

Vaping...

a guide for under 11's

What is Vaping?

- Vapes are electronic, and often use a battery to heat a flavored liquid which creates a vapour that people breathe in.
- Many vapes look like brightly coloured pens highlighters or small boxes.
- Vaping started as a way to help adults stop smoking cigarettes.
- Today, many children who have never smoked are using vapes, and causing damage to their health, making them very poorly.

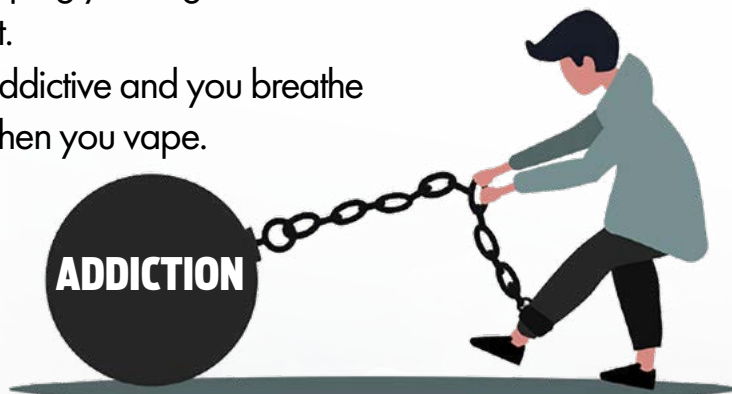
Why is vaping bad for me?

- Vapes contain nicotine which is very addictive – this means that once you start it can be hard to stop.
- As vapes have harmful chemicals inside, they can be very bad for your health and has even put some young people in hospital.
- Lots of vapes are thrown away which is bad for our planet. It increases waste plastic, and their batteries with the leftover nicotine contaminates the soil and poisons wildlife.



What is Addiction?

- Addiction is not having control over doing, taking or using something that could be harmful.
- Addiction can make you feel:
 - Sad and low
 - Restless, finding it hard to relax
 - Feeling angry and irritable with your friends and family
 - Finding it hard to concentrate
 - Feeling like you can't stop
 - All you think about is what you are addicted to
- If you start vaping you might become addicted to it.
- Nicotine is addictive and you breathe nicotine in when you vape.



What is Nicotine?

- Nicotine is a drug which is addictive
- Nicotine harms the brain and affects:
 - Attention and concentration
 - Learning
 - Your mood
 - Can give you headaches
 - Can make you feel dizzy
- When inhaled nicotine increases your heart rate making it beat faster
- It can make it harder to sleep at night
- Your brain is developing until you are age 25 and nicotine harms your brain development.



What should I do if I am offered a vape?

- Anyone who is younger than 18 years old is not allowed to buy a vape.
- That means your friends in your class should not have a vape and you should not try to use it.
- If someone offers you a vape you should tell a teacher or a trusted adult.

