CYSM
Cumbria Youth Substance Misuse

Vaping Factsheet:

For parents and carers

Cumberland Council

Westmorland & Furness Council

Working for **Cumberland Council** and **Westmorland & Furness Council**

What is vaping?

Vaping is not for children and young people. Vapes contain nicotine and are particularly dangerous for teens, whose brains are still developing. Teens who vape are at risk of developing nicotine addiction, mood disorders, difficulty paying attention, reduced impulse control and learning problems. [1]

Vaping is the process by which people inhale vapour from a device sometimes referred to as an e-cigarette or e-cig (vaping devices are very similar to cigarettes). The similarity to cigarettes is deliberate, as vapes were created as a way to help adult smokers stop smoking. This means most vapes contain nicotine, with the aim of them being used in much the same way as stop smoking patches and gum.[2]

Parents or carers buying vapes for young people under the age of 18 years, can be prosecuted.

Source : Youth vaping, smoking & nicotine use (truthinitiative.org)

What are the health risks?

Vapes are especially dangerous for young people under the age of 18 as their brains are still developing.

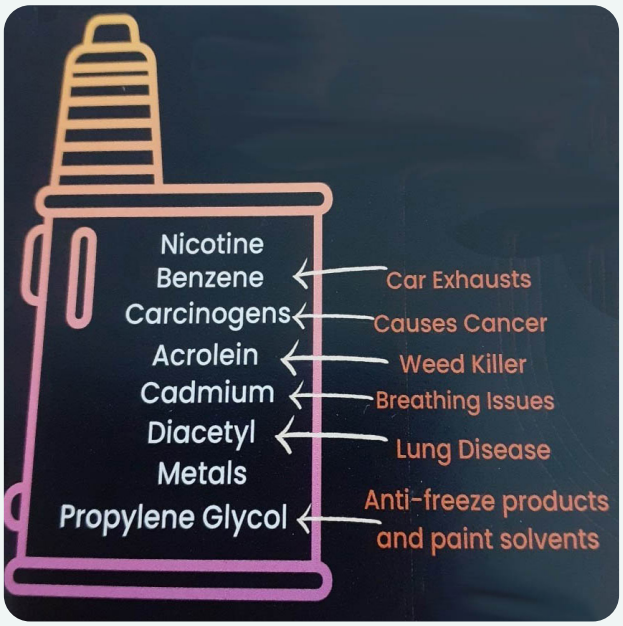
Teens who vape are at risk of nicotine addiction, mood disorders, difficulty in paying attention and reduced impulse control which can result in difficulties in learning.

Vaping is a gateway drug – this means that young people can progress from this onto smoking cigarettes and cannabis.

Vaping can cause an increase in blood pressure, heart rate flow of blood to the heart and narrowing of arteries, which can lead to an increased risk of strokes and heart attacks.

Vaping can also contribute to infections, seizures and lung disease.

The full long-term impact of vaping are unknown.



Source : Furness Youth Work Partnership

[1] California Department of Public Health 2018, Vapes Myths & Realities
[2] Tooled Up Quick Guide Vaping DSM Version May 23.
[3] California Department of Public Health 2018, Vapes Myths & Realities

What you might see if your young person is vaping?

A young person, who is vaping might:

- Be coughing lots or have colds and throat infections.
- Have nose bleeds.
- Have slower brain processing, which could lead to a change in academic achievement due to “brain fog.”
- Experience teeth loss, develop a receding gumline and/or lip sores.
- Have diarrhoea, sickness and bad wind.
- Be experiencing poor sleep.
- Be jittery and struggle to concentrate as they are looking for their next fix.
- Have a weakened bladder.
- Have spotty and prematurely wrinkly skin.

What can you do?

Parents and carers have a really important role in talking with young people about vaping and making sure that they have clear and reliable information to help their decision-making.

Top Tips for talking

Find out the facts about vapes...

...before you start the conversation.

Think about how you will react...

...if your young person says they have or are vaping.

Don’t make assumptions about...

...what your person knows or what they do.

If they say that they have used vapes...

...stay calm; we want to encourage open and non-judgemental conversations.

Pick a good time to talk...

...think about when and where works best. This can mean taking the opportunity when you see someone vaping or walk past a vape shop to open up a conversation. Stories in the news or vaping related storylines on TV can be good ways to start a conversation. Using these to open a conversation may mean that your young person doesn’t feel like you are accusing them of something, and they may be more likely to open up and talk with you.

Listen to them...

...listen to what they have to say and don’t lose your temper if you don’t agree with what they say – it may make them rebel more and be less open to talking further. Explain your concerns and tell them why you don’t want them to vape or smoke.

Let them know that you are there for them and care about them...

...it is important that young people know that they can come to you with questions and have a conversation with you about vapes and other substances – that way they are getting clear and reliable information to help their decision-making.

Talk about the different reasons why young people may vape..

...give examples such as wanting to fit in, curiosity or stress. Talk through effective ways to respond if they ever feel pressured to try it.

If your young person is vaping...

...try to understand why they are vaping by asking questions like, "what do you enjoy about vaping" or "How does vaping make you feel?" understanding this might help you to understand their needs and discuss other ways to meet those needs.

Set boundaries...

...make it clear what your house rules are so they know what you will and won't accept.

Call on your friends, family or wider network...

...if you or your young person don't want to talk, why not ask someone else they have a relationship with or they respect to have a chat with them.[4]

Go back to it...

...these conversations can feel really challenging but they are important, don't give up if it feels like it is all going wrong. Take a break and go back to it another time.[5]

Key facts

Having some key facts at your fingertips can help you have a conversation with your young person.

- It is illegal for you to purchase vapes for your young person.
- Vapes are not licensed for young people under the age of 18 years, on medical grounds – it's not good for them.
- Nicotine is contained in most vapes and is highly addictive. Nicotine interferes with normal teen brain development.
- Vapes often contain cancer causing chemical, it is not just scented water vapour.
- Vapes can cause lung damage and can lead to an increased risk of heart attacks, strokes and cancer. Longer-term effects of vaping are still unknown.
- Vaping can cause diarrhoea and really smelly farts.
- Vaping can cause nose bleeds and spread coughs, colds and cold sores if your young person is sharing vapes with friends.

Signposting & Resources

FRANK

DSM foundation
The drug education charity

HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

Shop
Parent Resources

ash
action on smoking and health

Smokefree Sheffield

DRUG HUBUK

[4] Vaping and e-cigarettes: The facts for Parents & Carers, Smokefree Sheffield in collaboration with ASH and www.drugsandme/parents/parents
[5] Tooled Up Quick Guide Vaping DSM Version May 23.

Translation Services

If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language, please telephone: **0300 303 2992**.

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请致电 0300 303 2992

Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu 0300 303 2992

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer 0300 303 2992

Se quiser aceder a esta informação na sua língua, telefone para o 0300 303 2992

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