

Information for parents and carers on young people and vaping

The Law

The Law states that vapes should NOT be:

- Sold to anyone under 18
- Bought for anyone under 18
- It is a criminal offence to sell these devices to anyone under the age of 18
- It is a criminal offence for adults to purchase vapes on behalf of anyone under 18



Signs to look out for that young people might be vaping

- Change in their friendship group.
- Sudden change in appetite, cravings
- Complaints from teachers about missing assignments or misbehaviour in class, poor grades.
- Acting out, sudden urges
- Lying, stealing cash
- Increase in throat infections
- Hoarse voice
- Frequent coughing
- Skin irritation/rash

The impact of vaping on our young people

- Children and young people's developing lungs and brains are more sensitive to the effects of vaping.
- Vaping can impact on learning, memory, and attention
- Vaping can affect ability to control impulses as an adult
- Some of these changes are permanent
- Young people that vape maybe more likely to go on to smoke regular cigarettes

Side effects

The common side effects children and young people may experience due to vaping are

- Coughing
- Dry/sore mouth and throat
- Shortness of breath
- Headaches, nausea
- Dizziness
- Heart palpitations

Long term effects on health

- We don't know what the long-term effects of vaping will have on the health of our young people
- There currently hasn't been enough studies done, due to the vapes not being around long enough
- Studies are on-going



What is in vaping liquid?

Legal vaping liquids contain the following ingredients:

- Nicotine
- Vegetable glycerin
- Propylene glycol
- Flavourings
- UK vapes contain up to 2% vape or 20mg of nicotine in the vape liquid and are 600 puffs. Illegal liquid exceeds this strength
- Only devices sold by reputable outlets are compliant with UK regulations, and have the recommended nicotine levels

What is nicotine?

- Nicotine is the addictive substance in vaping liquid
- It is absorbed by the body very quickly
- It reaches the brain within 10-19 seconds
- It stimulates your central nervous system, increasing your heart rate and blood pressure, leading to the heart needing more oxygen
- Although nicotine is addictive, it is relatively harmless to health
- Young people use vapes more frequently than they smoke cigarettes
- Young people don't realise, they're addicted to nicotine
- Giving up nicotine is difficult and takes a while for the body to get used to functioning without it
- It's added to vaping liquid to keep them hooked

Withdrawal Symptoms

When you stop vaping you may experience the following withdrawal symptoms

- Mood changes/Anxiety
- Irritability, restless
- Tiredness, trouble sleeping
- Headaches
- Trouble focusing
- Increased hunger



Illegal Vapes

Illegal vapes are associated with organised crime, modern day slavery, child exploitation and fund criminality.

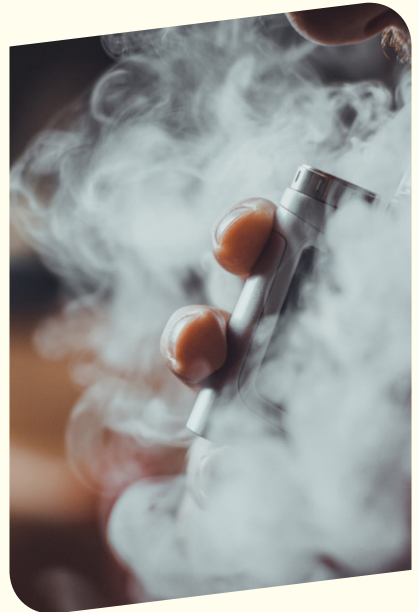
They do not follow government guidelines or UK regulations.

When tested they have been found to have higher nicotine concentration levels, contain banned ingredients or have oversized tanks for nicotine liquid.

They contain high levels of lead, nickel and chromium.

Illegal vapes have been advertised as containing 0% nicotine, when tested these vapes have contained nicotine.

Young people are buying illegal vapes because they are cheap and can be bought in places where they are less likely to check for ID.



Telephone **0345 646 66 66**

Opening Times

Mon-Fri: 9am - 7pm

Sat-Sun: Closed

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