



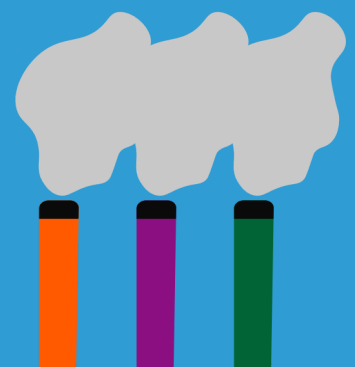
Youth Vaping
Your Workbook

This workbook has been designed to help you understand more about youth vaping.



Completing the workbook will give you time to reflect on why you choose to vape and the possible consequences for yourself and others.

A member of staff will support you along the way, they can discuss some of your answers with you and help you figure out what they mean to you.



What is Vaping ?

Vaping is the inhaling of an aerosol (mist) created by heating a solution that usually contains nicotine, propylene glycol and/or vegetable glycerine, distilled water, plus flavourings.



What are vapes for?

Vapes were developed to help adults quit smoking as they allow the user to inhale nicotine in a vapour rather than smoke. They are a safer way of inhaling nicotine than cigarettes.

Are vapes harmful?

Evidence shows that vaping is a lot less harmful than smoking as they contain less harmful substances. However, as they have only been around for quite a short amount of time, we do not know the long-term effects of vaping.

Time to reflect



Why do you think some young people choose to vape? Think about why you or your friends vape.

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Do you think these are good reasons for young people to vape? Explain your answer.

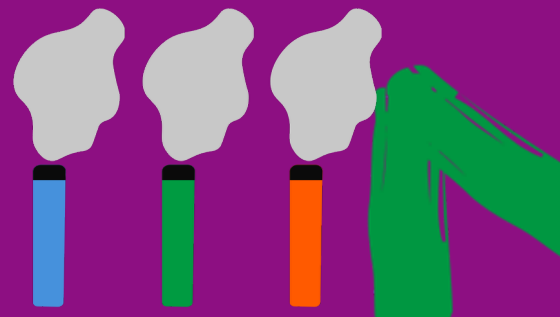
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✓ FACT

Unlike cigarettes, vapes do not burn and therefore no smoke or other harmful products of burning, such as tar and carbon monoxide are produced.

✓ FACT

Children and young people's developing lungs and brains may be more sensitive to the effects of vaping



How many young people vape in the UK?



A survey undertaken with young people suggests that most vaping that takes place by under 18-year-olds is experimental and occasional. The results indicate that only 3.6% of young people that choose to vape, vape more than once a week.



✓FACT

In a secondary school with 1000 students, on average 36 students will vape more than once a week.

✓FACT

Just under 80% of young people aged between 11 – 17 have never tried a vape!

✓FACT

96% of young people aged between 11 – 17 do not regularly vape (vape more than once a week)

Time to reflect:

Do these figures surprise you?

Yes

No

Not Sure

Comments:

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Did you think the number of young people under 18 years old that regularly vape (more than once per week) would be higher or lower?

Lower

Higher

Not Sure

Explain why:.....

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Vaping at school

Some young people are choosing to vape at school, which can have an impact on other students and staff.

Time to Reflect

List some of the issues that vaping at school can cause. Think about both the consequences for the young person vaping, and other students and staff in the school.



Student that vapes	Other Students	Staff
E.g: Missing learning time to go and vape	E.g: Students may not feel comfortable using the toilets if other students are vaping in there	E.g: Their teaching is disrupted if students are leaving lessons to vape

What are your thoughts on the impact that vaping in school can have?

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Illegal vapes



In the UK all vapes and vape products must meet specific laws and safety standards, including a limit on nicotine content. There is no guarantee that illegal vapes are safe and the e-liquid could contain or be contaminated with harmful additives or substances that have been banned in the UK. Some illegal vapes have been found to contain over twice the amount of nicotine that's legally allowed!

Do you know if the vapes you buy are legal and safe?

Yes

No

Not sure

If you don't know the vapes you buy are safe, what do you think the risks are?

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✓FACT

Some single use vapes on sale are illegal and do not meet UK safety regulations.



✓FACT

The majority of illegal vapes seized in Dudley have been single use vapes.



✓FACT

In the UK it's against the law to sell vapes that contain nicotine to anyone under the age of 18.



How to spot an illegal vape

Check the size of the device – the legal limit for e-liquid capacity in a vaping device in the UK is 2ml. In single-use vapes this translates to about 600—1000 puffs. Anything claiming to deliver more puffs is illegal.

Check the nicotine level – the legal limit for nicotine content in the UK is 20mg/ml or 2%

Cost - If the cost of your vape is too good to be true, it probably is too good to be true - there's a good chance it could be illegal.

Check the packaging— Illegal vape devices tend to have information missing on the packaging, like health warnings and batch details, and often lack quality due to cheaper manufacturing costs.



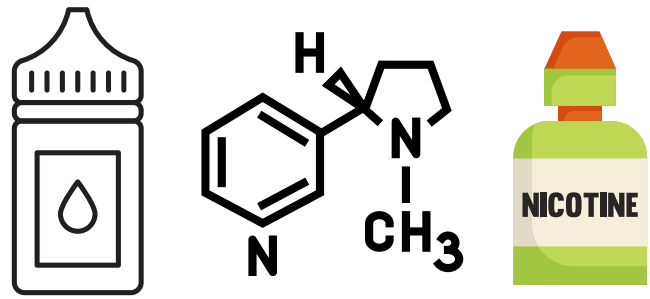
This product contains nicotine which is a highly addictive substance

The packaging for vapes and vape products must include the following:

- a list of all ingredients in descending order by weight
- nicotine content and delivery per dose
- batch number
- recommendations to keep the product out of reach of children
- the health warning 'This product contains nicotine which is a highly addictive substance' and must appear on the front and back surfaces of the packet and cover 30% of that area. Only these exact words are allowed. If you see other warnings or wording, such as “Nicotine is an addictive chemical” then the product is not legal for sale in the UK.

In addition to the exterior packet labelling information, each packet must include a leaflet with instructions for storage and use, including a reference that the product is not recommended for use by under 18s and non-smokers, along with other safety information and the producer's contact details. If any of this information is missing or seems incorrect, do not trust it.

Nicotine



The more you vape, the more your brain and body get used to having nicotine, and the harder it can be to go without it.

What is nicotine?

Nicotine is typically inhaled through cigarettes, cigars, or pipes, or by using vaping devices.

Nicotine is a stimulant drug that speeds up the messages travelling between the brain and body and can temporarily make someone feel more alert.

This effect doesn't last, which means people have to regularly smoke tobacco or vape to get a hit and eventually they can get addicted.

MYTHS

It is a common myth that nicotine relieves stress.

The feelings of stress and restlessness are caused as nicotine levels fall quickly after using your vape and therefore causes withdrawal symptoms such as stress and a craving to use your vape again

✓FACT

Those who start smoking or vaping before age 21 have the hardest time breaking the habit.

✓FACT

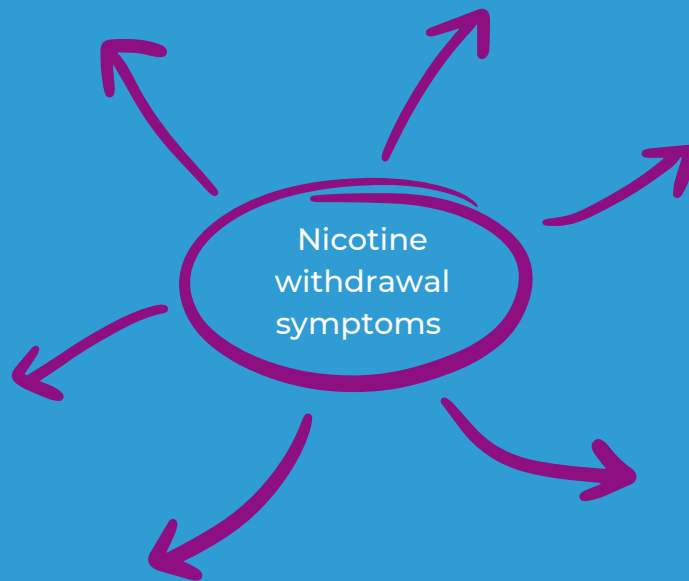
Nicotine releases a chemical called Dopamine in the same parts of the brain as other addictive substances like alcohol, opioids and cocaine. This makes it very hard to quit.

✓FACT

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

Time to reflect :

If someone is addicted to nicotine, what type of withdrawal symptoms might they experience?



Do you think you may be addicted to nicotine through vaping?

Yes
for sure

No
way

I don't
know

If you answer yes to one or more of the following questions, you may be addicted to vaping.

Do you continue to vape even though you want to quit?

Yes No Not sure I don't want to quit

Do you feel anxious or irritable when you want to use your vape but can't?

Yes No Not sure

Do you think about vaping when even when you are focused on other activities?

Yes No Not sure

Do you continue to vape even if you know it could get you into trouble at home or school ?

Yes No Not sure

Have you ever tried to quit vaping but found it too hard?

Yes No Not sure



The Law and Vapes

In the UK it's against the law to sell vapes that contain nicotine to anyone under the age of 18. It is also against the law for someone 18 or older (including a parent or carer) to buy them on behalf of anyone underage.

✓ FACT

Anyone who sells vape products containing nicotine to someone under 18 or an adult that buys vapes on behalf of an under 18 (proxy sale) could receive a fixed penalty notice (fine).



Time to reflect:



Where do you buy your vapes from?

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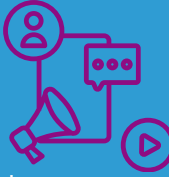
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Please note:

Any information you provide in this answer may need to be shared and/or reported and acted upon. Please discuss this with the member of staff supporting you with the workbook if you have any concerns.

Marketing of Vapes and Young People



Have you ever been attracted to a vape because of the colour of the packaging, the flavour, the smell or even the shape? It's no accident...

Research has highlighted that the marketing of vape products, especially single use vapes directly targets a younger market. It found that children and young people find vape packaging and the products themselves attractive and appealing.

The range of available flavours like fizzy drinks, sweets and bubble-gum and neon coloured disposable vapes sometimes shaped like highlighter pens, attract the attention of younger people and are often openly on display in shops.

Vapes are promoted on social media and via influencers' videos and reels making them appealing to younger viewers. Influencers may not disclose a relationship with a vape company, but they could be receiving money to advertise their products.

It is an offence to sell nicotine vapes to people aged under 18. However, a survey by the charity Action on Smoking and Health (ASH) on the use of vapes among young people in the UK found:

more than half of all children reported seeing vapes promoted in shops

nearly a third reported seeing promotions online

only one in five children now say they have never seen vapes promoted

Time to reflect:

What influences your decision to buy a vape?



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What would make vapes less appealing to you? Think about flavour, colour, warnings etc.

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The Impact of Single-Use Vapes on the Environment



DID YOU KNOW?

Single-use vapes are having a negative impact on our environment for a number of reasons, including:

- They're made from plastic.
- They create huge amounts of waste.
- Due to the way they're made, single-use vapes are almost impossible to recycle.
- Single-use vapes waste valuable resources (that could be used to support the movement to green energy).
- The materials and chemicals used in vapes are potentially hazardous to humans and wildlife, and pollute the environment.



Single-use vapes are powered by a lithium battery. Lithium is a precious metal which is in short supply. Over 40 tonnes of lithium was thrown out with single-use vapes in the UK last year. That's enough to make batteries for 5,000 electric cars!



✓FACT

Over 50% of single-use vapes get thrown away

✓FACT

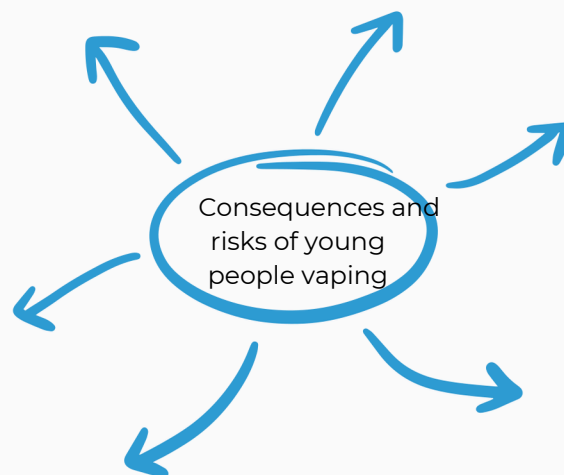
In the UK we bin nearly 5 million vapes each week – that's roughly 8 vapes every seconds!

✓FACT

The number of single-use vapes thrown away every year is enough to cover 22 football pitches

Time to reflect:

Take some time to think about the possible consequences and risks of young people vaping. Write your thoughts below.



Time to reflect:



Are you in control of your vaping?

Are you in control of your vaping or does vaping control you? If you're not sure, try asking yourself the following questions.

Is vaping affecting my health?

Yes No Not sure

Is vaping controlling my life?

Yes No Not sure

Does vaping affect the way I think and feel?

Yes No Not sure

Does vaping affect my relationships with my friends, parents, boyfriend/girlfriend, or other people important to me?

Yes No Not sure

Does vaping or thinking about vaping interfere with my schoolwork or grades?

Yes No Not sure

Are there activities that I used to enjoy that I don't enjoy anymore because of vaping?

Yes No Not sure

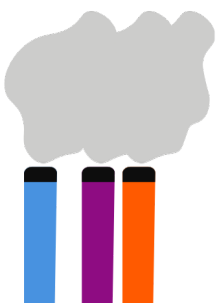
Am I spending a lot of money on vaping?

Yes No Not sure

If you have answered yes to any of these questions, you may not be in control of your vaping.

Time to reflect:

If you did answer yes to any of the questions, which is most important to you and why?



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Support to quit vaping - If you would like to quit vaping there is help available for you:

Quit vaping: self-help guide



This self help guide will help you to:

- think about the reasons why you want to quit
- think about your triggers
- find some coping strategies
- set achievable goals
- create a quit plan



School Nurse Service

You may find quitting vaping is easier if you have support from someone trained to help you prepare and put a plan in place, such as a school nurse. You can make an appointment to see your school nurse at school. If you don't know how to contact your school nurse, speak to the school office.

Time to Reflect

Do you want any help to quit vaping?

Quit vaping: self help guide

Yes No Not sure

Support from the school nurse

Yes No Not sure



Reducing the risks of vaping:



Even if you are not ready to give up vaping there are still things you can do to reduce your risk of harm from vaping, these include:

- Reduce the time you use your vape at any session e.g. cut down from 10 to 5 minutes.
- Increase the time in between when you would normally use your vape.
- Switch to a 0% nicotine disposable vape or lower the strength of nicotine e-liquid
- Change your routine to break the habit, e.g. don't vape when you usually would, for example on the way to school
- Try to avoid social circles where lots of people vape.
- Never be pressurised to vape by peers/friends.
- Be sure you buy legal vapes from a reputable supplier.
- Do not vape at school or on the school site.
- Do not accept vapes from strangers.
- Never mix e-liquids with any other substance.



Recently there has been an increase in availability of so-called THC vapes in the UK. However, when analysed most of these vape liquids have been found to contain synthetic cannabinoids more commonly known as spice and mamba.

These substances can instantly cause serious side effects resulting in users experiencing seizures and becoming unconscious. In Dudley some have ended up in hospital due to using these substances.

We advise anyone vaping to buy and use legitimate legal vapes and not accept vapes given to them by other people to avoid the risk of being spiked with these substances.



Time to Reflect

Tick which actions you could consider taking to reduce the risks of your vaping

- Reduce the time you use your vape at any session e.g. cut down from 10 to 5 minutes.
- Increase the time in between when you would normally use your vape.
- Switch to a 0% nicotine disposable vape or lower the strength of nicotine e-liquid.
- Change your routine to break the habit, e.g. don't vape when you usually would, for example on the way to school
- Try to avoid social circles where lots of people vape.
- Never be pressurised to vape by peers/friends.
- Be sure you buy legal vapes from a reputable supplier.
- Do not vape at school or on the school site.
- Do not accept vapes from strangers.
- Never mix e-liquids with any other substance



If you ticked any of the actions above, what steps can you take to achieve this?

1. I will:

By when:..... I will know I have achieved this because:.....

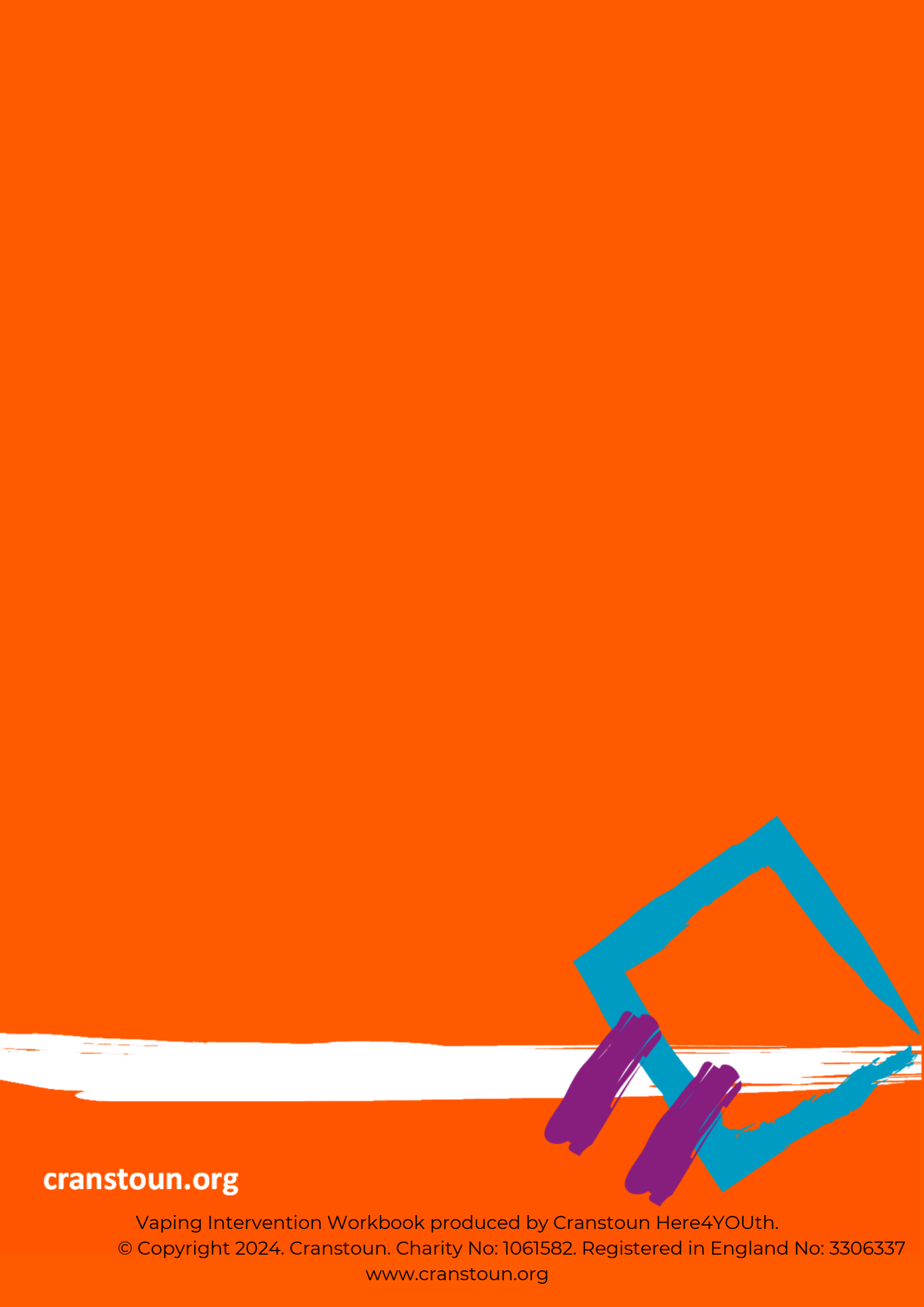
2. I will:

By when:..... I will know I have achieved this because:.....

3. I will:

By when:..... I will know I have achieved this because:.....

If you find you need more help to make changes you can talk to your school nurse. If you're unsure how to book an appointment, speak to your school office or school pastoral team who will be able to help.



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