

The Dangers of Vaping

Kent Youth County Council

What is Vaping?

Breathing in a vapour often containing nicotine and flavouring produced by an electronic device more commonly known as a 'vape'.



Types of vapes:

Regulated vapes:

- Are approved by the government
- They are sold by licensed shops
- They have limits on what substances it can contain

Unregulated vapes:

- Not approved by the government
- Often sold by unlicensed or individual dealers
- No limits on substances, so they can contain harmful and poisonous substances

What's inside of a vape?

There are many things commonly inside a vape, such as:

- Nicotine - A highly addictive substance (also in cigarettes)
- Propylene glycol - an additive commonly found in food, but also used to make paint solvent.

In unregulated vapes there are:

- Heavy metals such as nickel, tin and lead
- You can also find Diacetyl, diethylene glycol, cadmium, benzene, most of these chemicals can cause harm to humans
- Carcinogens - chemicals that cause cancer.



Common Myths

All of the following are not true:

- Flavours = Real Ingredients (e.g strawberries in strawberry flavours)
- Vaping is not addictive
- Vaping is healthy
- There is no impact on the environment
- Vaping is cheap
- Vaping is easy to quit
- All vaping companies care for their consumers
- It is legal to vape at 16



The Dangers

Vaping in young people can lead to:

- Addiction
- Brain damage
- Asthma
- Lung infections
- Organ damage
- Swollen lungs
- Increased risk of infections from sharing vapes



Why Do People Vape?

People vape for many reasons, but here are some of the most common ones:

- **To quit smoking-** many adults are addicted to smoking cigarettes so switch to vaping to help them quit
- **Peer pressure-** this is when you feel like you have to do something because your friends are doing it
- **Marketing-** some vaping companies make vapes colourful and bright with interesting flavours to encourage children and young people to vape so they can make more money
- **Addiction-** vapes often contain nicotine. This is a highly addictive substance. If you vape, even once, it can be hard to stop

A Story

Read and discuss this newsround article about what the government is doing about vaping. Pay attention because there will be a quiz!

<https://www.bbc.co.uk/newsround/65238788>

Quiz

What percentage of 11-15 year olds vape?

- a) 3%
- b) 24%
- c) 9%
- d) 15%

Quiz

9% of 11-15 year olds vape

All statistics and
answers in this quiz are
according to articles on
Newsround by BBC:
[https://www.bbc.co.uk/
newsround/65238788](https://www.bbc.co.uk/newsround/65238788)

Quiz

What age do you have to be to buy
vape?

a)16

b)18

c)21

d)25

Quiz

18

Quiz

Which of the following materials could be in unregulated vapes?

- a) Nicotine
- b) Heavy metals
- c) Carcinogens
- d) All of the above

Quiz

All of the above

Quiz

Who was vaping made for?

- a) Adults who don't already smoke
- b) Adults who already smoke
- c) Children
- d) everyone

Quiz

Adults who
already smoke
NOT for children

Quiz

How much money is the department of health spending on reducing teenage vaping?

- a) £5
- b) £30 million
- c) £4 billion
- d) £100,000

Quiz

£30 million

According to: Policy
Stopping the Start Oct
23 Dpt Health and Social
care

Key Takeaways (not the fish n' chip kind)

Vaping is extremely dangerous for children and young people



Don't give into peer pressure



Vaping is illegal for under 18s

