



THE STOP SMOKING SERVICE

Guide to Quit vaping for under 18's

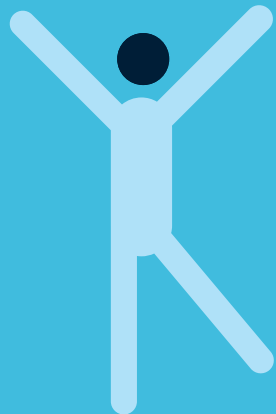
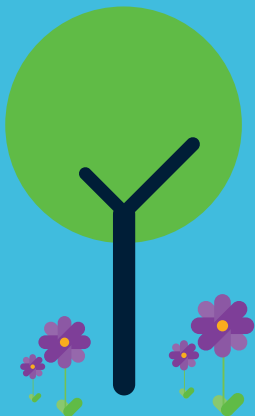


Working together to
improve the health
and wellbeing of
our communities

Now you have made the decision to quit vaping this guide will offer you some practical ways to do this.

The truth about vaping:

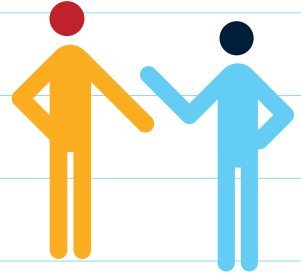
- Vapes are not designed for under 18's or adults who don't smoke.
- under 18's should not vape. When you are young your body and brain are still developing and Nicotine in vapes could be harmful to this development.
- The only thing that should be going into your lungs is fresh air.
- Vapes are for adult smokers to help them quit smoking.
- The liquids in vapes (both disposable and refillable types) contain Nicotine, Nicotine is an addictive substance.
- To legally purchase or use an e-cigarette, vape or e-liquids in the UK you must be aged 18 and over.



Quit tips!

Are there friends you vape with?

Tell them you want to quit and ask them for their support.



Are you feeling upset or stressed?

Speak to someone about how you are feeling, this could be a teacher or family member. Ask them for support.

Ask yourself why it's important for you to stop vaping? Make a list of all the reasons on your phone or somewhere you can easily read these. There will be times where you find it hard but by reminding yourself why you want to quit will keep your motivation up.



Be prepared – Pick a date you want to stop vaping, this will help you mentally and physically prepare.

Replace the vape with an alternative -

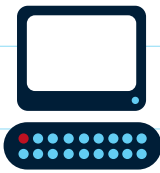
If you feel you are struggling with cravings you can buy Nicotine Replacement Therapy (NRT) products to help manage the cravings. Visit your local pharmacy as they can advise which products could be used and ensure they provide you with the right one.



Anyone aged 12 years or older can legally buy NRT to help them manage cravings.



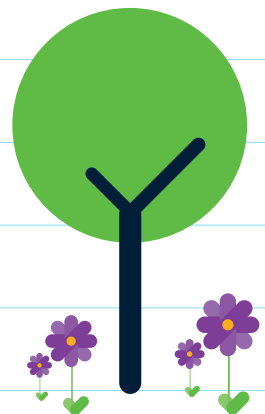
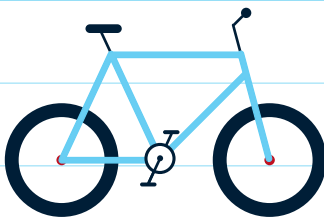
Keep your mouth busy - Buy some chewing gum, hard boiled sweets, lollypops, sugar free mints. Sipping water from a bottle also helps with the hand to mouth action you may miss.



Give your hands something else to do - Using a stress ball, doing crafts, drawing, playing online games or any other activities you enjoy that use your hands can help.



Exercise can help you focus your mind - dust off your trainers, and find something you enjoy doing. You don't have to run a marathon, it could simply be going for a walk, riding a bike, dancing. Why not join a club? Karate, boxing or swimming?



Notes

Handwriting practice lines consisting of 17 horizontal blue lines across the page, with a vertical red margin line on the left side.

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