



VAPING & E-CIGARETTES

Y7 & 8 Notices

WHAT IS VAPING?

- Vapes, or E-Cigarettes, are devices which heat a liquid until it becomes a vapor which is breathed in (inhaled)
- The liquids in E-Cigarettes often contains very high levels of nicotine, which is very addictive
- Some might also contain marijuana & other dangerous or even illegal substances
- Vapes come in lots of sizes, shapes, colours & designs
- Liquids vary in strength from 0mg of nicotine to 20mg of nicotine

This could be equivalent to up to 48 tobacco cigarettes

THE LAW



**Strictly no
entry to
under 18's**

- **It is illegal to sell vaping products to anyone aged under 18, and it is illegal for anyone under 18 to buy vaping products**
- E-Liquids cannot legally have more than 20mg of nicotine in them
- Some vapes which are sold are illegal vaping products: they often contain much more nicotine than is legally allowed
- These illegal vapes are not licensed & could contain other harmful chemicals which aren't included on the labels: there is no way of knowing what is in them without them being scientifically analysed

ILLEGAL VAPES

- Many of these illegal, unlicensed, counterfeit vapes look just like the legal, licensed ones – it can be very hard to tell the difference
- Many shops which sell vapes to young people are selling these illegal vapes

1.4 tonnes of illegal vapes seized in the last six months of 2022 in the North East of England alone – that’s almost the weight of **TWO** adult male polar bears!



TIKTOK



If you type Elf Bar into
TikTok you get **185.5
MILLION** video results

WHAT IS AN ELF BAR?

An Elf Bar is a type of vape. They make them taste like sweets, and look colourful so that young people want to buy them.

The people who make Elf Bars want to get children as young as you to buy them.


Elf Bars are **ADDICTIVE** because they contain **NICOTINE**.

Once you are addicted you need to keep buying more and more.



WHY IS IT BAD?

- **Addiction**: E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.
- **Anxiety and depression**: Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- **Becoming a smoker**: Young people who vape are more likely to start smoking regular (tobacco) cigarettes and may be more likely to develop other addictions in the future.
- **Sleep problems**
- Exposure to **cancer-causing chemicals**
- **Lung damage** that can be life-threatening



When ✨flavored air✨ put
you in the hospital for 2
weeks and life support for 4
days

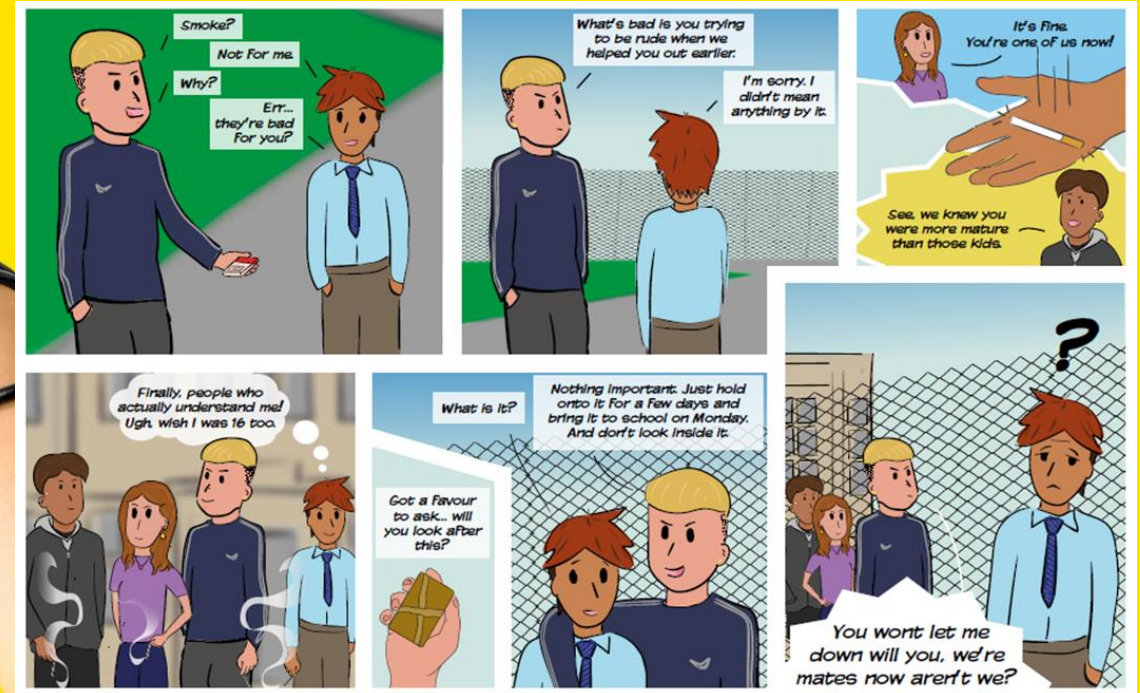
"The doctor told me that it would end my life and that's all the information I need to quit for good. I just want people to know that it's really not worth it. I want it to be known that it is as dangerous as people say it is and it's a lot more common than people think it is."

A teenager ended up on life support after waking up with what she thought was a cold, but the teen was actually battling lung damage and pneumonia caused by vaping

WHAT SHOULD I DO IF SOMEONE OFFERS IT TO ME?

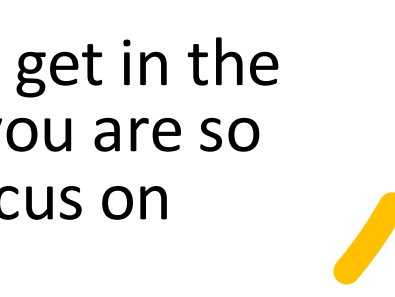
SAY NO – if you say yes then the person who offered it to you may then say you owe them something. This comic is about someone doing the same thing with a cigarette.

SAY NO – they might be encouraging you to start using them as you will then get addicted and need to buy more.



If you feel nervous go to a **PUBLIC PLACE**, like a shop, where there are other adults about.
CALL YOUR PARENTS straight away if you are not with them & ask them to come and get you.

WHAT HAPPENS IF I VAPE IN SCHOOL?

- **If you are offered a vape in school**, you need to **tell a teacher**. Whoever is offering you the vape is doing something very wrong.
 - Vaping is **against school rules** and if caught you will be **gated** or could even be **suspended**. If you are supplying it to others (buying it for them or even just sharing yours with them) you could even be expelled.
 - These punishments are there to discourage you from doing it, but also to help you – we want you to know it is not good for you to do it.
 - Because it is so addictive it can also get in the way of you doing well in school as you are so focused on vaping that you can't focus on anything else.
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What measures are we putting in place to stop vaping in school?

We are putting in place:

- glass panels to the main toilet door (not cubicles)
- environmental sensors, these sensors pick up vaping
- CCTV cameras outside toilets

We will also bring in drug-sniffing dogs. These are trained to do the same as the sniffer dogs you see at the airport. They will be very friendly but have super sensory noses!

There may even be chance for you to learn how to train these dogs as an ECA! Watch this space...



WHAT IF I 'M ALREADY VAPING & CAN 'T STOP?

- If you want help & support to quit then speak to an adult you trust. This could be one of us, your tutor, Karen, Jeff, Becks, Carys, a parent etc.
- Pick a day to quit & tell supportive people around you that you're quitting on that day
- Talk to someone, or write down, why you want to quit – when you're finding it hard, ask them to remind you why you're doing it, or read through your reasons
- Get rid of all of your vaping equipment
- Unfollow accounts online which show you people vaping
- Use apps & texting programmes to help you stop, like 'This is Quitting' & [SmokeFree.gov](https://www.smokefree.gov)
- Understand & expect symptoms of withdrawal: headaches; feeling tired, cranky, angry, or depressed; trouble concentrating or sleeping; hunger; and restlessness – know that they will lessen over time



KEY THINGS TO REMEMBER



- Vaping is **BAD** for your health
- Vaping if you're under 18 is **ILLEGAL**
- Vaping is against Frensham's **RULES**
- Vaping is **ADDICTIVE**
- You can & should **SAY NO** if someone offers you a vape
- If in doubt, go somewhere **SAFE** with adults around & phone your parents
- There is **HELP** available if you need or want it
- If you're worried about your friend, **TELL us**