# Ifí mo e veipingí: maʻuʻanga fakahinohino maʻae akoʻangá mo e faiakó

ʻOku maʻu ʻe he ngaahi akoʻangá ʻa e fatongia mahuʻinga ki hono tokonaki ha ʻātakai malu mo akoʻi ʻa e fānaú mo e toʻutupú mei he ngaahi uesia kovi ʻo e ifí mo e veipingí.

## Ko e ngaahi moʻoniʻi meʻa fekauʻaki mo e ifí mo e veipingí

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

Ko e ifí ko hano tutu ʻo ha meʻa, ʻo tupu mei ai ha ʻahu ʻa ia ʻoku mihiʻi ki loto ki he maʻamaʻá.

Ko e veipí ko hano tutu ia ʻo ha huhuʻa, ʻo tupu mei ai ha mao ʻa ia ʻoku mihiʻi ki loto ki he maʻamaʻá. Fakatouʻosi ʻa e ifí mo e veipí ʻoku kau ai hono mihiʻi ki loto ʻo ha kemikale ki he maʻamaʻá 'a ia ʻoku lava ke ne maumauʻi hoʻo moʻuí.

Sikaleti-fakaʻilekitulōniká, ʻa ia ʻoku toe ʻiloa ko e 'veipí', ko ha meʻangāue fakaʻilekitulōnika ʻa ia ʻokú ne tutu ha huhuʻa (pe ko ha 'huhuaʻi fuaʻiʻakau') ke liliu ʻo kasa ʻa ia ʻoku mihiʻi ki loto ʻe kinautolu ʻoku nau ngāueʻaki iá. Ko hono ngāueʻaki ʻo e sikaleti-fakaʻilekitulōnika ʻoku ui angamaheni ko e 'veipí'. Ko e Sikaleti-fakaʻilekitulōnika ʻoku maʻu ia ʻi ha ngaahi fuo mo e lalahi kehekehe pea ʻe lava ke fōtunga tatau ia mo ha hailaita, ha peni pe USB. [[1]](#footnote-2)

### Ko e hā ʻoku ʻi loto ʻi ha sikaleti-fakaʻilekitulōnika?

ʻOku ʻikai ke ʻi ai ha faʻahinga tuʻunga mahuʻinga ia pe malu ʻo e sikaleti-fakaʻilekitulōniká, pe ko e huhuʻa ko ia ʻoku ʻi he loto sikaleti-fakaʻilekitulōniká, ʻo ʻuhinga ko hono ngaohí, meʻa ʻoku ngaohiʻakí mo hono leipoló ʻoku ʻikai fakamākukanga hono siofi ʻe he laó.

Ko e sikaleti-fakaʻilekitulōnika ʻe niʻihi ʻoku ʻi ai ʻa e [nikotini ʻa ia ʻoku fakatuʻutāmaki ia pea fakatupu maʻunimaá](https://www.tobaccoinaustralia.org.au/chapter-18-harm-reduction/indepth-18b-e-cigarettes/18b-0-introduction). Ko e sikaleti-fakaʻilekitulōnika mo e ngaahi 'e-liquids' ʻe niʻihi ʻa ia ʻoku leipolo 'hala ha nikotini', ʻoku kei ʻi ai pē ʻa e nikotini ia.[[2]](#footnote-3) [Ngaahi meʻa fakatuʻutāmaki](https://www.health.gov.au/health-topics/smoking-and-tobacco/about-smoking-and-tobacco/about-e-cigarettes#:~:text=Hazardous%20substances%20have%20been%20found,can%20also%20cause%20DNA%20damage), kau ki ai ʻa e ngaahi metale mo e ngaahi meʻa fakatupunga kanisā, kuo ʻosi maʻu ʻoku nau ʻi he kasa pe mao ko ia ʻoku mei he sikaleti-fakaʻilekitulōnika.

### Anga hono uesia ʻe he veipí ʻa e sino ʻo ha kiʻi valevale

ʻOku lava ʻe he veipí ke ne fakatupunga ha maumau lahi taimi nounou mo e taimi lōloa , tatau ai pē kapau ko e sikaleti-fakaʻilekitulōnika ʻoku ngāueʻakí ʻoku ʻikai-nikotini:

* Ko e uesia taimi nounoú ʻoku kau ki ai ʻa e lua, toka kovi, tale, nounou ʻa e mānavá, pala ʻa e ngutú mo e mahaki hela.
* Ko e uesia taimi lōloá ʻoku kau ai ʻa e maumau ʻo e maʻamaʻá, mahaki mafu pea mo e kanisā

Kuo teʻeki foki ke fuoloa ʻa e ʻasi ʻa e sikaleti-fakaʻilekitulōniká ke ʻiloʻi pe ʻokú ne fakatupunga ha toe ngaahi mahaki kehe, ka ko e kau mataotao tokolahi ʻoku nau fakakaukau ngalingali te ne fakatupunga ʻa e kanisā ʻo e maʻamaʻá mo e ngutú.

Ko hono fakaeʻa ʻo e toʻutupú ki he nikotiní ʻe lava kene maumauʻi e tupu honau ʻutó ʻo iku ai ki he tuʻu laveangofua ange ke maʻunimā.[[3]](#footnote-4) [[4]](#footnote-5) Ko e nikotiní ko ha meʻa kona ia pea ʻe lava ke ne ʻai ʻa e kakaí ke nau puke kapau ʻe folo fakatuʻupakē. ʻOku matuʻaki fakatuʻutāmaki ʻaupito ʻa e nikotiní ki he fānau valevalé.

Ko e fānau ko ia ʻoku nau ngāueʻaki ʻa e sikaleti-fakaʻilekitulōniká ngalingali ʻe liunga tolu ʻa e faingamālie ke hoko atu ki he ifi sikaletí. Kuo ʻosi hoko foki ʻa e ngaahi fakatuʻutāmaki ʻi ha pā ʻa e sikaleti-fakaʻilekitulōniká ʻo hoko ai ha vela.

## Lao ki he Veipí

### Ko e ifí mo e veipí ʻoku tapui ia ʻi loto ʻapiako mo hono ngaahi ʻātakaí

Ko e *Lao ki he Tapaka 1987* (the Tobacco Act) ʻokú ne tapui ʻaupito ʻa e ifí mo e veipí ʻi ha feituʻu pē ʻo e akoʻangá pe ko e ʻēlia mita ʻe 4 takatakai ʻi he ngaahi kolosiʻanga ʻo e ngaahi ʻapiakó.

Ko e tapui ʻo e ifí mo e veipí ʻe ngāueʻaki ia ki:

* ko ha taha ʻokú ne ʻi he loto ʻapiakó lolotonga ʻa e taimi akó mo e ʻi tuʻa lolotonga ʻa e akó ʻo kau ai ʻa e fānau akó, kau faiakó, kau ngāue konituleki, ngaahi mātuʻá pe kau tauhi pe ko e kotoa ʻo e komiunitií, ʻo hangē ko ha kulupu ʻo kau sipoti
* ko e ngaahi ngāue kotoa ʻoku fakahoko ʻi he loto ʻapiakó kau ai ʻa e ngaahi akoʻanga tokamuʻá, kinitakāteni, tauhiʻanga longaʻi fānau hili ʻa e akó, feohi fakamatakali, sipoti pe ngaahi feohiʻanga fakafiefia pea mo e ngaahi pasā fakaakó

Ko e ifí mo e veipí ʻoku ʻikai ke ngofua ʻi ha faʻahinga kātoanga pē ʻa e akó pea mo ʻenau ngaahi ʻaʻahi fakaako ki ha ngaahi feituʻu mavahe mei ʻapiako.

### Moʻuilelei mo e lao ki he fakatau fakamoveteveté

Ko e Lao ki he Tapaká (Tobacco Act) ʻokú ne pule'i ʻa e feituʻu ʻoku ifi pe veipi ai ha taha, tatau pē mo hono fakatau atu mo hono tuʻuaki ʻo e koloa tapaká mo e sikaleti-fakaʻilekitulōniká. 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.

Ko ha fakamatala fekauʻaki mo hano fakatau fakamovetevete atu ʻo e koloa sikaleti-fakaʻilekitulōniká ki ha fānau teʻeki taʻu fakalao ʻoku totonu ke līpooti ki he kaunisolo ʻi he feituʻú.

Ki ha fakamatala lahiange fekauʻaki mo e Lao ki he Tapaká, ʻalu ki he [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)

## Fatongia ʻo e ʻapiakó

Ko e tuʻutuʻuni ʻa e Potungāue Akó mo e Ako Ngāué [ʻOlokaholó mo e Ngaahi Faitoʻo Konatapu ki he fānauako](https://www2.education.vic.gov.au/pal/alcohol-and-other-drugs-students/policy) ʻoku nau tokonaki ki he ʻapiakó ʻa e fakamatala ki ha founga fakalukufua ki he akoʻangá ke nau fai ke holoki ai ʻa hono ngaūeʻaki ʻo e ʻolokaholó mo e faitoʻo konatapú.

ʻI he malumalu ʻo e tuʻutuʻuni ko ení, ko e ngaahi ʻapiakó kuo pau ke:

* ʻoua ʻe fakaʻatā ha tokotaha ako ke ne maʻu, fakaʻaongaʻi pe fakatau atu ha ʻolokaholo pe faitoʻo konatapu ʻi he loto ʻapiakó pe lolotonga ʻo ha kemi pe ʻaʻahi fakaako
* levaʻi pea līpooti ha faʻahinga tukunga pē ne ʻi ai ha kaunga ki ai ʻa e ʻolokaholó pe faitoʻo konatapú ʻo fakatatau ki he Lao ki hono Līpooti mo hono Levaʻi ʻo e ngaahi meʻa ʻoku hoko ʻi he ʻApiakó (kau ai ʻa e ngaahi meʻa fakavavevavé) mo muimui ki he ngaahi palani ngāue kuo ʻosi fokotuʻutuʻu ʻi he tuʻutuʻuní ni.
* fai ʻa e meʻa ʻoku totonu ke faí ʻa ia kuo ʻosi fakamatalaʻi ʻi he tuʻutuʻuni maʻae Potungāue ki he ʻOlokaholó mo e Ngaahi Faitoʻo Konatapu kehe maʻaé Fānauakó
* siofi ʻa e moʻuilelei pea mo e lelei fakalūkufua ʻa e fānauakó ke muʻomuʻa ia ʻi he hilifaki ʻo ha tautea pea fakapapauʻi ʻoku lava ʻa e tokotaha akó ʻo maʻu ha tokoni ʻi he taimi pē ko iá pea hokohoko atu hono tokangaʻí kapau ʻoku ngāueʻaki ha faʻahinga faitoʻo konatapu.

## Ngaahi maʻuʻanga fakamatala fekauʻaki mo e ifí mo e veipí maʻae ngaahi akoʻangá

### Maʻuʻanga tuʻutuʻuni ʻa e Potungāué

**Ko e tuʻutuʻuni ʻa e Potungāue ki he Tapui ʻo e Ifí mo e Veipí (DET)**

Ko e tuʻutuʻuni ko ení ʻokú ne fakamāʻalaʻala ʻa e ngaahi lao mo e tuʻutuʻuni fekauʻaki mo e ifi, kau
ai hono ngāueʻaki ʻo e sikaleti-fakaʻilekitulōniká ʻi he kelekele ʻo e ʻapiakó. ʻOku kau heni ha tohi fakamatala mo ha tohi-sipinga kuo ʻosi fakalea ke tokoni ki he fetuʻutaki ʻa e ngaahi akoʻangá fekauʻaki mo hono tapui ʻo e ifí. Lau ʻa e tuʻutuʻuni ʻi he [www2.education.vic.gov.au/pal/smoking-vaping-ban](https://www2.education.vic.gov.au/pal/smoking-vaping-ban)

**ʻOlokaholó mo e Ngaahi Faitoʻo Konatapu Kehé - Tuʻutuʻuni maʻaé fānauakó**

ʻOkú ne tukuatu ki he ngaahi ʻapiakó ʻa e fakamatala ʻo e founga ke ngāueʻaki ʻe he ngaahi ʻapiakó ke fakasiʻisiʻi ʻa hono ngāueʻaki ʻo e ʻolokaholó mo e faitoʻo konatapú. Lau ʻa e tuʻutuʻuni ʻi he [www2.education.vic.gov.au/pal/alcohol-and-other-drugs-students](https://www2.education.vic.gov.au/pal/alcohol-and-other-drugs-students)

### Ngaahi maʻuʻanga tala ki he faiakoʻi mo e ako

**Teuteu**

Ko ha loki ki hono faiakoʻi mo ako ʻa e ngaahi ngāue ʻa e fānau mei he kalasi 7-9. Ko ha polokalama ako kuo fakamoʻoniʻi makatuʻunga ʻi he ngaahi lēsoni ʻoku fakatefito ia ke ne kāpui ʻa e ifí. [www.education.vic.gov.au/school/teachers/teachingresources/discipline/physed/Pages/drugedulearn.aspx](http://www.education.vic.gov.au/school/teachers/teachingresources/discipline/physed/Pages/drugedulearn.aspx)

**Healthy Schools Achievement Program**

Ko e Polokalama Lavameʻa ko ení ʻokú ne ʻoatu ki he akoʻangá fakalukufua ha palani ngāue ke aʻusia ʻa e lelei fakalukufua mo e moʻuilelei. ʻOku kau heni ʻa e huʻufataha ki he moʻuilelei ʻi he ʻēlia ʻo e Tapaká, ʻOlokaholó mo e Ngaahi Faitoʻo Konatapu Kehé.

<https://www.achievementprogram.health.vic.gov.au/education/schools>

**Ngaahi Fakahinohino maʻae Ngaahi Akoʻangá: Fengāueʻaki mo e Mātuʻa ʻi he ako ki he Faitoʻo Konatapú**

Ngaahi maʻuʻanga fakamatala mo e ngaahi tohitatau ke tokoni ki hono fakakau mai ʻo e ngaahi mātuʻá mo e kau tauhí ʻi he ako ki he faitoʻo konatapú.

www.education.vic.gov.au/school/teachers/teachingresources/discipline/physed/Pages/drugeduengage

**Ngaahi Fili fakapotopoto**

Ngaahi maʻuʻanga fakamatala mo e ngaahi polokalama ki hono taʻofi ʻo hono ngāueʻaki ʻo e faitoʻo konatapú maʻae ngaahi akoʻanga faʻu ʻe he ʻUnivēsiti ʻo Senē. ʻOku kau ai ha fanga kiʻi tohi fakamatala maʻae mātuʻá, kau faiakó pea mo e tamasiʻi ako foki ʻa ia ʻokú ne fakamatalaʻi ʻa e sikaleti-fakaʻilekitulōniká mo e veipí, ko ha peesi fakahinohino ki he sikaleti-fakaʻilekitulōniká mo e peesi webnar. <https://positivechoices.org.au/drugs-a-z/tobacco>

### Ngaahi maʻuʻanga fakamatala ke fakaʻaiʻai ʻa e Moʻuileleí

**Quit Victoria**

ʻOkú ne tuku atu ha ngaahi maʻuʻanga fakamatala, ngaahi fakaikiiki mo ha poupou maʻa kinautolu ko ia ʻoku nau feinga ke tuku ʻenau ifí mo e veipí fakataha mo ha tohi fakahinohino maʻae ngaahi mātuʻá mo e fānau 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)

**Vitiō ʻa e Falemahaki Royal Children’s**

ʻOku ʻi heni ha vitiō feʻunga mo e kau ngāue ʻo e ngaahi akoʻangá pea mo e ngaahi mātuʻa/kau tauhi ʻi he fakatuʻutāmaki ʻo hono ngāueʻaki ʻo e sikaleti-fakaʻilekitulōniká.

www.rchpoll.org.au/polls/e-cigarettes-vaping-and-teens-do-parents-know-the-dangers/

**Kaunisolo ʻo e kanisā: Sikaleti-fakaʻilekitulōnika**

Fakamatala ki he malu ʻo e sikaleti-fakaʻilekitulōnika.

[www.cancer.org.au/cancer-information/causes-and-prevention/smoking/e-cigarettes](http://www.cancer.org.au/cancer-information/causes-and-prevention/smoking/e-cigarettes)

**Australian Drug Foundation: Ngaahi moʻoniʻi meʻa ki he Nikotini**

[adf.org.au/drug-facts/nicotine](https://adf.org.au/drug-facts/nicotine/)

### Tokoni mei he potungāue

ʻOku ala tokoni foki ʻa e ngaahi akoʻangá, ngaahi feituʻu tokoni-ki-he-moʻuí, lelei fakalukufua ʻo e moʻuí mo e ngaahi kautaha te nau lava ʻo tokoni ʻi hano ʻoatu ha tokoni ki he fanāuako ʻoku nau ifi pe veipí:

* Polokalama ʻa e kau Toketā ʻi he ngaahi Akoʻanga Kolisí
* Polokalama ʻa e kau Neesi ʻi he ngaahi Akoʻanga Kolisí
* Polokalama Tokoni maʻae fānauakó
* Kau toketā ki he Moʻuilelei ʻo e ʻAtamaí ʻi he ngaahi Akoʻangá
* Kau ʻŌfisa ʻUluaki Tokoní
* Kau ʻŌfisa Tokoniʻi ʻo e matakali Koorie

Fetuʻutaki ki he ʻōfisi fakafeituʻú ke nau fakahoko koe ki he ngaahi sēvesi tokoní.

### 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)
1. Tupuʻangá: [Sikaleti-fakaʻilekitulōniká mo e fānau toʻutupú: meʻa ʻoku fiemaʻu ke ke ʻiló (quit.org.au)](https://www.quit.org.au/articles/teenvaping/) [↑](#footnote-ref-2)
2. Tupuʻangá: [Sikaleti-fakaʻilekitulōniká mo e fānau toʻutupú: meʻa ʻoku fiemaʻu ke ke ʻiló (quit.org.au)](https://www.quit.org.au/articles/teenvaping/) [↑](#footnote-ref-3)
3. Tupuʻangá: [Veipí mo hoʻo moʻuileleí (quit.org.au)](file:///C%3A/Users/08757128/Downloads/Quit_Infographic_Health_Risks_for_Teens_2021_xhYch5a.pdf) [↑](#footnote-ref-4)
4. Tupuʻangá:[Ngaahi Fakamatala ki he Moʻuilelei ʻa e Fānaú (Kids Health Information) : Sikaleti-fakaʻilekitulōniká mo e taʻu hongofulutupú (rch.org.au)](https://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens/#:~:text=Nicotine%20exposure%20during%20the%20teenage,on%20to%20use%20regular%20cigarettes.) [↑](#footnote-ref-5)