

VAPING AND E-CIGARETTES:

GUIDANCE FOR PARENTS AND CARERS



HAVING CONVERSATIONS WITH YOUR CHILD ABOUT VAPING?

Find the right moment to bring it up. When you see someone vaping either in person or on TV, go by a vape shop or see them on display.

Ask questions what do they think about vaping? Do they know people or have friends who do it? Why do they think people vape?

Listen to them Try to be non-judgmental to encourage an open and honest discussion. Then use your knowledge from trusted sources to help them understand the facts.

Talk about your expectations explain your concerns and why you don't want them to vape or smoke. They should know that vaping isn't harmless but smoking is far more damaging.

Let them know that you care about them explain that those who sell vapes to under 18s only care about money and often sell unregulated and potentially dangerous vapes.

Talk about the different reasons why children may vape give examples such as wanting to fit in, curiosity, stress. Offer effective ways to reply if they feel pressured and practice asserting boundaries and refusal skills together.

If your child is vaping try asking "What do you enjoy about vaping?" Or "How does vaping make you feel?". This can help you understand any unfulfilled needs. Support them to find better solutions and encourage their more positive behaviours.

This leaflet is provided to support parents and carers to have conversations with their children about vaping.

Smoke free Sefton provide free support to local residents aged 12+ to quit smoking or vaping.

Consent is key, if they agree to sign up you can refer them yourself or encourage them to self-refer online at www.smokefreesefton.co.uk or by calling 0300 100 1000

WHAT IS VAPING?

Vaping is the use of an electronic device to inhale an aerosol from heated e-liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which in regulated vapes must be no more than 2% or 20mg per ml as well as flavourings and sweeteners.

SMOKING VS VAPING

Smoking is much more harmful than vaping. Tobacco smoke contains carbon monoxide which damages the heart and tar, a mix of around 250 toxic chemicals, 69 of which are known to be carcinogenic, causing disease, disability, and early death.

HOWEVER, VAPES ARE NOT HARMLESS

Short-term effects can include:

- coughing
- headaches
- dizziness, and
- sore throats.

Long-term effects are unknown, it will be some time until we know for sure. For non-smokers it is not worth the risk

WHAT ARE THE CONCERNS WITH VAPING AND CHILDREN AND YOUNG PEOPLE?

Most children and young people don't vape or smoke. However, in 2023 the number of 11-17-year-olds in Great Britain currently using vapes rose to 7.9% compared to 4% in 2020. Whilst this increase is concerning most vaping is experimental, 1 in 5 young people have tried vaping but regular use is mainly children who currently smoke or have in the past.

The increase in youth vaping has coincided with the arrival of disposable vapes. The government has announced plans to ban disposable vapes as part of a drive to curb youth vaping and protect children's health. The ban is expected to come into effect towards the end of this year or in early 2025s.

HOW DO VAPES HELP SMOKERS QUIT?

Like nicotine patches and gum, vapes containing nicotine are a useful aid to quitting as they deal with the cravings smokers get when they try to stop. Nicotine vapes are proven effective and are the most popular quitting aid for smokers in recent years. However, vapes are not recommended for non-smokers, particularly children.

THE LAW AND VAPING

Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf.

If you know of anyone who does sell vapes or tobacco illegally report them to trading standards through the Citizens Advice online portal: citizensadvice.org.uk/consumer

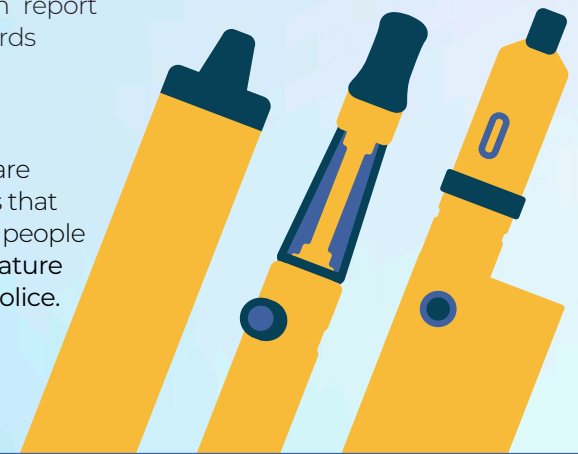
Advertising of all tobacco products is illegal, but if you see advertising for vapes that you feel is trying to encourage children and young people to try vaping, you can report it to the Advertising Standards Authority: asa.org.uk

Please be aware that there are reports from Youth Workers that gangs are grooming young people with vapes. Crimes of this nature should be reported to the police.

For more information about vapes and stopping smoking, visit the Smokefree Sefton website: smokefreesfton.co.uk

Young people can get advice or sign up for free support by **texting 'ABLTEEN' to 62277** or **calling 0300 100 1000**

To arrange workshops, assemblies and for any other enquiries contact our young persons advisor: jfreeman@ablhealth.co.uk



**OUR ADVICE TO CHILDREN AND YOUNG PEOPLE IS:
DON'T SMOKE? DON'T START TO VAPE.**