



THE STOP SMOKING SERVICE

Guide to Quit vaping for Parents and Carers



Central
Bedfordshire

MK Milton Keynes
City Council

Working together to
improve the health
and wellbeing of
our communities

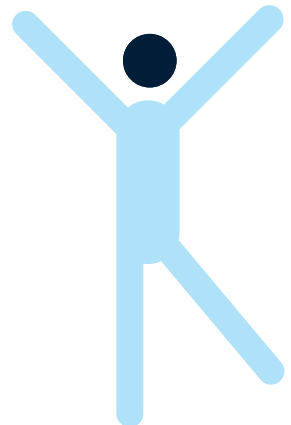
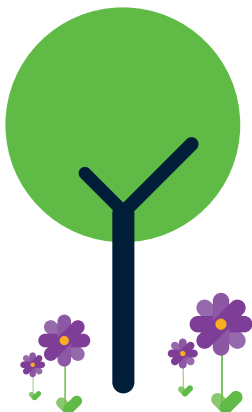
Welcome to the Vape Guide for Parents and Carers, you will find useful information and some tips about how to talk to young people about vaping.



Please note, we do not offer 1-1 support for young people that are vaping, we have developed this guide to help you offer support for any young people that need help quitting vaping.

The Stop Smoking Service is a shared Public Health service working across Bedford Borough, Central Bedfordshire and Milton Keynes.

We offer free specialist advice and support to those who would like to quit smoking. Support includes finding the right product or medication, behavioural support to help tweak habits and behaviours that trigger the desire to smoke. You will find our contact details at the end of this guide.



What are vapes and e-cigarettes and what are the different models?

Vapes and e-cigarettes are electronic devices that heat a solution (e-liquid) and allow the user to inhale it.

Vapes and e-cigarettes don't burn tobacco and don't produce tar or carbon monoxide, which are two of the most damaging elements in tobacco smoke.

Vapes and e-Cigarettes come in many different shapes, sizes and models, such as e-cigarette, Vape Pen, Box Mod and Vape Pod.

What is e-liquid?

E-cigarettes and vapes contain e-liquid, this is the liquid inside which the consumer inhales and exhales. E-liquids typically contain Propylene Glycol, Vegetable Glycerine, Flavourings and Nicotine.

Propylene Glycol (PG) a thin liquid that has a slight sweet taste.

Vegetable Glycerine (VG) is clear, odourless and tasteless.

Both liquids are often found in many food products and are a base for all e-liquids.

Flavourings are added to give the consumer a choice of flavours, examples may include Strawberry Ice Cream, Tobacco, Pink Lemonade, Summer Fruits and many more.

Nicotine is also added to the e-liquids, however, you can purchase e-liquids which contain 0% nicotine.

In the UK, e-liquids must be tested to be sold legally. When purchasing an e-cigarette, it is advised to buy from a reputable company. In the UK this would mean the company is compliant with the Tobacco Products Directive (TPD) which ensures minimum standards for safety and quality.

Are e-cigarettes safe? Who can use e-cigarettes?

Public Health England's 2015 Independent Evidence Review found that, based on the available evidence, vaping is 95% less harmful than smoking.



The Royal College of Physicians came to a similar conclusion in its 2016 report 'Nicotine without smoke: tobacco harm reduction'. There are tight regulations in place in the UK which focus on the safety and quality of e-cigarettes.

The evidence still shows vaping carries a small fraction of the risk of smoking. Using a nicotine-containing e-cigarette makes it much more likely someone will quit successfully than relying on willpower alone. It's important to use regulated e-liquids and never risk vaping home-made or illicit e-liquids or adding substances.

In summary, e-cigarettes carry a fraction of the risk to health compared to smoking, this does not mean they are safe, nothing is safer than fresh air.

If you don't smoke, don't vape.

Law around purchasing vapes and e-cigarettes

To legally purchase an e-cigarette, vape or e-liquids in the UK you must be aged 18 and over. The UK government updated the laws on the sale of vaping products on 1st of October 2015.

This made it illegal for e-cigarette retailers to sell vaping products to anyone under the age of 18.

It is illegal to buy e-cigarettes, vapes or e-liquids on behalf of anyone under the age of 18. This includes parents, family, carers or friends.

Information and key messages to share with young people.

Explain vapes are not designed for young people or adult non-smokers. Young people under the age of 18 should not vape, the only thing that should be going into their lungs is fresh air.

Vapes were designed to help adult smokers quit smoking.

Young people may not understand what vapes are or what ingredients they contain, it's important to remind them it most likely contains nicotine which is a highly addictive substance.

Young people should be informed that it is illegal for anyone under 18 to purchase a vape.

It is also illegal and a criminal offence for any aged 18 or older to buy e-cigarettes, vapes or e-liquids on behalf of anyone under the age of 18, this includes parents, family, carers or friends.

If you are aware of under 18s being sold cigarettes or e-cigarettes, you can report this using one of the methods below:

- [Citizens Advice Online Portal](#)
- [Keep it out - anonymous reporting form](#)

Alternatively, you can report directly to your local trading standards using the links below:

- Central Bedfordshire – trading.standards@centralbedfordshire.gov.uk
- Milton Keynes – [reporting underage sales online form](#) (can be done anonymously)
- Bedford Borough - ehadmin@bedford.gov.uk

Quit tips

- Let them know they can talk to you, listen to them, don't interrupt them as there may be a reason why they are vaping.
- Explore how they are feeling, they may tell you they're stressed, upset, anxious, depressed angry which means you can focus on getting them the right support they need. They may need to seek professional support and could benefit from speaking to a trained counsellor. If they don't feel comfortable talking, you can engage them in some activities to help them express their feelings, for example drawing or art.
- Help them write a list of why it's important to quit vaping, explore this with them and you can revisit this list with them again to help keep up their motivation, focus on the positives, why it's important to quit.
- Help prepare them for a quit date, help them choose a date they want to quit vaping. Write the date down and start preparing for

this date. Ask them what support they need to help them quit. Do they need flavoured chewing gum? Using hard boiled sweets, lollypops, sugar free mints can help keep their mouth busy and occupied which can help refocus the mind.

- Stress balls, tangle toys, puzzles and colouring are a good way of helping to keep hands busy and the mind distracted.
- Get them involved with activities such as riding a bike, dancing, karate, boxing, or swimming. Ask them what they would like to do, activities like this will help keep their mind busy and focused on something else and can be a welcome distraction.
- Nicotine Replacement Therapy (NRT), Nicotine withdrawals can be hard on the body and brain. Chances are if a young person has been vaping the vape will contain nicotine which is an additive substance so they may have withdrawal symptoms.

NRT products are designed to help manage cravings. Nicotine replacement therapies are licenced for ages 12 years and up. They can be purchased at the local pharmacy, pharmacists are trained to offer advice on which products are suitable and ensure they provide you with the right one. <https://www.thestopsmokingservice.co.uk/nicotine-replacement-products/>

Ask the young person what will help them, keep in with the regularly as the support they need may change on a week to week basis.



Useful links that give the facts about vaping for young people:

[Talk to Frank](#)

[Health for teens](#)

[Childline - is it OK to vape underage?](#)

For more information contact:

Stop Smoking Service
Central Bedfordshire Council
Priory House, Monks Walk, Chicksands, SG17 5TQ

 Contact number: 0800 013 0553

 Email: blmkccg.stopsmokingservice@nhs.net

 Website: www.thestopsmokingservice.co.uk