



Help Your Children Stop
Vaping

What are vapes?

- A vape or e-cigarette is a device that allows you to inhale nicotine in a vapour rather than smoke.
- Vapes do not burn tobacco and do not produce tar or carbon monoxide – two of the most harmful substances in cigarette smoke.
- They were designed as a stop smoking tool for adults (18+)



Vaping: The facts



What does the law say?

Vapes should NOT be

- Sold to anyone under 18
- Bought for anyone under 18



- It is a criminal offence to sell these devices to under 18s.
- It is a criminal offence to purchase these on behalf of under 18s.
- Should be sold with correct nicotine levels (under 2% or 20 mg) but often does not meet these regulations.

What is nicotine?

- Nicotine is a **very addictive substance** found in cigarettes.
- Vapes can vary from no nicotine to high levels of nicotine.
- Although much less harmful than smoking, vapes are not risk-free, especially for those who were never smokers.



Inhaling nicotine through a vape can have negative effects

Physical changes

- Coughing
- Dry mouth and throat
- Shortness of breath
- Mouth and throat irritation
- Headaches

• Psychological changes

- Negative mood
- Behavioural changes
- Problems concentrating
- Increased anxiety
- Depression

What's the problem with vapes?

- Long-term health impacts are unknown

Many counterfeit (fake / unofficial) products are in shops. Some may:

- Exceed legal nicotine levels (Over 2% or 20 mg)
- Contain too much liquid (over 2 ml)
- Are incorrectly labelled and have no traceability
- May contain banned substances
- Illegal vapes are associated with organised crime, modern day slavery, child exploitation and fund other criminality
- **It is difficult to spot a fake vape!**

What's the problem with vapes?

Vape aerosol can contain harmful chemicals

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavouring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

Most vapes contain Nicotine which is highly addictive

Nicotine is an addictive substance and you can become dependent on vapes, especially if you vape nicotine regularly.

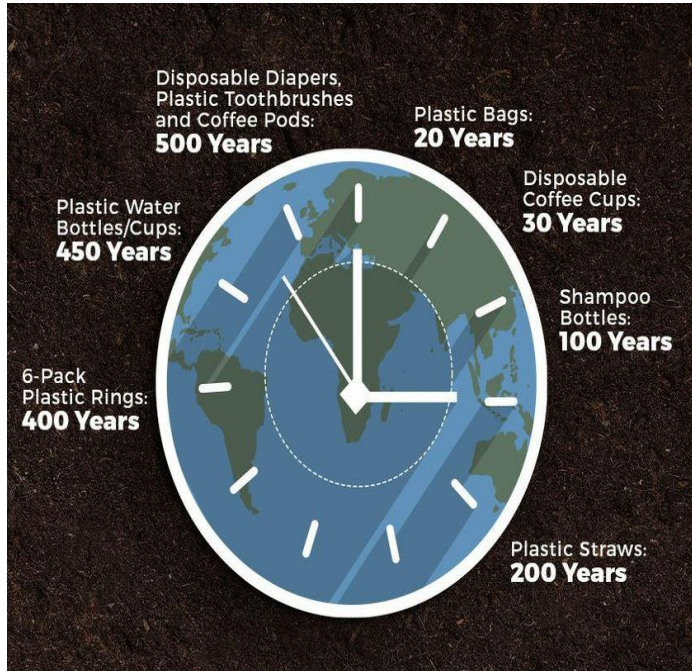
Giving up nicotine can be difficult because the body has to get used to functioning without it. Withdrawal symptoms can include cravings, irritability, anxiety, trouble concentrating, headaches and other psychological and physical symptoms.

Smart Exit Strategy Examples

- Simply say, 'No thanks, I'm good'
- Stand with your non vaping friends
- Suggest something else to do
- Give your reasons for not wanting to use a vape
- Add some humour
- Practice your response before it happens

- Giving vapes to under 18s is against the law

Environmental Impact



- A million disposable vapes are thrown every year in the UK - this equates to 10,000kg lithium from the batteries, enough to power 12,000 electric cars every year.
- Plastic doesn't decompose. Plastic breaks down into smaller particles until they are too small to see. This means that every molecule of plastic produced since 1907 is still present in the environment!

Environmental Impact

- Although most plastics **never** decompose, they do eventually break down into smaller and smaller pieces called microplastics.
- For anything to decompose fully it needs to be eaten by micro-organisms. Most micro-organisms don't like plastic, and for those that do, there is simply too much plastic for them to eat.



Want to Stop?

Please see the letter on the website from the Isle of Wight Council detailing the support options available