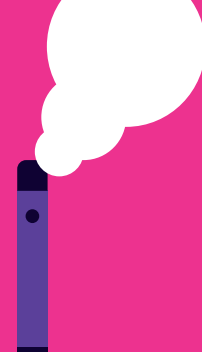


# VAPES (E-CIGARETTES) PARENT/CARER FACT SHEET



## WHAT ARE VAPES (E-CIGARETTES)?

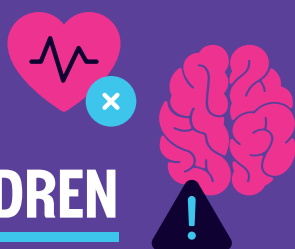
Also known as e-liquids or puff bars, vapes are battery powered devices that heat a liquid to create vapours to be inhaled. The liquids often contain addictive nicotine, flavourings and other chemicals. Vapes come in many shapes, sizes, flavours and colours.



## CURRENT ADVICE ON VAPING

Vapes should not be used by children or adults who do not currently smoke. People who currently smoke are encouraged to swap to vapes. Vapes are a quitting aid that reduces the harms of tobacco smoking.

Smoking carries far greater health risks than vaping. It is the biggest cause of illness and death in the UK. Tobacco smoke contains nicotine, tar, carbon monoxide, arsenic and many other toxic chemicals. However, vaping is not risk free.



## RISKS OF VAPING IN CHILDREN

Vaping side-effects can include headaches, coughing, insomnia, worsening of asthma symptoms and throat irritation. As vapes are relatively new, the long-term health effects are still unknown. Children and non-smokers are therefore urged not to start vaping.

Vaping exposes children to nicotine. Nicotine is highly addictive and has a negative effect on children's developing brains. Nicotine use by children could lead to mental health problems. This includes anxiety, poor concentration and future substance misuse or addictions.

## VAPING BEHAVIOUR IN CHILDREN

Vaping has grown in popularity globally and in the UK. A recent UK survey by ASH (Action for Smoking and Health) found that 21% of 11-17 year olds had tried vaping and this is on the increase. Local school surveys also show a sharp rise with age, from year 7 to year 13. Whilst surveys show that most children don't vape, this is likely an underestimation. The main reasons that young people vape or have experimented with vaping include:

- Curiosity 'to give it a go'
- Peer pressure
- Appealing flavours and marketing
- Seeing family and friends vape or smoke

## THE LAW AND VAPING

It is against the law to sell nicotine products to anyone under the age of 18. It is also illegal to buy vapes on behalf of anyone under 18.

Unsafe, illegal vapes which do not meet UK quality and safety standards have been on the rise. They can contain dangerous chemicals such as lead and nickel. High levels of inhaled lead damages children's central nervous system and brain development. Some illegal vapes contain nicotine but claim otherwise.



## VAPING AND ENVIRONMENT



Disposable vapes generate lots of single use plastic, electrical waste and littering. They use a lot of water and generate greenhouse gas emissions in their manufacture. Unsafely throwing away disposable vapes could release plastic, electronic and hazardous chemical waste into the environment. This can also be a fire risk.

## REPORTING ILLEGAL VAPES OR UNDERAGE SALES OF VAPES



If you are aware of or suspect any illegal vapes/e-cigarettes, or underage vape sales, you can report anonymously to [hants.gov.uk/tradingstandards](https://hants.gov.uk/tradingstandards)

## HOW TO DISPOSE OF VAPES/E-CIGARETTES



Do not place vapes in household waste as they can cause a serious fire risk. Your local vape shop or supermarket might have a collection bin. Single use and reusable e-cigarettes/vapes can also be taken to any of your local waste recycling centres in Hampshire: [hants.gov.uk/wasteandrecycling](https://hants.gov.uk/wasteandrecycling)

## WHAT THE COUNTY COUNCIL IS DOING TO ADDRESS VAPING IN CHILDREN



To protect children, we are undertaking the following activities:

- Setting up smoking and vaping prevention programmes to support schools and teachers.
- Tackling illegal vapes and stopping underage sales through Hampshire Public Health and Trading Standards initiatives.
- Continuing to support people to stop smoking through our stop smoking service, **Smokefree Hampshire**.
- Working to raise awareness and encourage behaviour change to stop smoking and prevent vaping uptake by children and young people.

## SUPPORT

If you are concerned that your child may already be addicted to nicotine, speak to your GP or to your child's school nurse by contacting **ChatHealth** – text **07507 332160**

## HELP FOR PARENTS AND CARERS TO STOP SMOKING

If you smoke, it is never too late to quit. Visit **Smokefree Hampshire** or call **01264 563039** or **0800 772 3649**. You can also text 'Quit' to **66777**. Smokefree Hampshire provides tailored, free support that has been proven to help smokers quit. The service also supports the use of vaping as a quitting aid and can provide support to stop vaping too.

## WHAT PARENTS AND CARERS CAN DO

You have an important role to play in preventing the harms of vaping in children. Here are some tips for a healthy discussion with your child:

- Know the facts, get credible information about vapes (see resource links below).
- Choose the right time and place: a more natural discussion will increase the likelihood that your child will listen, for example, seeing someone vaping.
- Ask questions, listen and learn from what they tell you, and answer their questions.
- Set clear expectations with them, share why you don't want them to vape.
- Be a healthy role model to your child, for example, if you use vapes yourself, don't vape in the house or car.
- If you smoke, you can get free personalised support to help you quit for good from **Smokefree Hampshire**.

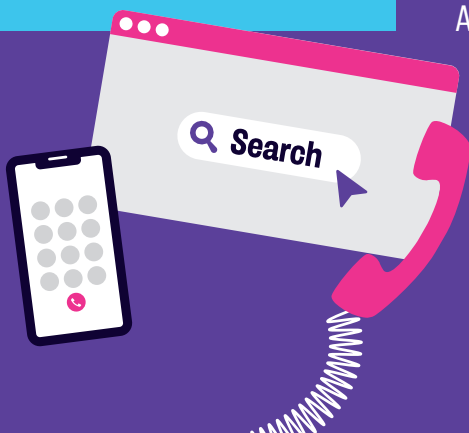
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## COMPLAINTS ABOUT INAPPROPRIATE ADVERTISING AND PROMOTION OF VAPES

Complaints about inappropriate advertising and promotion of vaping to under-18s, for example on social media, should be addressed to the Advertising Standards Authority (ASA) through the **online complaints portal**.



# FURTHER INFORMATION AND RESOURCES

You can find some useful information and local support services listed below:



ASH (Action on Smoking and Health):

[ash.org.uk/resources/publications/fact-sheets](https://ash.org.uk/resources/publications/fact-sheets)

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Talk to Frank:

[talktofrank.com/drug/vapes](https://talktofrank.com/drug/vapes)

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NHS

[nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/#young-people](https://nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/#young-people)

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Chief Medical Officer for England on vaping

[gov.uk/government/speeches/chief-medical-officer-for-england-on-vaping](https://gov.uk/government/speeches/chief-medical-officer-for-england-on-vaping)

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Smokefree Sheffield Vaping facts

[smokefreesheffield.org/get-involved/campaigns/vaping-the-facts/](https://smokefreesheffield.org/get-involved/campaigns/vaping-the-facts/)

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Smokefree Hampshire (stop smoking services)

[smokefreehampshire.co.uk/](https://smokefreehampshire.co.uk/)

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Hampshire Trading Standards (to report illegal vapes or underage vaping sales)

[hants.gov.uk/business/tradingstandards/contact-us](https://hants.gov.uk/business/tradingstandards/contact-us)

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Smokefree Me Hampshire resources about youth vaping

[hants.gov.uk/socialcareandhealth/smokefreeme/electronic-cigarettes](https://hants.gov.uk/socialcareandhealth/smokefreeme/electronic-cigarettes)

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For support with any questions and advice relating to a wide range of health and wellbeing issues

[hampshirehealthyfamilies.org.uk/chathealth](https://hampshirehealthyfamilies.org.uk/chathealth) or [healthforteens.co.uk/](https://healthforteens.co.uk/)