

VAPING THE FACTS

What are e-cigarettes (vapes)?

They are battery-powered devices that heat a liquid into a vapour, which is then inhaled by the user (called "vaping" rather than smoking). The liquid often contains nicotine, harmful chemicals, and flavourings, mixed with a carrier liquid.



Did you know?

- Vaping is considered safer than smoking tobacco. However, vaping is not risk free, chemicals are inhaled and the long-term effects on the body are still unknown
- Illegal vapes are easily available on the high street and online. The content of these vapes is not known
- It is illegal for anyone under the age of 18 to be sold any vaping products. Shops that do can face prosecution
- Parents or adults buying for children under 18 can also be prosecuted
- Any shop that believes a customer is underage has the right to refuse to sell vaping equipment
- Vapes come in all shapes and sizes. They can be easily hidden and mistaken for pens, highlighters or USB drives



Why are children/young people vaping?

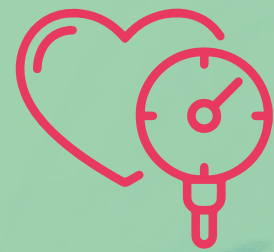
- 'Just to give it a try' (65.4%)
- 'Enjoy the experience' (17.5%)
- 'Trying to quit smoking' (10.7%)
- 'Addicted to them' (10.3%)



What are the risks?

- The majority of vapes contain nicotine, which is a highly addictive substance
- Young people may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence
- Nicotine can have damaging effects on young people's health

It can cause:



Increased blood pressure



Increased heart rate



A narrowing of the arteries



Stress

It can contribute to:



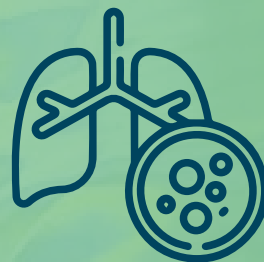
Poor brain development



Infections

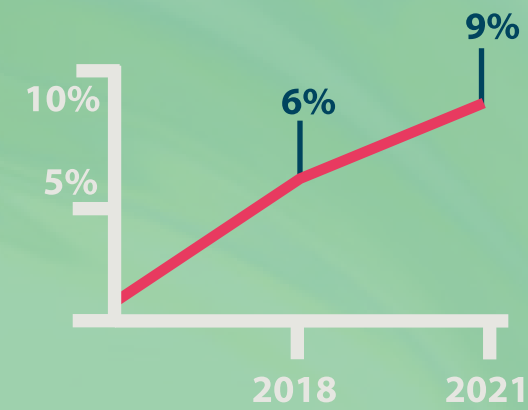


Seizures



Lung diseases

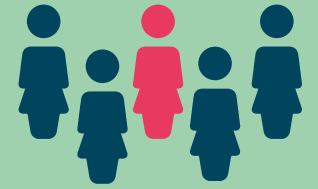
What's current research telling us?*



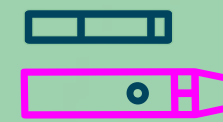
9% of 11–15-year-olds use e-cigarettes



of all 15-year-olds are e-cigarette users

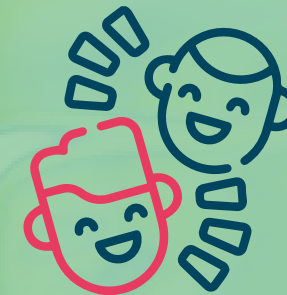


Approx. 1 in 5 15-year-old girls are e-cigarette users



13% of young people who had never smoked had used e-cigarettes. There is a risk that once addicted to nicotine, they will turn to smoking

Where are children & young people getting vapes from?



61%

of regular e-cigarette users obtain vapes from others (mainly friends)



57%

of young people said they buy vapes from a shop (most commonly newsagents)

Additional information for schools

- Vapes are less harmful than smoking, but their purpose is to help adult smokers stop smoking. As they carry risks of their own, we are very keen to stop non-smokers from taking up vaping
- If pupils are found vaping or smoking the product can be confiscated
- It is not illegal to smoke or vape underage, and it is not recommended to exclude a child from school for vaping or smoking
- E-cigarettes are an age-restricted product because there is potential for users to become addicted to nicotine-containing e-cigarettes. We do not yet know the long-term effects of vaping on health

Concerned about a young person vaping or smoking?

If you wish to seek further advice, information or support, please contact your locality school health team:

- North - mft.TraffordNorthAreaSchoolNursingTeam@nhs.net
- Central - mft.TraffordSchoolNurseTeamCentral@nhs.net
- South - mft.TraffordSchoolNurseTeamSouth@nhs.net
- West - mft.WestSchoolNurses@nhs.net

Alternatively, a young person can contact Trafford's school nurses for advice or support by texting **Chat Health** to **07312 263 056**



Trafford Local
Care Organisation



ChatHealth

Where to report?

You can report a business selling products to underage young people by emailing trading.standards@trafford.gov.uk or through the Citizens Advice online portal: citizensadvice.org.uk/consumer/get-more-help/report-to-trading-standards/

Complaints about advertising or promotion of vaping in shops should be made through the Citizens Advice online portal.

All other complaints about advertising, including on social media, should be reported to the Advertising Standards Authority (ASA) online complaints portal: asa.org.uk/make-a-complaint.html

Adverse reactions associated with vaping should be reported to the government's regulatory agency via: yellowcard.mhra.gov.uk

For more information, please visit:



nice.org.uk/



talktofrank.com/



teen.smokefree.gov

Sources:

[ASH \(2022\) Briefing for local authorities on youth vaping.](#)

[ASH \(2022\) Use of e-cigarettes among young people in Great Britain](#)

[ASH Scotland \(2022\) Young people and vaping](#)

[* NHS Digital \(2021\) Smoking, Drinking and Drug Use among Young People in England](#)