

The Risks of Children Vaping

Locala 0-19 Team

The logo for Locala, featuring the word "Locala" in a purple sans-serif font. The letter "o" is replaced by a stylized green and yellow circular graphic.The logo for Thriving Kirklees, featuring the word "Thriving" in a blue sans-serif font with a red heart shape replacing the letter "i". The word "Kirklees" is written below it in a blue sans-serif font.

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Introduction

Vaping is a STOP SMOKING AID.

The long-term health consequences of vaping are not known. Recent studies report serious lung damage in people who vape, and even some deaths.

Despite what you may hear, the vapor made from e-cigarettes is **not** made of water. The vapor contains harmful chemicals and very fine particles that are inhaled into the lungs and exhaled into the environment.

Also, vaping is expensive! Think of things your money could be spent on that won't harm you or others!



Nicotine

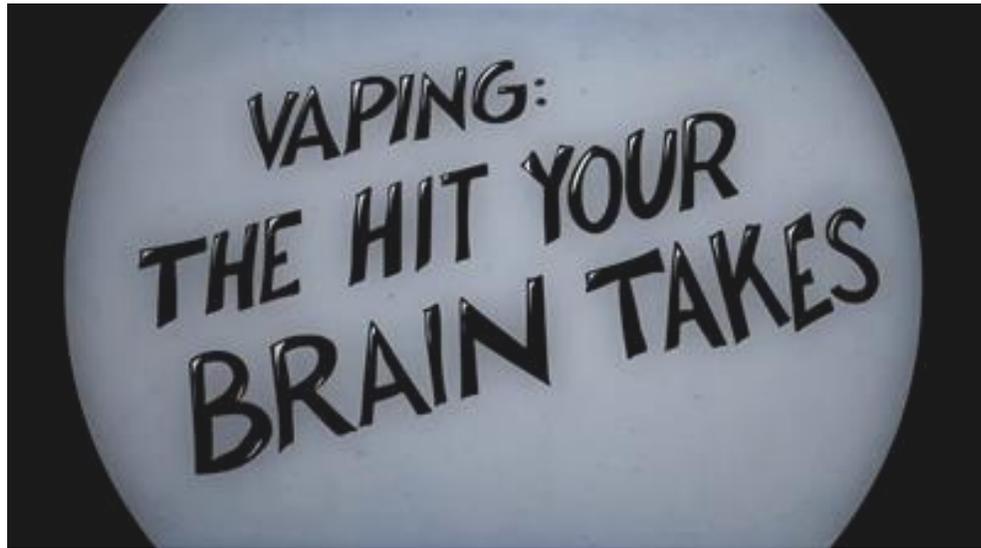
Although Vaping is less harmful than smoking.

Vaping products do contain nicotine, which is inhaled through a vapour.

Nicotine is a highly addictive stimulant which:

- Increases your heart rate.
- Slows brain developments in kids and teens
- Affects memory
- Affects Concentration
- Affects Learning
- Affects self-control
- Slows down attention span
- Lowers mood
- Increases the risk of other types of addiction as adults





The hit your brain takes video:

[Vaping: The Hit Your Brain Takes - YouTube](#)



Vaping is addictive
FACT.

Vaping and our Lungs

There are significant risks of lung injury if the vapes you are using are UK regulated.

It's true that there are some things about vaping that need more research, like for example, what might happen to someone's health if they vaped for many years.

We do know that they:

- Irritate the lungs
- may cause serious lung damage and even death
- can lead to smoking cigarettes and other forms of tobacco use
- Cause a risk of fire due to battery malfunction

Frequently asked questions

- **Do You Have to Vape Every Day to Get Addicted?**
- Even if someone doesn't vape every day, they can still get addicted. How quickly someone gets addicted varies. Some people get addicted even if they don't vape every day.
- **What About E-cigarettes That Don't Have Nicotine?**
- Most e-cigarettes *do* have nicotine. Even e-cigarettes that don't have nicotine have chemicals in them. These chemicals can irritate and damage the lungs. The long-term effects of e-cigarettes that don't have nicotine are not known.
- **Why Should People Who Vape Quit?**
- People who vape need the right motivation to quit. Wanting to be the best, healthiest version of themselves is an important reason to quit vaping.

How do I quit?

For kids and teens who want to quit, it can help to:

- Decide why you want to quit and write it down or put it in your phone. Look at the reason(s) when you feel the urge to vape.
- Pick a day to stop vaping. They can put it on the calendar and tell supportive friends and family that they're quitting on that day.
- Get rid of all vaping supplies.
- Download tools (such as apps and texting programs) to their phone that can help with cravings and give encouragement while they're trying to stop vaping.
- Understand withdrawal. Nicotine addiction leads to very strong cravings for nicotine.
- The signs of withdrawal are strongest in the first few days after stopping. They get better over the following days and weeks.
- Speak to a school nurse for support and advice.

The Law

It is important to remember that

- It is illegal to sell vaping products to people under 18 in the UK.
- It is also illegal for someone else to buy them for you if you are under 18.
- There is a £50 base fine for anybody caught by the police .



Localia



Thriving
Kirklees

Thank you

SCHOOL NURSE DROP IN

- **If you feel you may need further support or advice, please come and see me, Rea Wilde, your school nurse, at the SCHOOL NURSE DROP IN- no appointment necessary. This is held in school on a Thursday break time and lunch time in F57.**

- **Alternatively, you can text our CHAT HEALTH line for anonymous advice/support on 07480635297**



References

- [Vaping: What You Need to Know \(for Parents\) - Nemours KidsHealth](#)
- [Vaping Demystified | Yorkshire Cancer Research](#)
- [Rules about tobacco, e-cigarettes and smoking: 1 October 2015 - GOV.UK \(www.gov.uk\)](#)