



**ash** wales  
cymru

action on smoking and health

## Quit **vaping** advice for 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! 😬

We're going to cornershop tomorrow after school to get one. U in? 👁️

The kids and teenagers who start vaping are getting hooked.

Vapes are far less harmful than smoking, but they are not risk free and we don't know the long-term effects.

Most young people are given their first vape by a friend. They may be illegal and untested, with high levels of nicotine.

## Nicotine and how it works



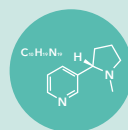
Nicotine is a stimulant  
It makes your brain release dopamine - the 'happy chemical'



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



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



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



A cycle of reward and withdrawal  
Which takes freedom of choice away  
making it hard to quit

## Spotting signs of nicotine withdrawal:

Irritability

Mood swings

Can't concentrate

Hungry

Can't sleep

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

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

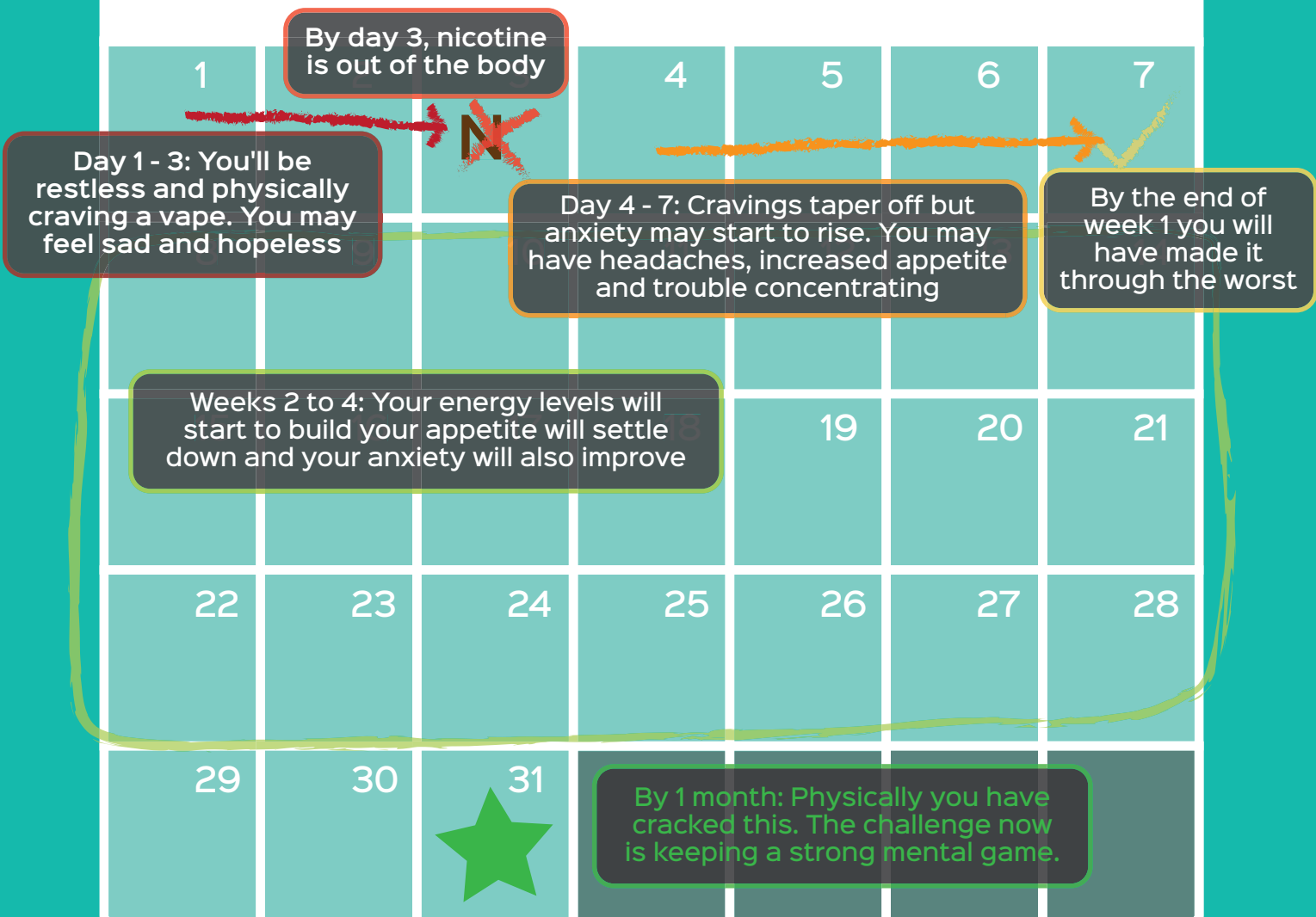
anxious  
lonely  
NEED VAPE  
dead  
agitated  
itchy  
stressed  
moody  
angry  
ok  
dont really care  
p\*\*\*ed off  
nothing  
suicidal  
depressed  
withdrawals  
emo  
depends  
want kill  
feel sad  
frustrated  
want die

These responses to an ASH Wales survey show us that young people are addicted, struggle when they're unable to feed the addiction, and most importantly, **need support**.

## 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:



# 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 quit vaping support: free one-hour professional support for young vapers 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

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For more support and information:

- 🖱️ [ash.wales](https://ash.wales)
- ✉️ [enquiries@ashwales.org.uk](mailto: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.

**DIM ESGUS. | NO IFS.  
BYTH. | NO BUTTS.**

Report sellers at  
**Nolfs-NoButts.co.uk**

