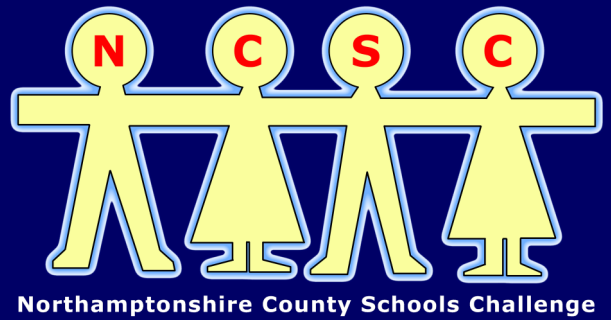


Vaping Fact Sheet for Students



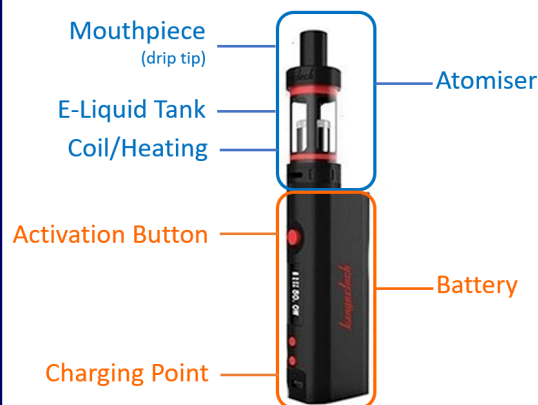
Vapes

Vapes are also known as e-cigarettes or Electronic Nicotine Delivery System (ENDS).



Vapes come in a range of colours and flavours deliberately aimed at children and young people.

How do they work



The liquid is heated by the coil using the power from the battery. It heats the liquid until it becomes a vapour, then you inhale the vapour via the mouthpiece.

Who should vape?

Vapes are a tool to help **existing smokers** stop smoking

What do legal vapes contain

Nicotine is highly addictive, mood altering drug

Nicotine is in 70% of vapes used by 11-17 year olds¹

Vegetable glycerol is a sugar derived from plant fats including palm oil, used in cosmetics, medications and food, e.g. in toothpaste to stop it drying out in the tube

Propylene glycol has many uses including food preservative, food thickener, artificial smoke, vapor in e-cigarettes

Metals including aluminium, chromium, iron

How can vapes affect your health

Nicotine stunts frontal lobe, which develops late teens early 20s.

Your Frontal lobe is home to areas that manage thinking, emotions, personality, judgment, self-control, muscle control and movements, memory storage and more.

Nicotine is highly addictive and can also cause stress and anxiety.

Vaping can lower immunity, making you susceptible to disease and infection. You are twice as likely to develop a chronic cough than non-vapers.



Vapes cause

- bad breath
- tooth decay
- gum disease

Why do young people (11-15) vape?

- 54% - Just to give it a try
- 18% - Other people use them so I join in
- 12% - I like the flavours
- 3.9% - I think they look cool
- 1.4% - I enjoy the experience
- 1.3 - I am trying to quit smoking
- 0.8% - I am addicted to them
- 0.6% - I vape instead of smoking

1. gov.uk Nicotine vaping in England: 2022 evidence update summary

Legal Vapes

Legal vapes all carry this warning.

However, some counterfeit vapes may also carry it.



Lithium-ion batteries

Vapes contain lithium-ion batteries. In 2023 there were over 1,200 battery fires in bin lorries.

The National Fire Chiefs Council said "Vapes contain lithium-ion batteries, and these can cause fires when crushed or damaged that can be explosive, spread rapidly, reignite, and which can produce toxic gasses posing a risk to



firefighters and people working in the waste industry. "

Vaping and the Law

- It is illegal to sell a vape to anyone under 18 years.
- It is illegal to purchase a vape on behalf of someone under 18 years
- Criminal gangs used vapes as gifts to young people in order to hook them into the gang
- Some young people have resorted to shoplifting to get their vapes

Vaping and the Environment

- disposable e-cigarettes are designed to be used only once - 1 million discarded every week – each year would cover 22 football pitches
- e-cigarette batteries degrade, their toxic compounds progressively leach into the environment
- Disposable vapes: 23 tonnes of lithium a year, equivalent to the lithium in batteries inside 1,200 electric vehicles. (all vapes = 23 tonne's = 2,884 electric cars)
- Most of the plastic is non-recycle
- Pods and e-liquid containers cannot be recycled with other plastic waste because they have contained nicotine which is a hazardous chemical waste.

What can illegal vapes contain

Illegal vapes contain additional/different contents to the ones approved by UK Government

Counterfeit vapes mimic approved legal brands but also contain a range of other contents

Lead causes stomach upset, mood changes, poor attention span, headaches, hallucinations and damage to the brain and kidneys in severe cases (from gov.uk)

Formaldehyde is found in disinfectant, preservative and embalming fluid (used to preserve dead animals, specimens, bodies), also causes cancer

THC (cannabis) is the component in cannabis responsible for the plant's psychoactive effects, makes you feel "high" after using cannabis

Spice is probably the most dangerous. It is a drug made in a laboratory to mimic the effects of cannabis. It is much more dangerous than TCH (cannabis), causes dizziness, breathing problems, heart palpitations, psychosis and seizures (in UK prisons in the UK, Spice is associated with nearly half of non-natural deaths).

1 in 6 vapes tested in schools contained Spice

Where to get help

childline

ONLINE, ON THE PHONE, ANYTIME



West Northamptonshire Council



North Northamptonshire Council

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

NHS

NGAGE
with **aquarius**

ash.
action on smoking and health