

Vaping: Why are we so concerned?



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What is vaping?

Vaping is the inhalation of vapour from a vaping device or e-cigarette. These devices are electronic, and they heat a liquid to a vapour to be inhaled. The liquid is usually a mixture containing nicotine, glycerine, and flavourings.

Other liquids can be added to the vape which are often dangerous and can be undetectable.





Why do vapes exist?

- Vapes were designed to help support adults to stop smoking as they were thought to be less harmful
- People are addicted to smoking cigarettes due to both the chemical nicotine as well as behavioural habits – vapes can support with this as they have the same chemicals included and encourage some of the same behaviours
- The NHS guidance says – **if you don't smoke, you shouldn't be vaping**



Why do vapes exist?

Most children and young people don't vape or smoke. However, in 2022 the number of 11-17-year-olds in Great Britain currently using vapes rose to 7% compared to 4% in 2020. Whilst this increase is concerning, it is important to note that most vaping is experimental, with regular vaping mainly confined to children who currently smoke or have done in the past.

Vapes are not harmless



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- Sore throat
- Throat infections
 - Coughing
- Blisters on throat
- Permanent scarring



- Bleeding from gums and other parts of your mouth
- Cavities and sensitivity in teeth
- Unpleasant smell from mouth



- Popcorn Lung
- Permanent scarring
- Chest infections
 - Pneumonia
- Lungs are not fully developed until 20-25



Permanent lowering of impulse control

Headaches

Difficulty concentrating

Dizziness

Mood swings

Brain fog

Impact on long term memory

Preventing brain development

Addiction

The current law in the UK



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In the UK it is illegal to sell nicotine vaping products to someone under the age of 18, or for adults to buy these products for them.

****This includes someone under the age of 18 selling or giving a vape to someone else under the age of 18**



THC Vaping

A more recent concern that we have become aware of is people adding THC oil to their vaping liquid.

THC oil comes from the cannabis plant. THC is the chemical that gives the 'high' effect. Various forms of THC have been seen in schools around the country, some of them look like a thick yellowy oil, others are a clear odourless liquid. They can also be artificially coloured.

Vaping THC is illegal in the UK and can lead to extremely serious health effects, including hospitalisation, psychosis and premature death.



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How can you support as a parent:

- Talk to your child about its health risks
- Recognise if your child might be vaping
- Speak with the form tutor or HoY/DHoY
- Keep communicating
- Lend your support if your child tries to quit