

Help your young person quit vaping

Do you need help with supporting a loved one to quit vaping?

Signs your young person may be vaping

- A sudden sweet or unusual smell
- Persistent coughing or shortness of breath
- Increased secrecy or defensive behaviour

Why it matters

As a parent/carer, you play a key role in supporting them to make healthier choices.

Vaping has been linked with respiratory issues such as increased asthma symptoms in young people, though long term effects are still being studied.



Supporting young people for a healthier future

- **Start a conversation.** Choose a calm, quiet moment to talk. Knowing the facts and chatting about related issues can be a good way to start a conversation.
- **Ask questions and listen.** What do they think about vaping? Why do they vape?
- **Listen.** It's important to listen to what your young person has to say.
- **Share your concerns.** Explain your concerns about vaping, focussing on health issues and the dangers of nicotine addiction.
- **Set a positive example.** Avoid smoking or vaping around young people and share stories of people who successfully quit.
- **Encourage support.** Give them control and point them in the direction of the QuitReady Stop Smoking Services for a chat.

If you need more help or information, please contact our QuitReady Young Person Stop Smoking Specialists:

Email QuitReadyyp@leics.gov.uk

Online at quitready.co.uk

Call **0345 646 66 66**

