

Vaping advice - Parents and carers

A guide on what to look out for and where to get help

J's vape got nicked by the teachers today... the 4500 puff one 😊

No way! 😞

Gonna go to cornershop tomorrow after school to get one.... u in? 🙄

Teenagers who start vaping or smoking are getting hooked.

Vaping is far less harmful than smoking, but it's not risk free and the long-term effects are unknown.

Most young people get their first vape from a friend.

Many vapes are illegal, untested, with high levels of nicotine.

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If your teenager is vaping and:

- is irritable / stressed
- has mood swings
- has increased appetite
- can't concentrate
- can't sleep

They may be experiencing
nicotine withdrawal



“How do you feel in situations where you can’t vape?”

anxious
lonely
dead
agitated
itchy
NEED VAPE
moody
angry
stressed
p***ed off
nothing
ok
depressed
suicidal
withdrawals
feel sad
frustrated

Teenagers who vape say it affects how they feel

Vaping with nicotine may seem like a stress reliever but it's temporary relief - **withdrawal kicks in quickly**

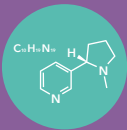
Nicotine and how it works



Nicotine is a stimulant
It makes your brain release
dopamine - the 'happy chemical'



Effects are immediate
and powerful
Cravings can develop after
only a few uses



The urge to vape is then driven
by the need for nicotine...
not sweet flavours



Withdrawal starts
20min after the last hit
The brain starts seeking more

The cycle of reward and withdrawal takes freedom of choice away, making it harder to quit

How you can help someone quit

- Find the right time, start with a calm, non-judgmental conversation
- Ask questions, listen to their reasons and thoughts on vaping
- Share your concerns, why you don't want them to vape
- Avoid punishments, relapses are normal
- Model positive behaviour; quit together if you vape or smoke
- Understanding why they vape can help you address their needs

Quitting nicotine timeline

Day 1 - 3: You'll be restless and physically craving a vape. You may feel sad

By day 3, nicotine is out of the body

Day 4 - 7: Cravings taper off but anxiety may start to rise. You may have headaches, increased appetite and trouble concentrating

By the end of week 1, you will have made it through the worst

Weeks 2 to 4: Your energy levels will start to build your appetite will settle down and your anxiety will also improve



By 1 month: Physically you have cracked this. The challenge now is keeping a strong mental game

Top 5 quitting tips

1. **Know your triggers:** Think about what makes you want to vape and remove vapes from the home
2. **Manage cravings when they hit:** Chew sweets, use fidget toys or drink water to mimic vaping sensations
3. **Make a quit plan and set a date:** Thinking ahead can make things easier
4. **Build your support:** Reach out to friends, family, someone you trust
5. **Stay positive:** Relapse is part of the process of recovering from an addiction



Support is available

NHS support: free one-hour professional support for young vapers or smokers with Help Me Quit.

Nicotine mouth spray: Quit vaping aid to help relieve cravings.

Reducing nicotine: Tapering down the amount you vape can reduce addiction.



Text: HMQ to 80818

ash wales
cymru
action on smoking and health



For more support and information:

 ash.wales

 enquiries@ashwales.org.uk

 029 2049 0621

Not all vapes are equal...

Teenagers who vape are likely to be using **untested** and **illegal products**. Anything over 800 puffs is suspicious.

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