

# VAPING AND HOW TO HELP YOUR CHILD

A PARENT & CARER GUIDE FROM WILMSLOW HIGH SCHOOL

## WHAT IS VAPING?

Vaping is the act of inhaling vapour produced by an electronic cigarette or similar device. These devices heat a liquid (often called "e-liquid" or "vape juice") that usually contains nicotine, flavourings, and other chemicals.

Nicotine is the addictive substance also found in cigarettes, and it can have harmful effects on the brain, particularly in young people.



## FACTS TO TELL YOUNG PEOPLE ABOUT VAPING?

**Vaping is a way** for adults to stop smoking – not something for non-smokers, especially children and young people to try.

**Vaping is substantially** less harmful than smoking but that does not mean it is harmless.

**Vaping exposes** users to some toxins, and we do not yet know what the risks might be in the longer term.

**Most vapes** contain nicotine, which is an addictive substance that can be hard to stop using once you have started.

**Nicotine** is more risky for young people than for adults, as evidence suggests the developing brain is more sensitive to its addictive effects.

**In the UK**, it is against the law to sell nicotine vaping products to under-18s or for adults to buy them on their behalf.

**Some disposable vapes** on sale are illegal and do not meet UK safety regulations. They can contain high levels of harmful substances.



## SIGNS YOUR CHILD MAY BE VAPING

**Sweet** or fruity smells, often from flavoured vape products.

**Increased thirst** or dry mouth, as vaping can dehydrate the body.

**Coughing**, throat irritation, or shortness of breath.

**A noticeable change** in behaviour, such as irritability, anxiety, or restlessness, which may be due to nicotine addiction.

**Finding unfamiliar devices**, pods, or bottles (e-cigarettes or vape supplies) in their belongings.



## HOW TO HELP YOUR CHILD IF THEY ARE VAPING

- 1. Start a Calm Conversation:** Avoid punishment, ask open-ended questions, and offer support without judgment.
- 2. Educate Them on the Risks:** Discuss the dangers of nicotine addiction, lung damage, and the impact on health.
- 3. Set Clear Boundaries:** Explain your disapproval and establish rules with consequences for continued vaping.
- 4. Support Quitting Efforts:** Help them create a quit plan, speak to school to provide them with CGL support.
- 5. Be a Role Model and Monitor Influences:** Quit smoking if possible, and be aware of peer pressure and social influences.



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