

## How to talk to your child about vaping

- Find a good time to start the conversation. Perhaps as you see a vape shop or someone vaping.
- Ask your child what they think about vaping. Do they know of people who use them and why they use them? You might ask if they've ever tried it.
- Listen to your child, their experience and their point of view.
- Then you can gently and calmly give them some facts about vaping. Ask them what they think about the facts.
- If your child is using a vape, have the same conversation and ask them what they like about it. You are not saying it's okay for them to do it, but by being interested, you can still be clear about how you feel.
- If they feel pressured by friends, you can teach them helpful skills of being confident in saying 'no thanks.'

(FROM ACTION FOR CHILDREN)



## Help and support

If you are worried about your child vaping, or someone you know, we are here to help.

 Free Helpline 0800 2 54 56 58

 [contact@cadass.co.uk](mailto:contact@cadass.co.uk)

 [www.cadass.co.uk](http://www.cadass.co.uk)

## Education matters

CADAS is a countywide charity which promotes the prevention of harm, relating to a range of addictions, particularly alcohol, drugs, vaping and gambling.

We deliver 1-1 and group support, alongside delivering education to schools, youth clubs and training professionals in health and social care.

For more information on our services, please visit [www.cadass.co.uk](http://www.cadass.co.uk)



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# VAPING

Information leaflet for  
parents and carers



## What is vaping?

Vaping is inhaling a vapour created by an electronic cigarette (a vape).

Also known as e-cigarettes, vapes hold a liquid containing nicotine as well as other chemicals.



## Vaping vs Smoking

Vapes are used by many adults as an aid to help them stop smoking. Unlike cigarettes, vapes do not contain harmful tar or carbon monoxide.

However, they do contain nicotine, which is a highly addictive substance.

Whilst vaping is safer than smoking, the long-term effects are still unknown.



## Vaping concerns

In 2023, the proportion of children experimenting with vaping had grown by 50% year on year, from one in thirteen to one in nine (according to a report by ASH). This figure is still rising.

Alongside short-term side effects of vaping, which include throat and mouth irritation and headaches, young people who vape are at increased risk of nicotine addiction, mood disorders and difficulty in paying attention.



## What attracts young people to start vaping?

Disposable vapes are cheap and available in bright colours and tasty flavours which appeal to young people. Vape designs can resemble everyday items, such as highlighter pens, USB sticks and fidget toys – making it easy for them to be hidden in bags and pencil cases (and out of sight of school staff and parents).

## The law and vaping

The legal age to purchase and use vaping products containing nicotine is 18 years old.



It is also illegal for adults to buy vapes on behalf of under 18s.

## Worried your child may be vaping?

If you are concerned your child may be vaping, look out for these signs....

- Increased secrecy
- Unwillingness to stay at home



- Desire for spicy or salty food
- Disappearing money
- Increased thirst
- Increased irritability or mood changes