

Vaping... did you know?



- It is illegal for anyone under the age of 18 to be sold any vaping products.
- Shops that do can face prosecution.
- Any shop selling vaping equipment has the right to refuse to sell if they believe a customer is underage.
- Parents or adults buying for underage children (under 18) can also be prosecuted.
- Vapes do contain nicotine which is a highly addictive substance.
- It has been proven that nicotine can have damaging effects on both adults and young people. It can cause an increase in blood pressure, heart rate, flow of blood to the heart and a narrowing of the arteries. It can also contribute to poor brain development, infections, seizures and lung diseases.
- Young people are experimenting with vapes; they are sharing them and so increasing the risk of addiction as well as Covid infection.
- Illegal vapes are easily accessible on the high street and online - the content of these vapes, however, is not known.
- Vaping is considered safer than smoking as tobacco bi-products (over 4000 chemicals) are not inhaled; however chemicals in a vape are still inhaled and the long term effects on the body are still to be confirmed.
- Vapes come in all shapes and sizes they are easily hidden and often can be mistaken for pens or highlighters.



"WARNING: This product contains nicotine. Nicotine is an addictive chemical."

For more support:

Contact the Healthy You, Healthy Schools Stop Smoking Service:

Email: healthyschools@healthyyou.org.uk

Call: Gail Ison on 07759833150 or Paige Furnell on 07783518114

Visit: <https://healthyyou.org.uk/services/stop-smoking/>



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