꤟꤢꤩ꤬ꤞꤢꤧꤏꤝꤤꤞꤢꤧꤏꤢꤧ꤭ ꤕꤚꤟꤢꤧ꤬ꤜꤟꤢꤨ꤬ꤊꤢ꤬ꤛꤢ꤭ ꤚꤢꤪ ꤢ꤬ꤗꤟꤢꤩ꤬ꤞꤛꤢꤩ꤭ꤡꤟꤛꤢ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤕꤢ꤬ꤒꤤ ꤕꤚꤢꤧ꤯

ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤔꤢ ꤔꤢ꤬ꤏꤛꤢꤩꤜꤣꤖꤢꤨ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤊꤤ꤬ ꤥ꤬ꤖꤢꤦ꤬ꤢꤧꤔꤢ ꤔꤤ꤬ꤊꤥ꤬ꤒꤢꤩ꤭ ꤟꤢꤩꤗꤢ꤬ ꤢ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ ꤢꤧ꤬ꤞꤤ꤭ ꤋꤢꤨ꤬ꤋꤜꤢꤪꤔꤟꤢꤪ꤭ ꤒꤟꤢꤧ꤬ꤘꤢꤨ꤬ꤓꤛꤢ꤬ ꤚꤢꤪ ꤢ꤬ꤗꤟꤢꤩ꤬ꤓꤝꤥ꤭ꤓꤛꤢ꤬ ꤏꤝꤥ꤬ꤊꤜꤢꤪ꤭ ꤢꤧꤜꤣ ꤒꤟꤢꤧ꤬ꤞꤢꤧꤜꤟꤢꤧ꤬ꤘꤢꤨ꤬ ꤢ꤬ꤒꤟꤢꤧ꤬ꤒꤢ꤬ꤚꤢꤪ꤬ꤞꤢꤧ꤯ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤔꤢ ꤔꤢ꤬ꤏꤛꤢꤩꤜꤣꤖꤢꤨ ꤘꤣ ꤢ꤬ꤔꤢꤪ꤭ꤢꤩ꤬ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ꤔꤌꤣ꤬ ꤢ꤬ꤊꤟꤢꤦ ꤥ꤭ꤕꤢ꤬ꤟꤛꤢ꤭ꤕꤟꤥ ꤒꤢ꤬ꤚꤛꤢꤩ꤭ꤙꤥ꤭ꤙꤢꤨ꤭ ꤔꤌꤣ꤬ꤗꤢ꤬ ꤢ꤬ꤐꤢꤨ꤭ꤜꤣꤊꤟꤢꤪ꤭ ꤘꤣ ꤜꤢꤨ꤭ꤑꤢꤩ꤭ ꤞꤌꤣ꤭꤭ꤖꤌꤣ ꤡꤢꤪ꤯

ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤗꤢ꤬ ꤢ꤬ꤕꤟꤢꤪꤖꤢꤧꤡꤟꤛꤢ ꤚꤢꤪ ꤢ꤬ꤢꤦ꤭ꤢ꤬ꤊꤟꤛꤢ꤭ ꤡꤟꤛꤢ ꤕꤚꤢꤧ꤯

### ꤒꤢ꤬ꤊꤢꤪꤒꤢ꤬ꤊꤟꤢꤧ꤬ꤔꤟꤤ ꤔꤟꤢꤧ꤬ꤖꤢꤨ

ꤒꤟꤢꤧ꤬ꤕꤟꤢꤨ꤭ꤞꤢꤧꤑꤢꤩ꤭ ꤘꤛꤢꤩꤜꤟꤌꤣ꤭ ꤔꤢ ꤕꤚꤟꤢꤧ꤬ꤙꤛꤢꤙꤢꤦ꤭ ꤚꤟꤢꤩꤜꤣ ꤒꤢ꤬ꤟꤢꤩ꤬ (ꤗꤟꤢꤟꤢꤪ ꤗꤟꤌꤣꤖꤢꤧ꤭ ꤔꤢ ꤕꤚꤟꤢꤧ꤬ꤗꤛꤢꤋꤝꤢꤧ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬) ꤊꤤ꤬ ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤭ꤙꤥ꤭ ꤒꤥ꤬ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤒꤥ꤬ ꤊꤤ꤬ꤟꤢꤩꤗꤢ꤬ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤊꤟꤢꤦ ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤟꤢꤩꤔꤌꤣ꤬ ꤢ꤬ꤥ꤬ꤛꤥ꤬ ꤕꤢ꤬ꤒꤤ꤮ ꤕꤚꤢꤧ꤯

ꤊꤤ꤬ ꤢ꤬ꤕꤟꤛꤢꤢ꤬ꤏꤢꤧ꤭ꤜꤢ꤭ ꤔꤢ ꤔꤟꤢꤧ꤬ ꤠꤤ꤭ꤊꤛꤢ꤭ꤜꤟꤢꤜꤤ꤭ꤙꤢꤧ ꤕꤢ꤭ꤒꤥ꤬ꤚꤢꤪ ꤥ꤭ꤕꤢ꤬ꤟꤛꤢ꤭ ꤒꤢ꤬ꤘꤢꤦ꤬ꤕꤢ꤭ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤊꤤ꤬ꤟꤢꤩꤚꤢꤪ ꤟꤢꤩꤏꤥ꤬ꤞꤢꤧꤑꤢꤩ꤭ꤕꤢꤩ ꤔꤟꤢꤧ꤬ ꤒꤟꤢꤧ꤬ꤗꤛꤢꤓꤛꤢꤩ꤬ꤏꤤꤒꤣ꤬ꤙꤢꤧ꤬ ꤔꤌꤣ꤬ꤒꤢ꤬ꤟꤢꤩ꤬ ꤔꤢ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤔꤌꤣ꤬꤯ ꤊꤝꤤ꤭ ꤔꤟꤢꤧ꤬ꤖꤢꤨꤔꤟꤢꤧ꤬ꤜꤟꤛꤢꤩ꤬ ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤡꤝꤟꤥ ꤙꤤ꤮ ꤔꤟꤢꤧ꤬ ꤛꤢ꤬ꤡꤢꤦ ꤠꤤ꤬꤭ꤊꤛꤢ꤭ ꤜꤟꤢꤜꤤ꤭ꤘꤢꤦ꤬ ꤘꤣ ꤢ꤬ꤔꤥ꤬ꤕꤢ꤭ ꤒꤣ꤬ꤟꤢꤦ꤬ ꤢ꤬ꤋꤢꤧ꤭꤯ ꤊꤤ꤬ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤋꤛꤢꤞꤢꤧꤔꤢ ꤥ꤬ꤊꤌꤣ ꤥ꤭ꤜꤟꤢꤜꤤ꤭ꤘꤢꤦ꤬ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ꤛꤢꤩ꤭ ꤢ꤬ꤕꤟꤛꤢꤏꤢꤧ꤭ꤡꤢꤪ ꤙꤢ꤮ ꤒꤢꤩ꤭ꤔꤌꤣ꤬ ꤢꤧ꤬ꤞꤤ꤭ ꤊꤤ꤬ ꤞꤢꤧꤑꤢꤩ꤭ꤙꤢꤧ꤬ꤟꤢꤪ ꤟꤢꤩꤗꤢ꤬ ꤢꤧ꤬ꤞꤤ꤭ ꤊꤟꤢꤦ ꤥ꤬ꤒꤢ꤬ꤖꤢ꤭ ꤜꤟꤢꤪ꤭ꤜꤟꤢꤒꤢ꤬ꤊꤜꤤ꤬ꤘꤢꤦ꤬ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤕꤢ꤭ ꤕꤚꤢꤧ꤯

ꤒꤢ꤬ꤊꤢꤪꤒꤢ꤬ꤊꤟꤢꤧ꤬ꤔꤟꤤ ꤔꤟꤢꤧ꤬ꤖꤢꤨꤔꤟꤢꤧ꤬ꤜꤟꤛꤢꤩ꤬ ꤔꤢ ꤊꤜꤛꤢ ꤘꤣ ꤢ꤬ꤚꤛꤢꤜꤣ꤮ ꤒꤣ꤬ꤙꤥ꤭ꤗꤢ꤬ ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤒꤢ꤬ꤋꤛꤢ꤮ ꤒꤥ꤬ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤘꤣ ꤟꤤ꤬ꤊꤢꤨ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤋꤢ꤭ꤜꤟꤢꤩ ꤘꤣ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤥ꤬ꤖꤢꤦ꤬ꤒꤢ꤬ꤠꤤ꤭ꤒꤢ꤬ꤠꤟꤢ꤬ ꤔꤌꤣ꤬ ꤒꤢ꤬ꤋꤛꤢ꤮ ꤒꤥ꤬ ꤕꤚꤢꤧ꤯ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤘꤣ ꤜꤟꤥꤜꤟꤤ꤬ ꤗꤢꤪ꤬ꤒꤢꤪ꤬ꤊꤢ꤭ꤊꤢꤨ꤭ ꤙꤤ ꤔꤟꤢꤧ꤬ꤖꤢꤨꤔꤟꤢꤧ꤬ꤜꤟꤛꤢꤩ꤬ ꤥ꤬ꤢ꤬ꤋꤢꤧ꤭ ꤟꤢꤩꤗꤢ꤬ ꤢ꤬ꤏꤢꤊꤥ꤬ ꤔꤢ ꤒꤟꤢꤧ꤬ꤞꤝꤥꤒꤟꤢꤧ꤬ꤞꤛꤢ꤬꤯ ꤥ꤬ꤖꤢꤦ꤬ꤥ꤬ꤙꤢꤧ꤬ꤢꤧ ꤔꤢ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤞꤝꤤꤗꤤ꤬ꤋꤌꤣ꤬ ꤗꤢ꤬ ꤢ꤬ꤕꤛꤢꤩ꤬ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤔꤢ ꤕꤚꤟꤢꤧ꤬ꤔꤢꤡꤟꤢꤧꤖꤢꤨ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤑꤢꤩ꤭꤯

## ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤢ꤬ꤒꤟꤢꤧ꤬ꤞꤝꤥꤒꤟꤢꤧ꤬ꤞꤛꤢ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬

### ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤘꤣ꤬ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ ꤊꤢꤨ꤬꤭ ꤔꤢ ꤒꤢ꤬ꤠꤤ꤬꤭ꤒꤢ꤬ꤠꤟꤢ꤬ ꤔꤌꤣ꤬ꤗꤢ꤬ ꤢ꤬ꤔꤟꤤꤒꤥ꤬꤯

*ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤢ꤬ꤘꤢꤨ꤬ ꤒꤟꤢꤧ꤬ꤞꤝꤥꤒꤟꤢꤧ꤬ꤞꤛꤢ꤬ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤢ꤬ꤔꤢ꤬ ꤁꤉꤈꤇ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤢ꤬ꤢꤧ ꤔꤌꤣ꤬ꤗꤢ꤬ ꤢ꤬ꤗꤟꤢꤩ꤬ꤒꤟꤢ꤭ꤒꤟꤢꤦ꤭ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ* ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤘꤣ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ ꤠꤟꤤ꤭ꤊꤢꤨ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤒꤢ꤬ꤖꤢ꤭ꤔꤢ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ ꤠꤟꤤ꤬꤭ꤓꤢꤦ꤭ ꤄ ꤊꤜꤤ꤭ ꤢ꤬ꤊꤢꤨ꤭ ꤘꤣ ꤕꤚꤟꤢꤧ꤬ꤜꤟꤢꤨ꤬ꤊꤢ꤭ꤛꤢ꤭ ꤘꤣ ꤢꤨ꤭ꤕꤢꤩ꤭꤮ ꤒꤣ꤬ꤕꤚꤟꤢꤧ꤬ ꤡꤌꤣꤊꤟꤢ꤬ꤔꤟꤤ ꤋꤢ꤭ꤜꤟꤢꤩ ꤔꤌꤣ꤬ ꤕꤚꤢꤧ꤯ ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤒꤟꤢ꤬꤭ꤒꤟꤢꤦ꤬꤬꤭ꤊꤛꤢ꤭ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤔꤌꤣ꤬ ꤢ꤬ꤙꤢꤧ꤬ꤊꤛꤢ ꤔꤢ:

* ꤢꤨ꤭ꤕꤢꤩ꤭꤮ ꤙꤢꤧ꤬ꤙꤢꤧ꤬ ꤘꤣ ꤢ꤬ꤥ꤬ꤙꤤ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ ꤠꤟꤤ꤭ꤊꤢꤨ꤭ ꤔꤢ ꤠꤟꤤ꤭ꤊꤜꤢꤪ꤭ ꤔꤌꤣ꤬ꤢ꤬ꤋꤢꤧ꤭, ꤕꤢ꤬ꤒꤟꤣꤊꤌꤣ꤭ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ꤖꤢꤨ ꤞꤤ꤭, ꤕꤚꤟꤢꤧ꤬ꤤ꤬ꤞꤝꤥꤤ꤬ꤞꤛꤢ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬, ꤔꤢ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ ꤏꤤ꤭ꤕꤚꤟꤢꤩꤞꤤ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬
* ꤜꤟꤢꤪ꤭꤮ ꤒꤟꤢꤧ꤬ꤊꤟꤢꤨꤊꤟꤢꤚꤟꤢꤨꤚꤟꤛꤢ꤬ ꤘꤣ ꤢ꤬ꤖꤛꤢꤩꤢ꤬ꤗꤟꤢꤩ꤬ ꤙꤤ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ ꤠꤟꤤ꤭ꤊꤢꤨ꤭ꤔꤌꤣ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬꤯

ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤬꤭꤬ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤘꤣ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ ꤠꤟꤤ꤬꤭ꤊꤢꤨ꤭ ꤙꤤ꤮ ꤗꤟꤢꤩ꤬ ꤞꤝꤥꤜꤤ꤬ꤟꤥ꤭ ꤢ꤬ꤒꤟꤢꤧ꤬ꤒꤢ꤬ꤚꤤ꤬ꤒꤢ꤬ꤚꤛꤢ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤢ꤬ꤋꤢꤧ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤡꤌꤣꤞꤢꤧꤑꤢꤩ꤭ꤊꤜꤛꤢ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤢ꤬ꤋꤢꤧ꤭ꤔꤌꤣ꤬ ꤢ꤬ꤋꤝꤢꤢ꤬ꤛꤢ꤬ ꤙꤢꤧ꤬ꤥ꤬ ꤒꤥ꤬ꤒꤥ꤬꤯

### ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤤ꤬ꤏꤢꤧ꤭ ꤢ꤬ꤒꤟꤢꤧ꤬ꤞꤝꤥꤒꤟꤢꤧ꤬ꤞꤛꤢ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬

ꤛꤢꤩ꤭ꤗꤢ꤬ ꤢ꤬ꤏꤢꤊꤥ꤬ ꤔꤢ ꤒꤟꤢꤧ꤬ꤞꤝꤥꤒꤟꤢꤧ꤬ꤞꤛꤢ꤬ ꤘꤣ ꤢꤨ꤭ꤕꤢꤩ꤭꤮ ꤒꤣ꤬ꤕꤚꤟꤢꤧ꤬ ꤑꤢꤩ꤭ ꤙꤢꤧ꤬ꤙꤢꤧ꤬:

* ꤤ꤬ꤏꤢꤧ꤭, ꤓꤢꤨ꤬ꤜꤛꤢ꤬ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤓꤢꤨ꤬ꤊꤜꤟꤢ꤬ꤜꤢꤨ꤭ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤒꤟꤢꤧ꤬ꤊꤟꤌꤣꤗꤟꤢꤩ꤬ꤓꤢꤩ꤬ ꤢ꤬ꤗꤝꤟꤤ꤬ ꤒꤣ꤬ꤡꤣ꤬ꤡꤣ꤬ ꤔꤢ ꤕꤚꤟꤢꤧ꤬ꤜꤟꤢꤨ꤬ꤊꤢ꤬ꤛꤢ꤭ ꤘꤣ ꤢ꤬ꤔꤢ꤬ꤥ꤬ ꤁꤈ ꤜꤟꤢꤧ꤭ꤜꤟꤛꤢ꤬ ꤒꤣ꤬ꤕꤚꤟꤢꤧ꤬
* ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤞꤢꤚꤢꤘꤢꤨ꤬ ꤊꤤ꤬ ꤟꤢꤩꤥ꤬ꤚꤢ꤭ꤥ꤬ꤔꤟꤤ ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤚꤤ꤬ꤊꤛꤢ꤭ ꤒꤥ꤬ ꤚꤢꤪ ꤖꤛꤢꤩꤥ꤬ꤔꤟꤤ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤒꤣ꤬ꤙꤥ꤭ ꤘꤣ ꤢ꤬ꤥ꤬ꤕꤢ꤬ꤔꤢ ꤔꤤ꤬ꤊꤥ꤬ꤒꤢꤩ꤭
* ꤕꤚꤟꤢꤧ꤬ꤜꤟꤢꤨ꤬ꤊꤢ꤬ꤛꤢ꤭ ꤘꤣ ꤢ꤬ꤔꤢ꤬ꤥ꤬ ꤁꤈ ꤜꤟꤢꤧ꤭ꤜꤟꤛꤢ꤬ ꤒꤣ꤬ꤕꤚꤟꤢꤧ꤬ ꤊꤤ꤬ ꤥ꤬ꤕꤢ꤬ꤊꤌꤣ꤭ ꤘꤣ ꤜꤟꤥꤜꤟꤤ꤬ ꤗꤢꤪ꤬ꤒꤢꤪ꤬ꤊꤢ꤭ꤊꤢꤨ꤭ ꤚꤢꤪ ꤊꤤ꤬ꤥ꤭ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤥ꤬꤭ ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤘꤣ ꤜꤟꤥꤜꤟꤤ꤬ ꤗꤢꤪ꤬ꤒꤢꤪ꤬ꤊꤢ꤭ꤊꤢꤨ꤭꤯

ꤕꤚꤟꤢꤧ꤬ꤤ꤬ꤏꤢꤧ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤤ꤬ꤏꤢꤧ꤭ꤒꤟꤢ꤭ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤒꤟꤢꤧ꤬ꤊꤟꤌꤣꤗꤟꤢꤩ꤬ꤓꤢꤩ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤔꤢ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤟꤢꤩꤗꤢ꤬ ꤔꤟꤢꤧ꤬ ꤟꤢꤩꤏꤥ꤬ꤓꤛꤢ꤬ꤜꤟꤌꤣ꤭ ꤔꤢ ꤊꤢꤪ꤬ꤡꤤ꤬ ꤘꤣ ꤔꤟꤢꤧ꤬ ꤥ꤬ꤋꤢ꤭ꤜꤟꤢꤩ꤬ꤔꤟꤤꤘꤢꤦ꤬ ꤗꤢ꤬ ꤢ꤬ꤔꤟꤤ ꤕꤚꤢꤧ꤯

## ꤟꤢꤩꤏꤥ꤬ꤞꤢꤧꤑꤢꤩ꤭ꤔꤟꤤ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤔꤢ꤬ꤏꤛꤢꤩꤜꤣꤖꤢꤨ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤢ꤬ꤚꤤ꤬ꤢ꤬ꤊꤛꤢ꤭

ꤖꤢꤨ꤮ ꤗꤟꤌꤣꤖꤢꤧ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤕꤚꤟꤢꤧ꤬ꤗꤛꤢꤋꤝꤢꤧ꤬ ꤒꤣ꤬ꤕꤚꤟꤢꤧ꤬ ꤔꤌꤣ꤬, ꤔꤟꤢꤧ꤬ ꤥ꤬ꤔꤢ ꤒꤟꤢꤧ꤬ꤘꤛꤢ꤬ꤋꤢꤨ꤬ ꤘꤣ ꤢ꤬ꤜꤥ꤬ꤘꤢꤨ꤬ ꤒꤣ꤬ꤡꤣ꤬ ꤘꤣ ꤔꤟꤢꤧ꤬ ꤙꤢꤧ꤬ ꤒꤢ꤬ꤊꤢꤪꤒꤢ꤬ꤊꤟꤢꤧ꤬ꤔꤟꤤ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤔꤌꤣ꤬꤯ ꤗꤟꤌꤣꤖꤢꤧ꤭ ꤒꤟꤢꤧ꤬ꤗꤛꤢꤓꤛꤢꤩ꤬ꤞꤢꤧꤑꤢꤩ꤭ ꤘꤣ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤢ꤬ꤋꤢꤨ꤬ꤔꤌꤣ꤬ ꤢ꤬ꤙꤢꤧ꤬ꤏꤢꤪ꤭ꤜꤢ꤭ ꤢ꤬ꤖꤢꤨꤢ꤬ꤜꤟꤛꤢꤩ꤬ ꤒꤟꤢꤧ꤬ꤊꤢ꤬ꤓꤢꤪ꤬ꤥ꤬ꤔꤛꤢ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬꤯ ꤒꤟꤢꤧ꤬ ꤘꤣ ꤢ꤬ꤜꤥ꤬ꤘꤢꤨ꤬ꤜꤣ꤮ ꤘꤣ ꤔꤟꤢꤧ꤬ ꤗꤟꤢꤩ꤬ꤙꤢꤧ ꤒꤣ꤬ꤡꤣ꤬ ꤗꤢ꤬ ꤟꤢꤩꤏꤥ꤬ꤞꤢꤧꤑꤢꤩ꤭ꤔꤟꤤ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤔꤢ꤬ꤏꤛꤢꤩꤜꤣꤖꤢꤨ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭, ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤔꤢ ꤒꤟꤢꤧ꤬ꤊꤢꤨ꤬ꤗꤟꤢꤩ꤬ꤗꤟꤢꤦ꤬ ꤘꤣ ꤢ꤬ꤚꤟꤌꤣ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬꤯

ꤔꤢꤪ꤭ꤢꤩ꤬ꤔꤟꤤ ꤢ꤬ꤊꤜꤛꤢꤢ꤬ꤊꤜꤥ꤭ ꤛꤢꤩ꤭ꤒꤢ꤬ꤟꤢꤩ꤬ ꤚꤢꤪ ꤟꤢꤩꤏꤥ꤬ꤞꤢꤧꤑꤢꤩ꤭ꤔꤟꤤ ꤔꤢ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤔꤢ꤬ꤏꤛꤢꤩꤜꤣꤖꤢꤨ ꤔꤌꤣ꤬꤯

### ꤡꤢꤓꤛꤢ꤬ꤜꤢꤨ ꤔꤢ ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭

ꤖꤛꤢꤩꤕꤜꤢꤪ ꤢ꤬ꤚꤤ꤬ꤢ꤬ꤊꤛꤢ꤭ ꤘꤣ ꤢ꤬ꤜꤥ꤬ꤘꤢꤨ꤬ꤜꤣ꤮ ꤒꤢ꤬ꤟꤢꤩ꤬, ꤕꤟꤢꤨ꤭ꤞꤢꤧꤑꤢꤩ꤭ꤚꤛꤢ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤒꤟꤢꤧ꤬ꤊꤟꤌꤣꤗꤟꤢꤩ꤬ꤓꤢꤩ꤬ ꤔꤌꤣ꤬ꤒꤢ꤬ꤟꤢꤩ꤬ ꤢ꤬ꤚꤤ꤬ꤊꤛꤢ꤭ ꤋꤢ꤭ꤏꤛꤢꤩꤋꤢ꤭ꤚꤟꤛꤢ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤚꤢꤪ ꤒꤢ꤬ꤔꤟꤢꤩ꤬ ꤒꤟꤢꤧ꤬ ꤘꤣ ꤔꤟꤢꤧ꤬ ꤞꤢꤧꤐꤟꤢꤦ ꤟꤢꤩꤔꤌꤣ꤬꤯ ꤒꤢ꤬ꤔꤟꤢꤩ꤬ꤗꤛꤢ ꤒꤟꤢꤧ꤬ꤏꤢꤨ꤬ꤘꤛꤢ꤭ ꤘꤣ ꤢꤨ꤭ ꤊꤟꤢꤦ ꤏꤢꤨ꤬ꤘꤛꤢ꤭ꤡꤟꤛꤢ ꤔꤟꤢꤧ꤬ ꤔꤌꤣ꤬ꤒꤢ꤬ꤟꤢꤩ꤬ ꤚꤢꤪ ꤔꤟꤢꤧ꤬ ꤞ꤬ꤢꤧꤐꤟꤢꤦ ꤟꤢꤩꤊꤟꤢ꤬ꤋꤛꤢꤩ꤬ꤏꤢꤦ꤬ ꤖꤢꤨꤒꤢꤩ꤭꤯

### ꤞꤢꤧꤘꤥ꤭ꤞꤢꤧꤍꤟꤢ꤬ ꤟꤢꤩꤙꤢꤧ꤬ꤟꤛꤢ꤭ꤖꤢꤦ꤬

ꤙꤤ ꤞꤤ꤭ ꤗꤟꤢꤩ꤬ꤚꤟꤥ ꤜꤢꤨ꤭ ꤒꤟꤢꤧ꤬ꤒꤣ꤬ꤡꤣ꤬ ꤢ꤬ꤋꤢꤧ꤭ ꤖꤢꤨ꤮ ꤠꤟꤢꤧ ꤗꤢꤪ꤬ꤒꤢꤪ꤬ꤊꤢ꤭ ꤞꤤ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤒꤢ꤬ꤚꤤ꤬ꤒꤢ꤬ꤚꤛꤢ꤭ ꤜꤟꤢꤩ ꤢꤩ꤬ꤘꤤ꤭ ꤞꤤ꤭ ꤔꤌꤣ꤬ ꤚꤢꤪ ꤡꤢꤓꤛꤢ꤬ ꤒꤟꤢꤧ꤬ꤟꤢꤩꤙꤢꤧ꤬ꤟꤢꤩꤏꤌꤣ꤬꤭ ꤔꤌꤣ꤬꤯ ꤙꤢꤩ꤬ꤞꤢꤧꤘꤥ꤭ꤞꤢꤧꤍꤟꤢ꤬ ꤔꤢ ꤙꤢꤩ꤬ꤖꤝꤤ꤭ꤐꤛꤢꤩ꤬ ꤒꤟꤢꤧ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬꤯ ꤞꤛꤢꤖꤢꤨ ꤒꤟꤢꤧ꤬ꤕꤟꤛꤢꤏꤢꤧ꤭ ꤊꤟꤢꤦ ꤥ꤬ꤜꤟꤌꤣ꤭ꤜꤤ꤭ꤓꤛꤢ꤬ ꤔꤌꤣ꤬ ꤚꤢꤪ ꤔꤢꤪ꤭ꤢꤩ꤬ ꤒꤟꤢꤧ꤬ ꤘꤣ ꤔꤟꤢꤧ꤬ ꤗꤛꤢꤓꤛꤢꤩ꤬ ꤘꤣ ꤒꤤ꤬ꤠꤤ꤬ ꤊꤢꤨ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤔꤌꤣ꤬꤯

### ꤗꤟꤢꤩ꤬ ꤒꤢꤧ꤭ ꤖꤢꤨ ꤔꤟꤢꤧ꤬ ꤒꤟꤢꤧ꤬ꤒꤢ꤬ꤔꤟꤢꤩ꤬ ꤥ꤬ꤔꤌꤣ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤗꤟꤢꤩ꤯

ꤔꤟꤢꤧ꤬ ꤊꤤ꤬ ꤒꤢ꤬ꤔꤟꤢꤩ꤬ ꤔꤢ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤥ꤭ꤗꤛꤢꤔꤢꤪ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤟꤢꤩꤚꤢꤪ ꤙꤢꤩ꤬ꤒꤟꤢꤧ꤬ꤞꤢꤦ ꤒꤢꤧ꤭ꤗꤟꤢꤩ꤯ ꤞꤛꤢꤖꤢꤨ ꤊꤟꤢꤦ ꤕꤟꤢꤨ꤭ꤞꤢꤧꤑꤢꤩ꤭ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤋꤢ꤭ꤜꤟꤢꤩ ꤘꤣ ꤢ꤬ ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤢ꤬ ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤖꤢꤨ ꤒꤟꤢꤧ꤬ꤋꤛꤢꤜꤟꤌꤣ꤭ ꤢ꤬ꤑꤢꤩ꤭ꤔꤌꤣ꤬ ꤕꤚꤟꤢꤧ꤬ꤞꤤꤖꤢꤨ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤘꤛꤢꤩꤡꤛꤢ꤬ꤘꤛꤢꤩꤑꤢ꤬ ꤥ꤬ꤒꤥ꤬ ꤗꤟꤢꤩ꤬ꤒꤢꤩ꤬ꤟꤢꤩꤚꤢꤪ ꤢ꤬ꤗꤟꤢꤩ꤬ꤕꤛꤢꤩꤗꤟꤢꤩ꤬ꤊꤛꤢ꤬꤭ ꤡꤟꤛꤢ ꤢꤧ꤬ꤞꤤ꤭ ꤒꤟꤢꤧ꤬ꤐꤟꤢꤦꤢꤩ꤬ꤑꤟꤢꤢꤩ꤬ ꤕꤚꤢꤧ꤯

### ꤟꤢꤩꤙꤢꤧ꤬ꤘꤣ꤬ꤑꤢ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤒꤢ꤬ꤔꤟꤢꤩ꤬ꤞꤢꤦꤙꤢꤪ꤭ꤞꤢꤦꤙꤛꤢꤩ꤬ ꤒꤢꤧ꤭ꤗꤟꤢꤩ

ꤔꤟꤤꤘꤢ꤭ ꤢꤧ꤬ꤞꤤ꤭ ꤒꤟꤢꤧ꤬ꤗꤛꤢꤓꤛꤢꤩ꤬ ꤚꤢꤪ ꤟꤢꤩꤙꤢꤧ꤬ꤊꤟꤢ꤬ꤋꤛꤢꤩ꤭ꤟꤛꤢ꤭ꤑꤢꤩ꤭ ꤘꤤ꤭ꤋꤥꤘꤤ꤭ꤑꤢꤩ꤭ ꤜꤢꤨ꤭ ꤑꤟꤢꤩ꤭ꤋꤥꤑꤟꤢꤩ꤭ꤊꤛꤢꤩ꤭꤯ ꤒꤢ꤬ꤔꤟꤢꤩ꤬ꤚꤛꤢꤔꤟꤤ ꤔꤟꤢꤧ꤬ ꤔꤟꤢꤩꤊꤜꤟꤢꤪ ꤟꤢꤩꤙꤢꤧ꤬ꤒꤟꤢꤧ꤬ ꤔꤢ ꤔꤟꤢꤧ꤬ ꤒꤢ꤬ꤜꤟꤢ꤭ ꤘꤣ ꤢ꤬ꤚꤛꤢꤙꤢꤩ꤬ꤐꤟꤢꤦꤙꤢꤩ꤬ꤑꤟꤢ ꤗꤢ꤬ ꤢ꤬ꤡꤌꤣꤐꤛꤢꤩ꤬ꤜꤢ꤭ ꤘꤢꤦ꤬ ꤢ꤬ꤊꤟꤛꤢ ꤕꤚꤢꤧ꤯ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤊꤤ꤬ ꤥ꤭ꤗꤛꤢꤔꤢꤪ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤟꤢꤩꤚꤢꤪ ꤒꤢ꤬ꤔꤟꤢꤩ꤬ ꤏꤢꤨ꤬ꤘꤛꤢ꤭ꤗꤛꤢ ꤖꤢꤨ: ‘ꤗꤢ꤬ ꤤ꤭ꤒꤢꤩ꤭ ꤔꤢꤪ꤭ꤗꤟꤢꤩ꤬ ꤔꤟꤢꤧ꤬ ꤚꤢꤪ ꤞꤢꤧꤐꤟꤢꤦ ꤗꤟꤢꤩ꤬ꤗꤛꤢ ꤗꤟꤢꤩ꤬ꤒꤢꤩ꤭?’ ‘ꤗꤢ꤬ ꤢ꤬ ꤙꤢꤧ꤬ꤞꤢꤧꤕꤜꤢꤪ꤬ ꤔꤟꤢꤧ꤬ ꤖꤢꤨꤒꤢꤩ꤭?

### ꤟꤢꤩꤜꤣꤟꤢꤩꤊꤜꤢꤪ꤭ ꤒꤢꤧ꤭ꤗꤟꤢꤩ꤯

ꤔꤟꤢꤧ꤬ ꤞꤢꤧꤑꤢꤩ꤭ ꤡꤢꤪꤡꤢꤪꤒꤟꤢꤩ꤬ꤒꤟꤢꤩ꤬ ꤟꤢꤪ ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤙꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤏꤢꤧ꤭ ꤘꤣ ꤢ꤬ꤓꤝꤥ꤭ꤓꤛꤢ꤬ꤡꤟꤛꤢꤕꤢ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤚꤢꤪ ꤟꤢꤩꤜꤣꤟꤢꤩꤊꤜꤢꤪ꤭ ꤕꤢ꤭ ꤒꤢꤧ꤭ꤗꤟꤢꤩ꤯

### ꤒꤢ꤬ꤔꤟꤢꤩ꤬ꤏꤢꤪ꤭ ꤘꤣ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤚꤢꤪ ꤟꤢꤩꤏꤥ꤬ꤜꤟꤌꤣ꤭ ꤔꤟꤢꤧ꤬ ꤒꤟꤢꤧ꤬ꤙꤢꤧ꤬ꤐꤟꤢꤪ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬꤯

ꤟꤢꤩꤏꤥ꤬ꤞꤢꤧꤑꤢꤩ꤭ꤚꤛꤢ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤔꤢ ꤔꤟꤢꤧ꤬ ꤗꤛꤢꤋꤝꤢꤧ꤬ꤚꤛꤢꤡꤢꤪ ꤢꤧ꤬ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤑꤢꤩ꤭ ꤙꤢ꤮ ꤒꤢꤩ꤭ ꤡꤢꤪ꤯ ꤢ꤬ꤚꤢꤪ, ꤊꤤ꤬ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤟꤢꤩ ꤔꤟꤢꤧ꤬ꤔꤢ ꤢꤧ꤬ꤞꤤ꤭ ꤥ꤭ꤜꤢ꤬ꤊꤥ꤭ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤟꤢꤩꤚꤢꤪ ꤔꤟꤢꤧ꤬ ꤟꤢꤩꤡꤟꤛꤢꤘꤢꤦ꤬ꤔꤢ ꤔꤟꤢꤧ꤬ ꤙꤢꤧ꤬ꤐꤟꤢꤪ꤬ ꤒꤟꤢꤧ꤬ ꤘꤣ ꤢ꤬ꤗꤟꤢꤩ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬, ꤚꤢꤪ ꤟꤢꤩꤏꤥ꤬ ꤢꤧ꤬ꤞꤤ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤋꤛꤢꤜꤟꤌꤣ꤭ ꤘꤣ ꤢ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ꤡꤟꤛꤢ ꤔꤢꤏꤛꤢꤩꤖꤢꤨ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤋꤢꤨ꤬ꤊꤜꤢꤪꤔꤟꤢꤪ꤭ ꤜꤟꤢꤩꤘꤢꤨ꤬ꤓꤛꤢ꤬, ꤚꤢꤪ ꤢ꤬ꤓꤝꤥ꤭ꤓꤛꤢ꤬ꤡꤟꤛꤢ ꤔꤢ ꤒꤟꤢꤧ꤬ꤏꤝꤤ ꤋꤢꤧ꤬ꤎꤣ꤬꤯

## ꤔꤟꤤꤙꤢꤧ꤬ꤡꤟꤛꤢ ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤡꤝꤟꤥ ꤙꤤꤒꤢꤩ꤭

ꤔꤟꤤꤙꤢꤧ꤬ꤡꤟꤛꤢ ꤕꤚꤢꤧ ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤡꤝꤟꤥ ꤔꤢ ꤒꤟꤢ꤬ꤋꤢ꤭ꤏꤛꤢꤩꤋꤢ꤭ꤚꤟꤛꤢ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤙꤤ ꤔꤟꤢꤧ꤬ ꤟꤢꤩꤙꤢꤧ꤬ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤔꤌꤣ꤬ ꤢ꤬ꤚꤤ꤬ꤢ꤬ꤊꤛꤢ꤭ ꤕꤚꤢꤧ꤯

ꤠꤤ꤬ꤒꤥ꤭ꤚꤤ꤬ꤛꤢ꤬ꤊꤟꤢꤩ ꤒꤟꤢꤧ꤬ꤠꤤ꤬꤭ꤊꤛꤢ꤭ꤜꤟꤢꤜꤤ꤭ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤊꤝꤤꤠꤤ꤬ꤒꤥ꤭ꤚꤤ꤬ꤛꤢ꤬

ꤔꤌꤣ꤬ꤗꤢ꤬ ꤢ꤬ꤘꤛꤢꤩ ꤒꤟꤢꤧ꤬ꤋꤢ꤭ꤏꤛꤢꤩꤋꤢ꤭ꤚꤟꤛꤢ꤬, ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤡꤝꤟꤥ ꤘꤣ ꤕꤚꤟꤢꤧ꤬ꤜꤟꤢꤨ꤬ꤊꤢ꤬ꤛꤢ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤢ꤬ꤑꤢꤩ꤭, ꤞꤛꤢꤖꤢꤨ ꤢꤧ꤬ꤞꤤ꤭ ꤊꤟꤢꤦ ꤠꤤ꤭ꤊꤛꤢ꤭ ꤜꤟꤢꤜꤤ꤭ꤘꤢꤦ꤬ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤬꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬, ꤕꤢꤪ꤬ꤟꤤꤒꤥ꤬ ꤢ꤬ꤘꤛꤢꤩ꤬ ꤜꤤ꤬ꤙꤢ꤬ꤋꤛꤢꤜꤟꤌꤣ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤔꤢ ꤗꤟꤌꤣꤖꤢꤧ꤭ ꤔꤢ ꤖꤢꤨꤜꤟꤛꤢꤩ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤕꤚꤢꤧ꤯ ꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤒꤟꤢꤧ꤬ꤠꤤ꤭ꤊꤛꤢ꤭ꤜꤟꤢꤜꤤ꤭ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ [www.quit.org.au/articles/teenvaping](http://www.quit.org.au/articles/teenvaping)

### Royal Children’s Hospital (ꤋꤝꤤꤊꤜꤝꤤ꤭ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤢ꤬ꤒꤟꤢꤧ꤬ꤏꤝꤤꤟꤤ꤬)

ꤘꤣ ꤤ꤬꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤔꤢ ꤔꤢ꤬ꤏꤛꤢꤩꤜꤣꤖꤢꤨ ꤜꤤ꤬ꤙꤢ꤬ꤋꤛꤢꤜꤟꤌꤣ꤭ ꤢ꤬ꤊꤢꤨ꤭ꤔꤌꤣ꤬ ꤢ꤬ꤘꤛꤢꤩꤜꤟꤌꤣ꤭ꤥ꤬ ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭ ꤘꤣ ꤒꤥ꤭ ꤟꤢꤩꤙꤢꤧ꤬ꤗꤟꤢꤩ꤬ ꤔꤢ꤬ꤏꤛꤢꤩꤜꤣꤖꤢꤨ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤔꤢ ꤔꤢꤪ꤭ꤢꤩ꤬ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤗꤢ꤬ ꤢ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ꤗꤟꤢꤩꤡꤢꤪ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤖꤢꤨꤒꤢꤩ꤭ ꤚꤢꤪ ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤔꤌꤣ꤬ ꤢ꤬ꤚꤤ꤬ꤢ꤬ꤊꤛꤢ꤭ ꤘꤣ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤞꤢꤚꤢꤘꤢꤨ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤗꤟꤢꤩ꤬ꤓꤢꤩ꤬ꤔꤌꤣ꤬ ꤕꤚꤢꤧ꤯ ꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤢ꤬ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭ ꤙꤤ   
<http://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens>

### ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤊꤜꤛꤢ ꤘꤣ ꤢ꤬ꤚꤛꤢꤊꤜꤢꤪ꤭

ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭ ꤘꤣ ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤚꤢꤪ ꤢ꤬ꤙꤢꤧ꤬ꤏꤢꤧ꤭ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤗꤟꤥ꤬, ꤢ꤬ꤊꤜꤛꤢꤢ꤬ꤊꤜꤥ꤭ ꤘꤣ ꤠꤤ꤬꤭ꤊꤛꤢ꤭ꤜꤟꤢꤜꤤ꤭ꤘꤢꤦ꤬ ꤑꤢꤩ꤭, ꤒꤟꤢꤧ꤬ꤚꤢ꤭ ꤢ꤬ꤗꤢꤢ꤬ꤘꤛꤢ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤔꤢ ꤠꤤꤒꤥ꤬ꤚꤤꤛꤢ꤬ ꤊꤟꤢꤩ ꤒꤟꤢꤧ꤬ꤞꤝꤥꤒꤟꤢꤧ꤬ꤞꤛꤢ꤬ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩꤙꤥ꤭, ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ ꤢ꤬ꤒꤟꤢꤧ꤬ꤒꤢ꤬ꤚꤢꤪ꤬ꤞꤢꤧ ꤒꤢ꤬ꤟꤢꤩ꤬, ꤢ꤬ꤓꤛꤢꤩ꤭ꤡꤛꤢ꤭ ꤔꤢꤪ꤭ꤢꤩ꤬ ꤘꤣ ꤤ꤭-ꤎꤤꤊꤢ꤬ꤚꤢꤧ ꤗꤤ꤬ꤙꤥ꤭ꤊꤢꤨ꤭, ꤔꤤ꤬ꤊꤥ꤬ꤒꤢꤩ꤭ ꤢ꤬ꤒꤟꤢꤧ꤬ꤒꤢ꤬ꤚꤢꤪ꤬ꤞꤢꤧ ꤘꤣ ꤢ꤬ꤚꤟꤛꤢ꤭ꤏꤢꤧ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬꤯ ꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ <http://www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco>

### ꤔꤟꤢꤧ꤬ ꤟꤤ꤬ꤖꤛꤢ꤭ꤖꤢꤨ ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤞꤢꤚꤢꤘꤢꤨ꤬

ꤔꤟꤢꤧ꤬ ꤟꤤ꤬ꤖꤛꤢ꤭ꤖꤢꤨ ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤞꤢꤚꤢꤘꤢꤨ꤬ ꤗꤢ꤬ ꤋꤢ꤭ꤜꤟꤢꤩ ꤘꤣ ꤢ꤬ꤚꤛꤢ ꤔꤟꤤꤙꤢꤧ꤬ ꤜꤣꤊꤜꤢꤪ꤭ꤕꤟꤥ ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤬꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤡꤛꤢ꤬ꤘꤛꤢꤩꤑꤢ꤬ ꤘꤣ ꤔꤟꤢꤧ꤬ꤖꤢꤨ ꤑꤢꤩ꤭ ꤘꤣ ꤢ꤬ꤙꤢꤧ꤬ꤋꤛꤢꤔꤢ ꤒꤟꤢꤧ꤬ꤥ꤭ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤔꤢ꤬ ꤒꤟꤢꤧ꤬ꤥ꤭ꤗꤤ꤬ꤙꤥ꤭ꤢꤦ꤭ꤋꤌꤣ꤬ ꤕꤚꤢꤧ꤯

### ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤡꤛꤢ꤬ꤘꤛꤢꤩꤑꤢ꤬ ꤢ꤬ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬

* **ꤒꤟꤢꤧ꤬ꤠꤤ꤬꤭ꤊꤛꤢ꤭ꤜꤟꤢꤜꤤ꤭ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤊꤝꤤꤜꤟꤢꤧ꤭** ꤔꤌꤣ꤬ꤗꤢ꤬ ꤢ꤬ꤘꤛꤢꤩ ꤒꤟꤢꤧ꤬ꤡꤛꤢ꤬ꤒꤟꤢꤧ꤬ꤑꤢ꤬ ꤔꤢ ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤟꤢꤧ꤭ꤘꤛꤢꤩꤚꤢꤩ꤬ ꤘꤣ ꤢ꤬ꤒꤢ꤬ꤘꤝꤥ꤭ꤘꤢꤪꤢꤌꤣꤘꤢꤪꤙꤤ, ꤕꤢ꤬ꤒꤟꤣꤊꤌꤣ꤭ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤑꤢꤩ꤭ ꤙꤤ ꤗꤟꤢꤪꤜꤤ꤭ ꤈ ꤗꤢꤦ꤬ ꤒꤟꤌꤣ ꤗꤟꤢꤪꤋꤤ ꤈ꤗꤢꤦ꤭, ꤙꤤ ꤗꤟꤢꤪꤒꤣ꤬ꤔꤛꤢꤩ꤭ ꤒꤟꤌꤣ ꤗꤟꤢꤪꤑꤟꤢ꤭ꤔꤛꤢꤩ꤭ ꤔꤌꤣ꤬꤯ ꤢꤧꤟꤛꤢ꤭ꤖꤥ꤭ ꤙꤤ ꤁꤃ ꤇꤈ ꤄꤈ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤡꤌꤣꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤘꤣ <http://www.quit.org.au>
* **ꤒꤟꤢꤧ꤬ꤐꤟꤢꤨ꤭ꤊꤜꤛꤢ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤘꤢ꤬ꤚꤢꤧꤜꤟꤢꤧ꤭** ꤔꤌꤣ꤬ꤗꤢ꤬ ꤢ꤬ꤘꤛꤢꤩ ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤡꤛꤢ꤬ꤘꤛꤢꤩꤑꤢ꤬ ꤢ꤬ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ ꤘꤣ ꤓꤛꤢꤩ꤭ꤏꤤꤕꤚꤟꤢꤩ ꤔꤢ ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤗꤟꤢꤩ꤬ꤗꤟꤢꤦ꤬ ꤘꤣ ꤢ꤬ꤚꤟꤌꤣ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤘꤣ ꤒꤣ꤬ꤊꤟꤢꤩꤜꤟꤢꤧ꤭ ꤢ꤬ꤊꤢꤨ꤭ ꤚꤢꤪ ꤢ꤬ꤘꤛꤢꤩ ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤟꤢꤧ꤭ꤘꤛꤢꤩꤚꤢꤩ꤬ ꤘꤣ ꤢ꤬ꤒꤢ꤬ꤘꤝꤥ꤭ꤘꤢꤪꤢꤌꤣꤘꤢꤪꤙꤤ ꤔꤢ ꤢ꤬ꤞꤢꤨ꤭ ꤕꤚꤟꤢꤧ꤬ꤜꤟꤢꤨ꤬ꤊꤢ꤬ꤛꤢ꤭ꤏꤝꤤ ꤒꤣ꤬ꤑꤢꤩ꤭ꤚꤢꤪ ꤂꤄ ꤗꤢꤦ꤭, ꤒꤣ꤬ꤊꤜꤢꤧꤚꤢꤪ ꤇ ꤑꤢꤩ꤭꤯ ꤢꤧꤟꤛꤢ꤭ꤖꤥ꤭ ꤙꤤ ꤁꤈꤀꤀ ꤈꤈꤈ ꤂꤃꤆ ꤗꤟꤢꤒꤥ꤬ꤚꤢꤪ ꤡꤌꤣꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤘꤣ <http://www.directline.org.au>
* **ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤡꤛꤢ꤬ꤘꤛꤢꤩꤑꤢ꤬ ꤕꤚꤟꤢꤧ꤬ꤔꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ, ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤗꤟꤢꤩ꤬ꤗꤟꤢꤦ꤬ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤔꤢ ꤓꤛꤢꤩ꤭ꤏꤤꤕꤚꤟꤢꤩ** ꤔꤌꤣ꤬ꤗꤢ꤬ ꤢ꤬ꤘꤛꤢꤩ ꤕꤚꤟꤢꤧ꤬ꤔꤢꤡꤟꤢꤧꤖꤢꤨ-ꤒꤢꤦꤘꤢꤦ꤬ ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤡꤛꤢ꤬ꤘꤛꤢꤩꤑꤢ꤬ ꤢ꤬ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ ꤙꤤ ꤗꤟꤢꤪꤜꤤ꤬꤭ ꤉ ꤗꤢꤦ꤭ ꤒꤟꤌꤣ ꤗꤟꤢꤪꤋꤤ ꤈ꤗꤢꤦ꤭ ꤙꤤ ꤗꤟꤢꤪꤒꤣ꤬ꤑꤢꤩ꤭ ꤒꤟꤌꤣ ꤗꤟꤢꤪꤑꤟꤢ꤭ꤑꤢꤩ꤭ ꤔꤌꤣ꤬ ꤕꤚꤢꤧ꤯ ꤢꤧꤟꤛꤢ꤭ꤖꤥ꤭ ꤙꤤ ꤁꤈꤀꤀ ꤄꤅꤈ ꤆꤈꤅
* **ꤢꤧꤟꤛꤢ꤭ ꤓꤛꤢꤩ꤭ꤏꤤꤕꤚꤟꤢꤩ ꤔꤢ ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤗꤟꤢꤩ꤬ꤗꤟꤢꤦ꤬** ꤢ꤬ꤕꤜꤢꤪꤢ꤬ꤗꤟꤢꤨ꤬ ꤢ꤬ꤒꤟꤢꤧ꤬ꤘꤛꤢꤩꤡꤛꤢ꤬ꤘꤛꤢꤩ꤬ꤑꤢ꤬ ꤊꤜꤛꤢꤊꤜꤥ꤭ ꤙꤤ ꤁꤃꤀꤀ ꤈꤅ ꤈꤅ ꤈꤄
* **ꤋꤢꤨ꤬ꤊꤜꤢꤪꤋꤢ꤭ꤜꤟꤢꤩ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤟꤢꤧꤎꤖꤢꤩ** ꤔꤌꤣ꤬ꤗꤢ꤬ ꤘꤛꤢꤩ ꤘꤤ꤭ꤒꤢꤦ ꤒꤟꤢꤧ꤬ꤗꤟꤢꤩ꤬ꤡꤝꤟꤥ ꤔꤢ ꤒꤟꤢꤧ꤬ꤞꤢꤧꤕꤜꤢꤪ꤬ ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤔꤢ ꤋꤢꤨ꤬ꤊꤜꤢꤪꤋꤢ꤭ꤜꤟꤢꤩ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤟꤢꤧꤎꤖꤢꤩ ꤗꤢꤙꤥ꤭ ꤒꤢ꤬ꤟꤢꤩ꤬ ꤘꤣ ꤢꤪ꤬ꤜꤟꤢꤧ꤭ꤊꤢꤨ꤭ ꤙꤢꤧ꤬ꤙꤢꤧ꤬, ꤖꤥ꤭ ꤙꤢꤧ꤬ꤙꤢꤧ꤬, ꤒꤢ꤬ꤒꤢꤪ꤬ꤒꤥ꤭ꤔꤟꤢꤩ ꤙꤢꤧ꤬ꤙꤢꤧ꤬ ꤢ꤬ꤔꤟꤤ ꤕꤚꤢꤧ꤯ ꤡꤌꤣꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤋꤢꤨ꤬ꤊꤜꤢꤪꤋꤢ꤭ꤜꤟꤢꤩ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤟꤢꤧꤎꤖꤢꤩ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ [www.headspace.org.au](http://www.headspace.org.au)

### ꤞꤢꤧꤐꤟꤢꤦꤞꤢꤧꤑꤢꤩ꤭ ꤊꤜꤢꤪ꤭ꤕꤟꤥ ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭

ꤜꤤ꤬ꤙꤢ꤬ꤋꤛꤢꤜꤟꤌꤣ꤭ ꤘꤣ ꤢ꤬ꤒꤢ꤬ꤚꤤ꤬ꤒꤢ꤬ꤚꤛꤢ꤭ꤥ꤬ ꤛꤢꤩ꤭ꤗꤢ꤬ ꤢ꤬ ꤔꤢꤪ꤭ꤢꤩ꤬ ꤒꤟꤢꤧ꤬ꤚꤤ꤬ꤒꤟꤢꤧ꤬ꤊꤛꤢ꤭ ꤔꤢ ꤒꤟꤢꤧ꤬ꤕꤟꤢꤨ꤭ꤞꤢꤧꤑꤢꤩ꤭ ꤘꤣ:

* ꤔꤟꤌꤣ꤭꤬ꤗꤛꤢ ꤠꤤ꤭ꤊꤛꤢ꤭ꤜꤟꤢꤜꤤ꤭ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤥ꤭ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ -<http://www.quit.org.au/articles/teenvaping>
* ꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤒꤟꤢꤧ꤬ꤥ꤬ꤏꤝꤥ꤬ꤥ꤬ꤕꤚꤛꤢ꤭ ꤊꤜꤛꤢ ꤘꤣ ꤢ꤬ꤚꤛꤢꤊꤜꤢꤪ꤭ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ -[www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco](http://www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco)
* ꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤋꤝꤤꤊꤜꤝꤤ꤭ ꤕꤢ꤬ꤡꤟꤢꤧꤖꤢꤨ ꤢ꤬ꤒꤟꤢꤧ꤬ꤏꤝꤤꤟꤤ꤬ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ - <http://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens>
* ꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤓꤛꤢꤩ꤭ꤏꤤꤕꤚꤟꤢꤩ ꤔꤢ ꤒꤟꤢꤧ꤬ꤋꤢꤨ꤬ꤗꤟꤢꤩ꤬ꤗꤟꤢꤦ꤬ ꤢ꤬ꤕꤜꤢꤪꤢ꤬ꤗꤟꤢꤨ꤬ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ -<https://adf.org.au/talking-about-drugs/parenting/vaping-youth/talking-about-vaping/>
* ꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤋꤢꤧ꤬ꤎꤣ꤬ ꤊꤢꤪ꤬ꤡꤤ꤬ ꤠꤤ꤬ꤒꤥ꤭ꤚꤤ꤬ꤛꤢ꤬ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ -<http://www.tobaccoinaustralia.org.au>
* ꤔꤟꤌꤣ꤭ꤗꤛꤢ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤢ꤬ꤘꤢꤨ꤬ ꤢ꤬ꤒꤟꤢꤧ꤬ꤞꤝꤥꤒꤟꤢꤧ꤬ꤞꤛꤢ ꤘꤣ ꤢꤨ꤭ ꤢꤧꤔꤢ ꤢ꤬ꤔꤢ꤬ ꤁꤉꤈꤇ ꤒꤢ꤬ꤚꤛꤢꤩ꤬ꤙꤢ꤬ꤢꤧ ꤚꤤ꤬ꤊꤛꤢ꤭ ꤙꤤ -   
  <http://www.legislation.vic.gov.au/in-force/acts/tobacco-act-1987/095>

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