

Vaping

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What are vapes?

- Vapes work by heating a solution (e-liquid) that typically contains propylene glycol, vegetable glycerine, flavourings and **nicotine**. This creates a vapour which is inhaled.



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What are vapes designed for?

- Replacement for cigarette smoking. The nicotine in vapes can help adults top smoking.
- Vapes still have harmful toxins in them.
- Less harmful than cigarette smoking ... but not harmless.
- It is illegal to sell vapes to under 18s.

“If you’ve got something very dangerous and something much less dangerous, it doesn’t mean it’s harmless.”



Why is vaping a problem?

- “Never smokers” taking up vaping.
- Under 18s vaping is a rising problem.
- Impact of nicotine on brain development.
- Vapes still include toxins.
- The longer-term health impacts of vaping are unknown.



Why is vaping particularly a problem for you

- Brain development.
- Nicotine → dopamine → addiction
- Impact on concentration, organisation, mood etc.



LEARNING DIFFICULTIES



MOOD SWINGS



ANXIETY



HEADACHES



IMPULSIVITY



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Attention
and
behaviour

Impulse
control/emotional
regulation

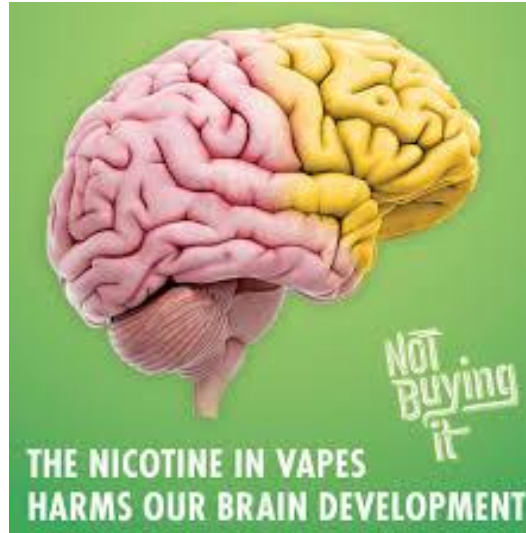
Mood

Motivation

Learning
and
memory

Concentration

Organisation



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Laced vapes

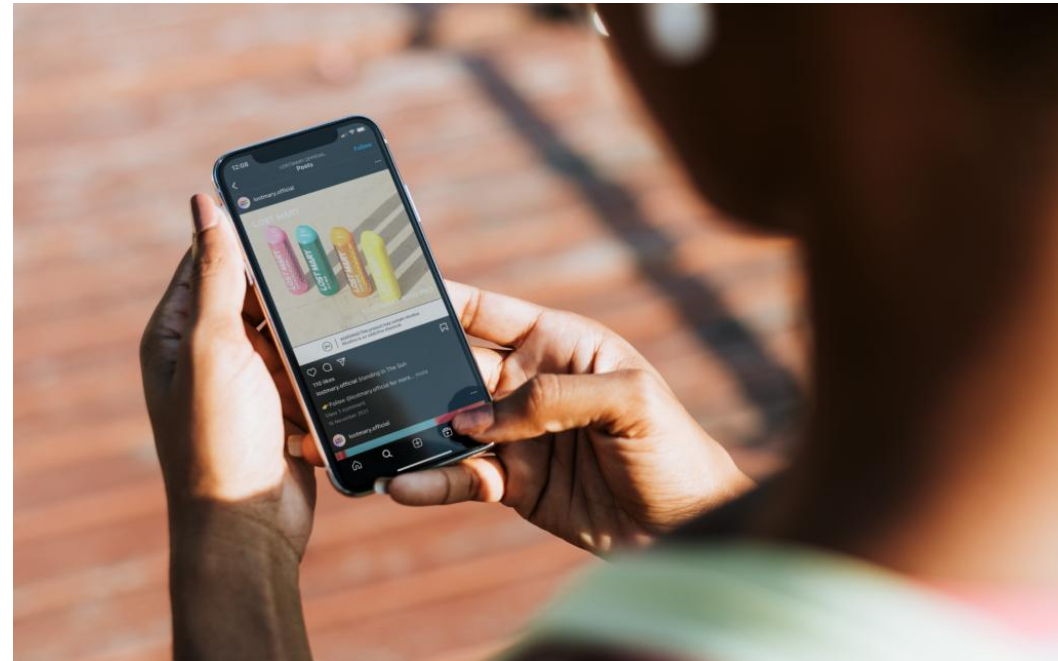
- THC is the substance in marijuana that gets you high.
- Vaping THC oil can harm the lungs and has been associated with serious lung injuries and deaths. The amount of Vaping THC can leave traces in your system for up to 14 days, depending on your frequency of use.
- THC exceeding 0.2% in vapes is illegal and considered a Class B drug.
- You will not be able to tell if a vape is laced with THC or another illegal drug so do not try someone else's vape and do not carry a vape for another person.

Class B	Up to 5 years in prison, an unlimited fine or both	Up to 14 years in prison, an unlimited fine or both
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Why are many young people using vapes?

- Curiosity
- Peer pressure
- Targeted marketing
- Inexpensive (compared to cigarettes)
- Family or friends – vaping normalised.



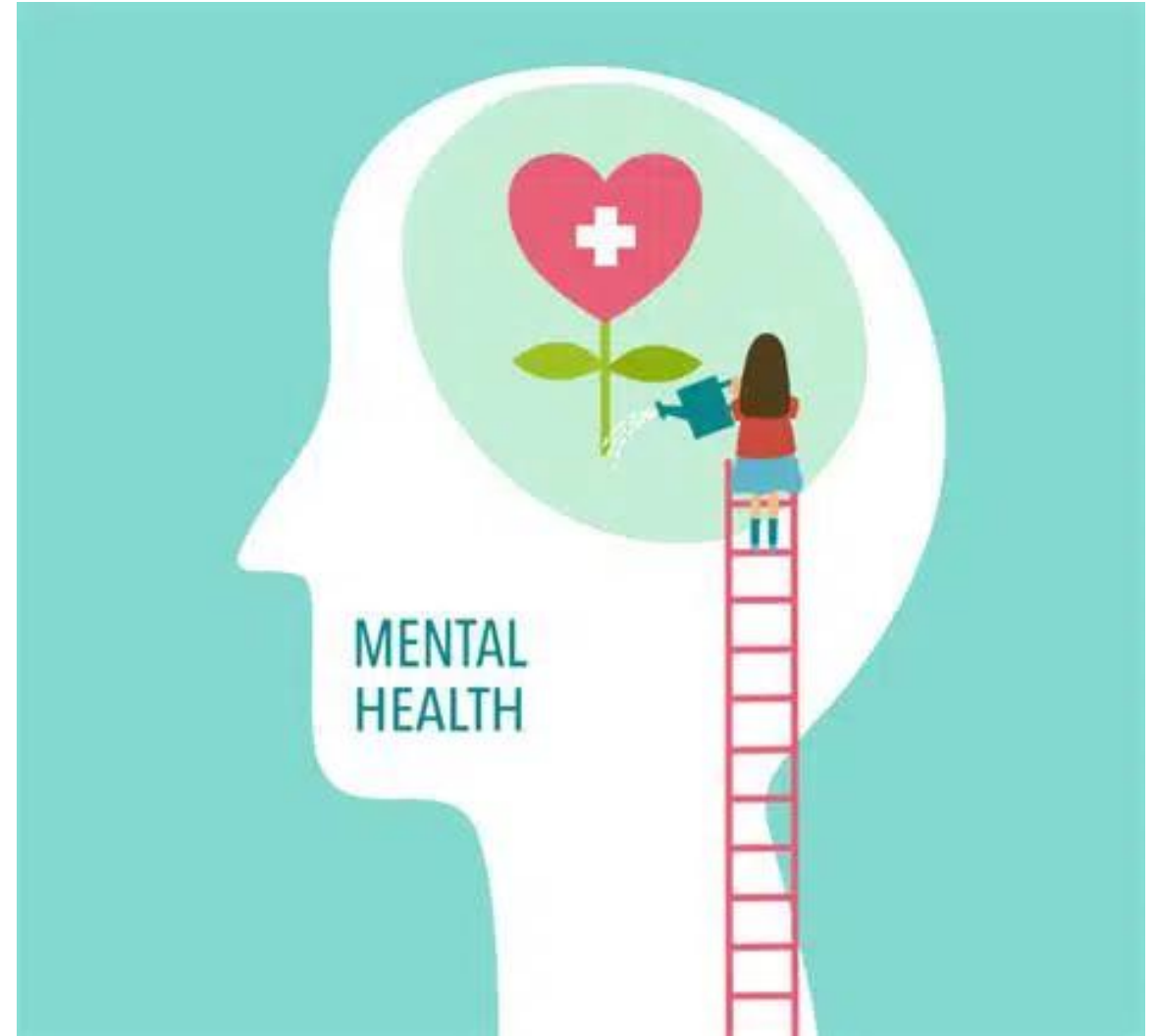
Vapes in school

- We have a zero tolerance to vaping in school – they will be removed from you and there will be sanctions – for the reasons we have been talking about today.
- Vapes found will be confiscated, and parents will be informed
- They are an illegal item for people under the age of 18 according to UK Government Law.
- We care about your brains and your overall health!



Things to remember:

- Curiosity is normal.
- Think about what you are consuming.
- Think about the impact on your brain development.
- Feeling stressed and like you need a relief? – look for positive ways of getting that dopamine “buzz”.
- Talk to someone.



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Want more information?

- FRANK - [Honest information about drugs | FRANK](#)
- Impact of nicotine on the brain - [How does nicotine affect brain development? | VicHealth](#)
- Quick facts about vaping - [Vaping quick facts | VicHealth](#)
- Youth Vaping – Safer Schools - [Youth Vaping – The Need-to-Know - Safer Schools](#)



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Where are young people getting vapes from?



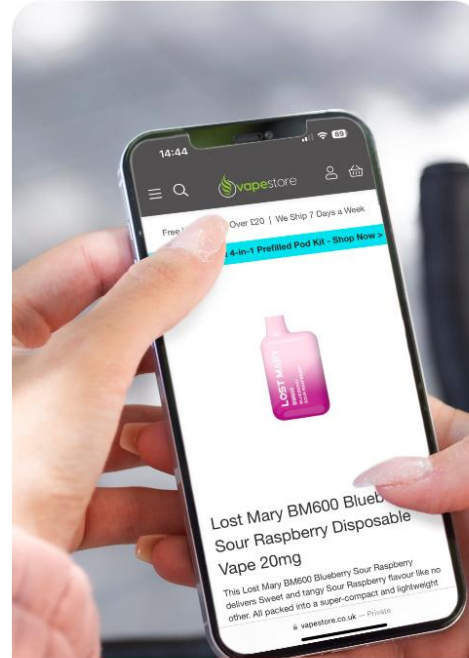
38%

From Friends at School



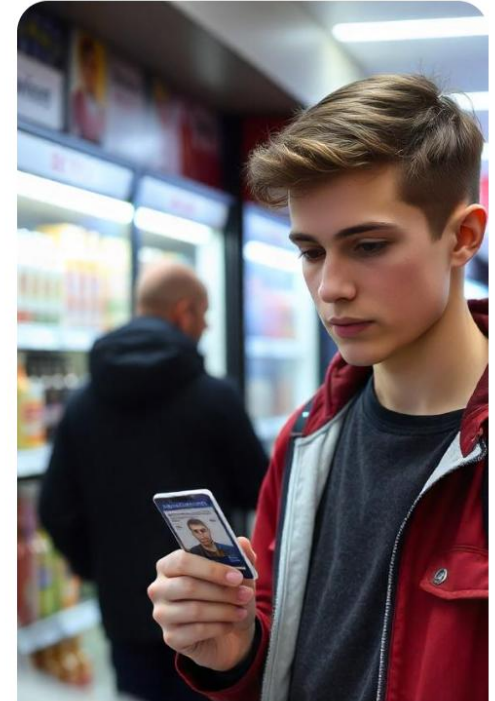
32%

From Family Members



29%

Buy Them Online



22%

Use a Fake ID in shops

**Due to multiple choice options responses will not equate to 100%*



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