# Ifi tapaká mo e Veipingi: Faleʻi ki he ngaahi Mātuʻa

Tokoni'i hoʻo kiʻi leká ke ne mahinoʻi ʻa e ngaahi moʻoniʻi meʻa mo e fakatuʻutāmaki ʻo e ifi tapaká mo e veipingí.

### Ko e hā ʻa e ifi tapaká mo e veipingí?

Ko e ifi tapaká ko hono tutu ʻo ha meʻa ʻo mihi ʻa e ʻahú ki he maʻamaʻá, ʻo hangē ko ha foʻi sikaleti. Ko e veipingí ko ʻete mihiʻi ʻa e mao mei ha huhuʻa ʻoku tutu.

Fakatouʻosi ʻa e ifí mo e veipingí ʻoku kau ai 'a e mihi ki loto ʻa e ngaahi kemikale ʻa ia te nau lava ʻo maumauʻi e moʻuilelei ʻo e sinó.

Ko e Sikaleti-faka'ilekitulonika, pe veipí ʻokú ne tutu ʻa e huhuʻa ʻo faʻu ʻa e mao ko ia ʻoku mihiʻi ki loto, ʻa ia ʻoku ui ko e veipingi. Ko e Sikaleti-faka'ilekitulonika, ʻoku lava pē ia ke hangē ko ha hailaita, ko ha peni pe USB.

### Ko e hā ʻoku ʻi he huhuʻa veipingí?

ʻOku ʻikai ha faʻahinga meʻa ʻaonga ia pe malu ʻe maʻu mei he sikaleti-faka'ilekitulonika, veipí pe ngaahi huhuʻa veipí.

Ko e lahi taha ʻo e sikaleti-faka'ilekitulonika, ʻoku ʻi loto ʻa e[nikotini ʻa ia ʻoku fakatuʻutāmaki mo fakatupu maʻunimā](https://www.tobaccoinaustralia.org.au/chapter-18-harm-reduction/indepth-18b-e-cigarettes/18b-0-introduction). Tatau pē mo e ngaahi meʻa kuo leipolo ʻikai ha nikotiní ʻoku kei lava pē ke ʻi loto ʻa e nikotini ia.

Ko e kasa pe mao mei he sikaleti-faka'ilekitulonika, ʻoku ʻi loto ha kemikale fakatupunga kanisā mo e ngaahi mētale kona.

### Anga hono uesia ʻe he veipingí ʻa e sino hoʻo kiʻi tamá

ʻOku lava ke fakatupunga ʻe he veipingí ha maumau lahi ki he sino hoʻo kiʻi tamá:

* Taimi nounou ʻokú ne lava ke fakatupunga ʻa elua, tokakovi, tale, nounou e mānavá, pala e ngutú mo e mahaki hela
* Taimi lōloa ʻokú ne lava ke fakatupunga e maumau ʻa e maʻamaʻá, mahaki'ia e mafu mo e kanisā.

Ko e Sikaleti-faka'ilekitulonika, ʻoku kei fai ʻa hono fakatotoloʻi, ka ʻoku tui ʻa e kau mataotao tokolahi ʻoku ngalingali ʻe fakatupunga ʻe he veipingí ʻa e kanisā ʻo e maʻamaʻá mo e ngutú.

Ko e nikotiní ko ha meʻa kona ia te ne lava ʻo fakatupunga ke puke ʻa e kakaí kapau ʻe folo pea ʻe lava ke ne tamateʻi e fānau valevalé.

Ka lahi hono tuku e longaʻi fānaú mo e toʻutupú ke nau mānavaʻaki ʻa e nikotiní ʻe lava ke ne maumauʻi ʻa e tupu honau ʻatamaí pea ʻe malava ke nau iku ai ki he tuʻunga fakatuʻutāmaki ange 'o 'ikai ke nau malava pe honau tokangaʻi. Ko e longaʻi fānaú mo e toʻutupu ʻoku nau ngāueʻaki ʻa e sikaleti-faka'ilekitulonika, ʻoku ngalingali ke liunga tolu ʻa e iku ke nau hoko atu ki he ifi sikaletí.

ʻOku toe lava foki ke pā ʻa e sikaleti-faka'ilekitulonika, ʻo fakatupunga ha vela.

### Ko hono maluʻi hoʻo kiʻi tamá

ʻOku mahino mai mei he ngaahi fakatotoló ko e fānau ʻe meimei ke siʻi ʻenau iku ʻo ifi tapaká mo e veipí kapau ko ʻenau faʻifaʻitakiʻangá (anga-mahení ko e ongo-mātuʻá pe tauhi fakalaó) ne ʻikai ke nau ifi pe veipi.

Kapau ʻokú ke ʻiloʻi ʻoku faingataʻa ke tuku ifi pea 'oku ke kei ifi pē pe veipi, vahevahe hoʻo a'usiá mo hoʻo kiʻi tamá. Kole ki hoʻo fānaú ʻenau poupoú ʻi hoʻo feinga tuku ifi hokó. Kapau ʻe fakamoʻoni ʻa hoʻo kiʻi tamá ki he faingataʻa ʻo e feinga ke tuku ifí, mahalo te nau loto leva ke fakamamaʻo ʻaupito mei he ifi tapaká pe veipingí.

Ko e founga lelei taha ke maluʻi ai hoʻo fānaú ko e ʻoua ʻaupito te ke ifi pe veipi ʻi falé pe ʻi ha toe feituʻu pē ʻe ofi ai ha longaʻi fānau. ʻOku taʻefakalao foki ʻa e ifi pe veipi ʻi ha loto kā ʻoku ʻi ai ha longaʻi fānau. Ko hono mānavaʻaki ʻe he fānaú ʻa e kasa ʻo e sikaleti-faka'ilekitulonika, ʻe lava ke hoko ko ha maumau lahi ki he longaʻi fānaú mo e toʻutupú.

## Lao ki he Veipí

### Ko e ifí mo e veipingí ʻoku tapui ia ʻi he ngaahi feituʻu ʻi loto pea mo e ʻātakai kotoa ʻo e ngaahi akoʻangá.

Ko e *Lao ki he Tapaka 1987* ʻokú ne tapui ʻa e ifi pe veipingi ʻi he loto ʻapiakó pe ʻi he mita ʻe 4 takatakai mei he ʻātakai ofi ki ha ʻaluʻanga luelalo hūʻanga ki ha ʻapiako. Ko e tapui ʻo e ifí mo e veipí ʻe ngāueʻaki ia ki:

* ha taha pē ʻokú ne ʻi he kelekele ʻo e akoʻangá lolotonga mo e tuku ʻa e akó kau ki ai ʻa e fānauako, kau faiako, mo e kau ʻaʻahi kotoa pē ki he akoʻangá
* he ngaahi ngāue kotoa ʻoku fai ʻi he kelekele ʻo e akoʻangá.

ʻOku ʻikai foki ngofua ha ifi tapaka mo ha veipingi lolotonga ʻo ha faʻahinga kātoanga ʻa e akoʻangá pe ko haʻanau ʻaʻahi fakaako ki ha feituʻu pe ki tuʻa.

### Moʻuilelei mo e lao ki he fakatau fakamoveteveté

ʻOku taʻefakalao ki ha taha pē:

* ke ne fakatau atu, fakafetongi koloa pe ha faʻahinga founga pe ʻe ngāueʻaki ki hano fakatau/fakafetongi koloa ʻo e sikaleti-faka'ilekitulonika, ki ha taha ʻoku siʻi hifo ʻi he taʻu 18
* ke ne ifi ha sikaleti-faka'ilekitulonika, ʻa ia ʻoku ʻi ai ha nikotini, tukukehe kapau ʻoku ʻi ai ha tohi mei he toketā
* ke ifi pe veipi ʻi ha loto meʻalele kapau ʻoku ʻi ai ha taha siʻi hifo hono taʻú ʻi he taʻu 18.

Te ke lava ʻo līpooti ha taha ʻokú ne fakatau fakamovetevete ha koloa sikaleti-faka'ilekitulonika, ki ha fānau ki he kaunisolo loukolo 'i ho feituʻú.

## Talanoa ki hoʻo kiʻi tamá pe taʻu hongofulutupú fekauʻaki mo e ifi tapaká mo e veipingí

Ko ha mātuʻa pe tauhi fānaú, ʻoku ʻi ai ho fatongia mātuʻaki mahuʻinga ʻi hono maluʻi hoʻo kiʻi tamá mei he ifi tapaká mo e veipingí. Ko e anga ʻo e vakai ʻa e mātuʻá ki he ifí mo veipingí ʻe lava ke ʻi ai ʻene uesia ʻa e ʻulungaanga ʻo e fānaú. Ko e meʻa matuʻaki mahuʻinga tahá te ke lava ʻo faí ko hoʻo talanoa ki hoʻo kiʻi tamá pe taʻu hongofulutupú fekauʻaki mo e ifí, veipingí mo e faitoʻo konatapú.

Ngāueʻaki ʻa e ngaahi palani ko ení ke talanoa ki hoʻo kiʻi tamá pe taʻu hongofulutupú.

### Kamataʻaki ʻa e fakamatala fakaikiikí

Maʻu ʻa e ngaahi moʻoniʻi meʻá, ʻiloʻi ʻa e ngaahi fakaikiiki tefito fekauʻaki mo e ifí mo e ngaahi koloa veipingí, peá ke fakakaukau ki he meʻa te ke leaʻakí. Fakakaukau ki ha ngaahi fehuʻi ʻe niʻihi ʻe ʻeke atu, pea mo haʻo tali ki ai.

### Faiʻaki ʻa e anga-mokomoko

Kamata ʻa e fetalanoaʻakí ʻi haʻamo fai fakataha ha ngāue, ʻo hangē ko e fononga ʻi ha meʻalele pe ko hano teuteu ha meʻatokoni. Tauhi ke faingofua mo nonga. Ngāueʻaki ha meʻa naʻá ke sio ai ʻi ha polokalama TV pe ʻi he ongoongó ko ha faingamālie ia ke ʻohake ai ʻa e ʻīsiuú.

### ʻOua ʻe fakamahalo

Kapau ʻokú ke fakakaukau kuo ʻosi ʻahiʻahiʻi 'e hoʻo kiʻi leká ʻa e ifí pe veipingí, fakaʻehiʻehi mei hano fai ha tukuakiʻi. ʻOku pehē ʻe he kau mataotao ʻe niʻihi ke ʻoua naʻá ke hua ʻa e nofoʻanga ʻo hoʻo kiʻi leká ko e kumi ha fakamoʻoni ki heʻene ifí pe veipingí, koeʻuhi ʻe maumauʻi ai ʻa ʻenau falalá atu.

### Fakaʻehiʻehi mei he faifakamaaú pe tafulú

Fanongo ki he anga ʻo ʻenau fakakaukaú pea tauhi ke mo fetalanoaʻaki. Tokanga ki hoʻo fakafōtungá mo e tō ho leʻó ke fakaʻapaʻapa pea ʻe lava leva ke lelei. Kapau ne ʻosi ʻahiʻahiʻi ʻe hoʻo kiʻi tamá ʻa e ifí pe veipingí, ʻeke ʻa e fehuʻi hangē ko e: 'ko e hā e meʻa naʻá ne ʻai koe ke ke loto ai ke ʻahiʻahiʻí? mo e 'koeha 'a e ongo ne ke ma'u ai?'

### ʻOua ʻe ʻafaʻi

Fakapapauʻi ʻokú ke faitotonu fekauʻaki mo e ngaahi maumau ʻe ala hoko pea fakamama'o mei hono ʻafaʻi e fakamatalá.

### Tokanga taha ki he moʻuileleí pea fakamatalaʻi ki ai hoʻo ngaahi hohaʻá

Talanoa ki he anga hoʻo tokanga fekauʻaki mo e moʻuilelei hoʻo kiʻi tamá. Fakatātaá, kapau ʻe tala atu ʻe hoʻo kiʻi leká ʻoku nau ifi pe veipingi, ʻe lava ke ke tala ange ʻokú ke hohaʻa fekauʻaki mo e ngaahi nunuʻa koví pea fakahaaʻi ange ʻa e fakamoʻoni ki hono uesia ʻo e ʻatamai ʻo e fānau kei tupú mo e tuʻu laveangofua ki he kanisā.

## Feituʻu ke maʻu mei ai ha tokoni

Ko e ngaahi tokoni mo e ngaahi maʻu ʻanga fakamatala ʻoku faingamālie ke tokoniʻi koe ke ke talanoa mo hoʻo kiʻi tamá fekauʻaki mo e ifí mo e veipingí

Quit Victoria
ʻOku maʻu atu ai ʻa e ngaahi maʻu ʻanga fakamatala mo e tokoni maʻae kakaí ke tuku ʻenau ifí mo e veipí pea mo ha tohi fakamatala maʻae ngaahi mātuʻá mo e fānaú fekauʻaki. [www.quit.org.au/articles/teenvaping](http://www.quit.org.au/articles/teenvaping)

### Ko e Royal Children's Hospital (Falemahaki ki he fānaú)

Ko e sikaleti-faka'ilekitulonika, pea mo e tohi fakamatala maʻae toʻutupú ʻoku ʻi ai ʻa e fakamatala fekauʻaki mo e ngaahi nunuʻa kovi hono ngāue'aki ʻo e sikaleti-faka'ilekitulonika, pea mo ha vitiō potikaasi felāveʻi mo e veipí kuo faʻu ʻe he kau toketā maʻae fānaú. [www.rch.org.au/kidsinfo/fact\_sheets/E-cigarettes\_and\_teens](http://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens)

### Sēnolo ki ha Moʻui Leleiange

Fakamatala ki he uesia ʻe he ifí ʻa e moʻuileleí, ngaahi palani ki he tuku ifí, ngaahi fakamatala fakasitētisitika mo fakalao ʻa Vikatōlia ki he ifí, ko e ngaahi fakatuʻutāmaki ʻo e sikaleti-faka'ilekitulonika, huhuʻa ʻoku ʻi he e-cigarettes pea mo e fakatuʻutāmaki ʻo e kona ʻo e nikotiní. [www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco](http://www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco)

### Hoʻo toketā fakafāmilí

Ko hoʻo toketā fakafāmilí ko e feituʻu lelei taha ia ke kamata maʻu mei ai ha faleʻi mo ha fakamatala lahiange fekauʻaki mo e ifi mo e veipingi ʻa hoʻo kiʻi tamá.

### Ngaahi sēvesi faleʻi

* **Quitline (laine tukuifi)** ʻoku tokonaki atu ai ʻa e faleʻi mo e talatalaifale fakapulipuli, kau ki ai mo e fānaú mei he 8:00 am ki he 8:00 pm Mōnite ki he Falaite. Telefoni 13 78 48 pe ʻalu ki he [www.quit.org.au](http://www.quit.org.au)
* **DirectLine (Laine tā hangatonu)** Ko ha sevesi fale'i fakalukufua ia ki he fonua kotoa ki he 'olokaholo mo e ngaahi faito'o konatapau kehe ʻoku nau fai ha ngaahi faleʻi fakapulipuli pea mo ʻai hoʻomou ngaahi tohi fakafeʻiloaki houa 24 he ʻaho, ʻaho ʻe 7 he uike. Telefoni 1800 888 236 pe ʻalu ki he [www.directline.org.au](http://www.directline.org.au)
* **Youth, Drugs and Alcohol Advice** 'oku 'i ai 'enau ngaahi sevesi ki he talavou mo e finemui fakataautaha mei he 9:00 am ki he 8:00 pm Mōnite ki he Falaite. Telefoni 1800 458 685
* **Alcohol and Drug Foundation** laine faleʻi 1300 85 85 84
* **Headspace** ʻoatu ha tokoni ʻi he ʻinitanetí ki he moʻuilelei ʻo e ʻatamaí, ʻi he telefoní pea mo e sio fakafoʻituitui ʻi he ngaahi senitā ko ia ʻa e headspace. ʻAlu ki he [www.headspace.org.au](http://www.headspace.org.au)

### Fakamatala lahiange

Ko e tohi fakamatala ko ení naʻe teuteuʻi ia ʻaki hono ngāueʻaki ʻa e fakamatala mo e fakatotolo mei he:

* QUIT - [www.quit.org.au/articles/teenvaping](http://www.quit.org.au/articles/teenvaping)
* Sēnolo ʻo e Mo'ui Lelei Angé - [www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco](http://www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco)
* Royal Chidren's Hospital - [www.rch.org.au/kidsinfo/fact\_sheets/E-cigarettes\_and\_teens](http://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens)
* Alcohol and Drug Foundation - <https://adf.org.au/talking-about-drugs/parenting/vaping-youth/talking-about-vaping/>
* Cancer Council Victoria - [www.tobaccoinaustralia.org.au](http://www.tobaccoinaustralia.org.au)
* Tobacco Act 1987 - [www.legislation.vic.gov.au/in-force/acts/tobacco-act-1987/095](http://www.legislation.vic.gov.au/in-force/acts/tobacco-act-1987/095)

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