Smokefree Sheffield

NHS
South West Yorkshire Partnership
NHS Foundation Trust

About vaping

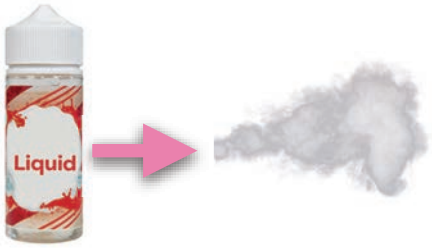
With **all of us** in mind.

What is vaping

Vaping looks a bit like smoking.

Instead of using a cigarette, you use something called a **vape**.

You put a special liquid into the vape.



The vape heats the liquid up. When it gets hot, the liquid lets out a gas.

When you use a vape, you breathe in the gas.

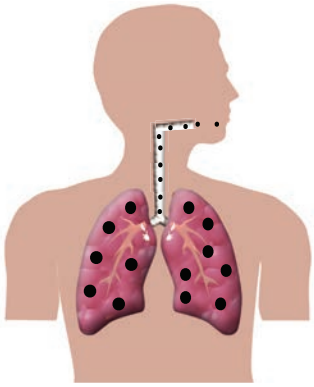
The liquid has things inside it that makes the gas smell and taste of different things.

This might make some people want to buy a vape.

About smoking cigarettes

Cigarettes are really harmful to people who smoke them. They are also bad for other people who breathe in the smoke.

Cigarettes have very small things inside them called chemicals.



You breathe in these chemicals when you smoke.

Some of these chemicals are really bad for you. They can cause serious illnesses that can cause people to die.

About nicotine

Cigarettes have something called nicotine inside them.

Vape liquid also has a bit of nicotine in it. But not as much as cigarettes.

When your body gets used to having nicotine, you want it all the time.

This means it can be really hard to stop smoking or vaping.

Because vapes have some nicotine in them, people can use vapes to help stop smoking cigarettes.

How vaping affects your health

Vape liquid has a lot less chemicals in it than in cigarettes.

This means vaping is not as bad for you as smoking.

Vaping has not been around for very long.

This means we do not know yet how vaping will affect people's health over a long time.

When you use a vape, you might:

- Cough.

- Have a headache.

- Feel dizzy.

- Have a sore throat.

Children, young people and vaping

More children and young people used vapes in 2022 than in 2020.

This was mostly children and young people who were trying vaping to see what it is like.

There is a new type of vape you can buy.

This vape already has liquid in it. You don't need to fill it up.

You use it and then you throw it away.

The new vape:

- Is smaller.

- Comes in lots of different colours and patterns.

This makes more children want to try vaping.

We are trying really hard to stop children and young people from vaping.

There are lots of pictures and videos about the new vape online on **social media**.

Social media is things like Facebook or X Twitter.

Children and young people use social media a lot.

The pictures and videos make vaping look really good. They make children and young people want to vape.

We want to have less of these kind of pictures and videos on social media.

The law and vaping

It is against the law:

- To sell cigarettes or vapes to people who are younger than 18.

- For adults to buy cigarettes or vapes for children or young people.

- To show **adverts** that try to sell vapes or cigarettes.

  An **advert** is a way of telling people about something. It could be a sign, a poster or on the tv.

Top tips for talking to your child about vaping:

Find the right time to talk about it

This might be if you see someone vaping or you see a vape advert.

Ask questions

Find out what your child thinks about vaping.

Ask if they know anyone who vapes.

Listen to what your child thinks

Help your child to understand that vaping and cigarettes are bad for you.

Talk to your child about how they can say no if they are offered a vape.

Let your child know you care about them

Tell them that it is against the law for shops to sell vapes and cigarettes to children.

Shops just want to make money.

They don’t care about children and young people’s health.

What to do if your child is vaping already

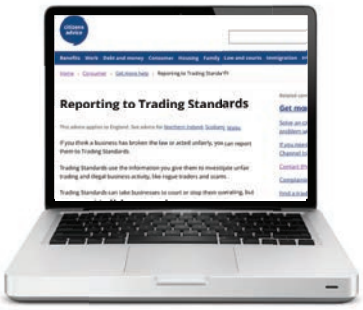
Talk to your child and try to understand why they are vaping.

Work together to help them stop vaping.

What to do if someone is breaking the law

Citizens Advice

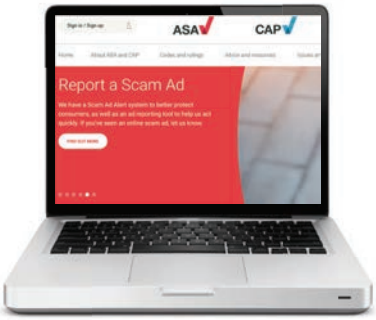
You can tell them if someone is selling vapes or cigarettes to children.



Website:
citizensadvice.org.uk/consumer/get-more-help/report-to-trading-standards/

Advertising Standards Authority

You can tell them about adverts that are selling cigarettes or vapes to children.



Website:
asa.org.uk

For more information

You can find more information about vapes and stopping smoking on the Yorkshire Smokefree website:

yorkshiresmokefree.nhs.uk

This information is not in easy read.

Children and Young people can find out more information about vaping on the FRANK website:

talktofrank.com/drug/vapes

This information is not in easy read.