

Vaping

PARENT GUIDE



Vaping is becoming increasingly common among teens in the UK, with many young people unaware of the potential health risks. This guide provides practical advice to help you understand health related concerns, recognise the signs a young person might be vaping, and support your child if they are using vapes.

Why is vaping a concern?

Many vapes contain **nicotine**, an addictive substance that interferes with brain development in teens, affecting memory, concentration, and mood. Young people may become dependent on vaping, leading to cravings and anxiety. The long-term health effects are still unknown. Vapes contain a mix of chemicals, that can irritate the lungs. Some studies link vaping to breathing issues.

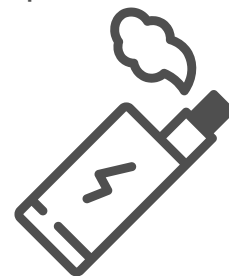
What should I look out for?

- Sweet or fruity scents in their bedroom, on clothes or breath.
- Unfamiliar devices or charger cables – e-cigarettes come in many styles, including ones that look like pens or USB drives.
- Increased thirst or nosebleeds.
- Being increasingly secretive, irritable or withdrawn

Note - Remember that these symptoms on their own may also have other explanations.

Conversation Starters:

- I read an article about vaping being popular with teens – what do you think?
- How do you think vaping might affect people your age in the long run?
- If someone wanted to stop vaping, what do you think would help them??



Podcast



What adults can do!

- Have a conversation, not a confrontation – ask questions and listen without judgement.
- Try to understand why they vape – peer pressure, stress, curiosity?
- Explain the risks, especially in terms of long-term health and addiction.
- Help them set goals to reduce or quit.



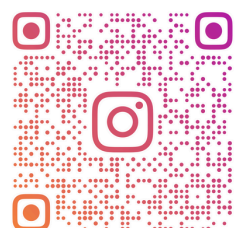
Supporting Teens When Quitting Vaping

- Make sure your young person is aware why they are vaping, is it addiction, peer pressure, stress etc. Knowing the reason will help them to plan how to quit with you.
- Encourage your teen to pick a date to quit, ideally within the next two weeks. This gives them time to prepare mentally and gives them an element of control.
- You could make a plan together. This could include things such as identifying triggers (e.g. certain people, places, feelings) and planning how to avoid or deal with them, replacing vaping with healthy habits like chewing gum, going for a walk, or listening to music, setting goals and milestones, such as a day vape-free, then a week, then a month.
- If nicotine addiction is an issue it may be that your young person needs to use nicotine replacement products or slowly reduce the strength of their vapes or the amount they use them.
- Make them aware that withdrawal symptoms might give them symptoms such as irritability, headaches, trouble concentrating, a low mood and anxiety but that these symptoms will begin to improve after the first week.
- Praise the progress they make, so even if they haven't quit but have cut down, let them know that this is a positive step.

Where to find support?

- ASH (Action on Smoking and Health) – <https://ash.org.uk> – Facts and research on vaping and smoking

Parent
Support



YOUCANTKNOWEVERYTHING4PARENTS