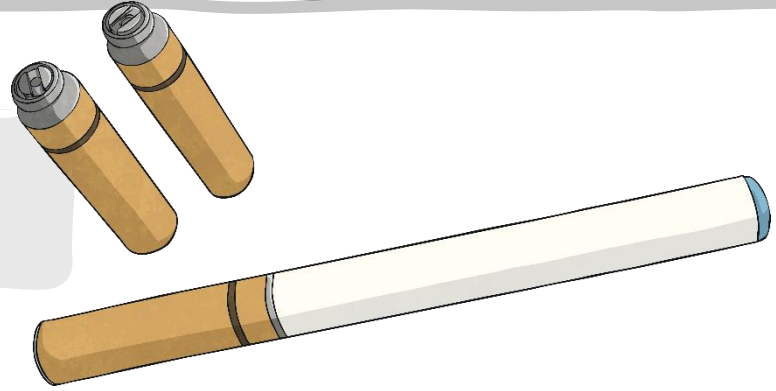


The Effects of Vaping



What Is Vaping?



Vaping is the inhaling of a vapour produced by an electronic cigarette or e-cigarette.

E-cigarettes are battery-powered smoking devices. They have cartridges that fit into them, which contain a liquid. When this liquid is heated, it creates a vapour. This is why using e-cigarettes is called 'vaping'.

Why Are E-cigarettes So Popular?

E-cigarettes were first sold in the UK around 2007. They have become popular as many adults who want to give up smoking cigarettes have started to use them as a less harmful alternative.

Cigarettes produce many chemicals that can have extremely negative effects on smokers and those around them. E-cigarettes do not produce tar or carbon monoxide, which are two of the most harmful elements found in cigarettes.

Did You Know...?



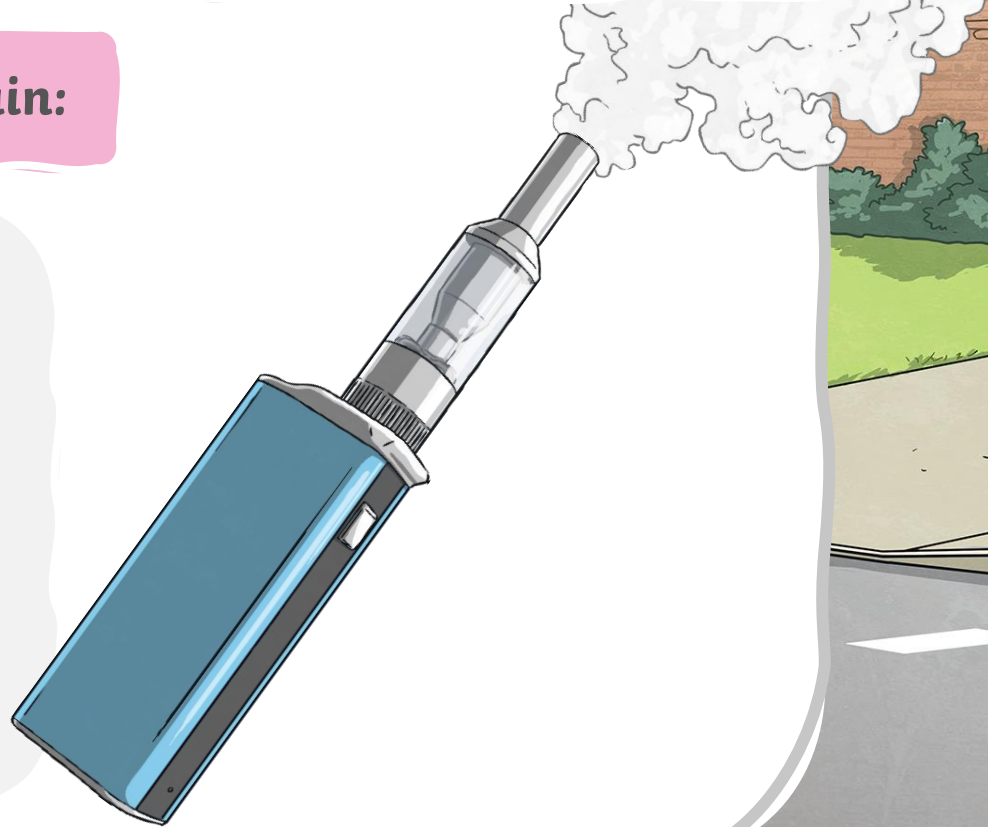
Smoking in indoor spaces was banned in Scotland in 2006. This ban was put in place to try and prevent people being affected by second-hand smoke. Before the ban, almost 900 people a year were dying due to being around people smoking.



What's Inside an E-cigarette Cartridge?

E-cigarette cartridges contain:

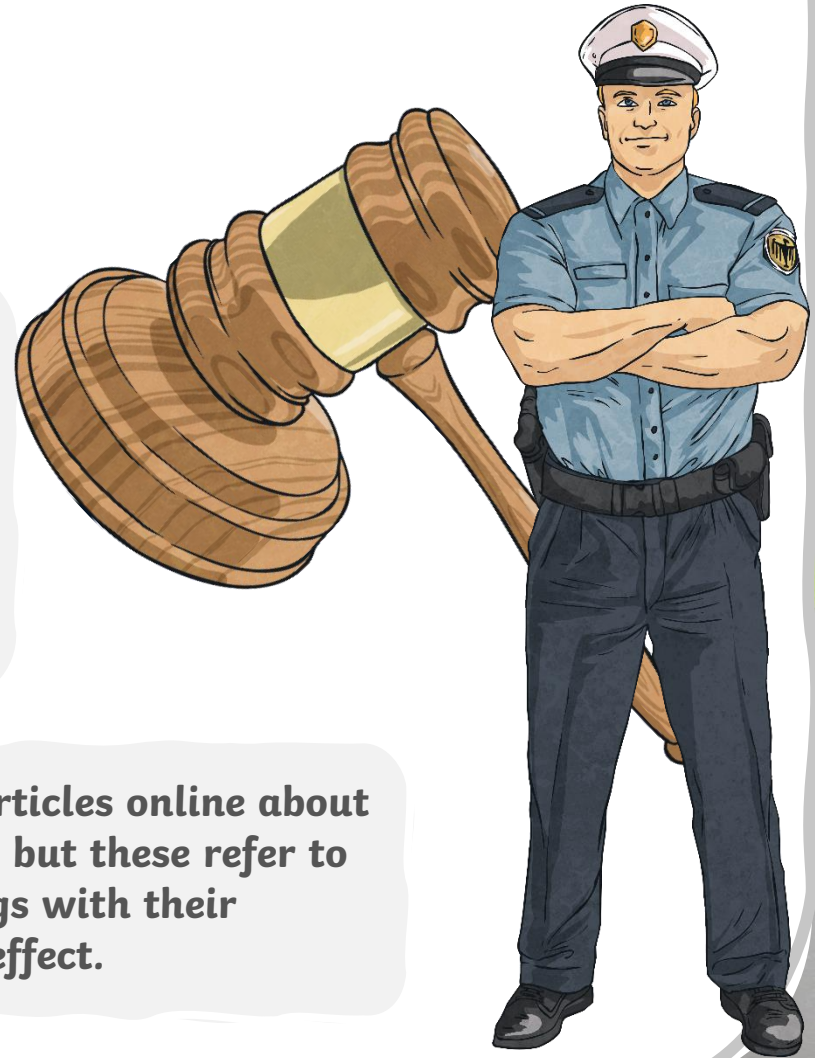
- ❖ nicotine, a stimulant drug that speeds up the messages travelling between the brain and the body;
- ❖ propylene glycol, which is used to make antifreeze, paint and the artificial smoke in fog machines;
- ❖ flavourings to produce the different scents that the vapour has.



Regulation

In 2016, strict laws were passed by the UK government regulating the ingredients in the cartridges. In other countries, cartridges don't come under the same scrutiny and there are some dangerous chemicals included.

There are some frightening news articles online about people who have died after vaping, but these refer to people who chose to mix other drugs with their cartridges, which had an extreme effect.



Is Vaping Safe?

It is important to remember that vaping is for adults who are 18 and over. E-cigarettes contain nicotine, which is a very addictive substance.

Nicotine affects everyone differently, based on:

- ❖ size, weight and health;
- ❖ whether the person is used to taking it;
- ❖ the amount taken.

If they don't get more, many people experience irritability, trouble concentrating and restless sleep.

Nicotine can slow brain development in children and teenagers, affecting learning, memory and concentration. It stays in the body for one to three days, depending on your genetic make-up, so as it disappears, people who are addicted to nicotine will find themselves craving more.

Some people also report that they experience headaches, dizziness and nausea after smoking an e-cigarette. The lungs can also become irritated.

Young people who vape are more likely to try smoking cigarettes and are at an increased risk of trying other drugs.

Vaping has been shown to be an effective way for smokers to give up cigarettes and stop smoking entirely. The best thing is to avoid smoking entirely and then you'll never have to vape as a way to give it up.



What Would You Do?

Your friend comes to school with her mum's e-cigarette. She invites you to try it in the toilets with her. She says that it's a great thing because it helped her mum give up smoking cigarettes.

What would you say to your friend? Discuss with your partner or group.

Remember that e-cigarettes have been effective in helping many adults stop smoking cigarettes but it is still illegal for children under the age of 18 to vape.



What Do You Think?

You are in the park with some friends when you smell candyfloss and realise that some adults are vaping nearby. There is lots of smoke and the scent is very strong.

Is this dangerous for you? Talk to your partner or group.

Thankfully, studies have shown that the 'smoke' that people exhale when vaping does not seem to have any harmful effects on others. People standing nearby would not inhale any of the nicotine.



What Would You Do?

Your friend brings his older brother's e-cigarette to your house when your parents are out. He says that his brother says it makes him feel really relaxed when he is studying for his university exams. He asks if you want to try it with him.

What do you say to him? Talk to your partner or group.

Remember that nicotine is dangerous for young people to use because of its effect on brain development. It is also very addictive.



What Do You Think?

Your gran has been smoking for over 50 years and is desperate to give up as it is affecting her health. You have heard that e-cigarettes aren't as harmful as cigarettes.

What do you tell her? Talk to your partner or group.

E-cigarettes have enabled many people to give up smoking cigarettes and although they contain nicotine, they don't produce any tar or carbon monoxide, which are the most harmful substances in cigarettes. E-cigarettes could be an option for your gran but there are other options too, such as nicotine replacement gum and patches.



What Would You Do?

You find your little sister playing with one of your mum's cartridges on the floor. She is trying to break it open to try it because she knows that it smells like mangos, which are her favourite fruit.

What do you do? Discuss with your partner or group.

The liquid inside e-cigarette cartridges is extremely dangerous for children to ingest. If you believe that your sister has swallowed any of it you must tell a trusted adult immediately and seek medical advice as soon as possible.



What Do You Think?

Studies have shown that young people who vape are more likely to try other drugs and cigarettes and are more likely to become addicted to other substances later on in life.

Why do you think this is? Talk to your partner or group.

Young people who start using addictive substances get used to experimenting with other drugs, so it becomes a habit. It's best not to start at all.

