

Go to Vaping



blanks ghost
puff bars JUU tank
E-ciggs vape pens
cloud E-hookah nic
vape sticks

Vaping is the inhalation of heated substances in aerosol form. Chemicals are delivered directly into the lungs when you breathe in. Vaping was introduced around 2007 as an aid to stopping smoking but has since grown into a global habit. It is increasingly popular with children, teens and others who have never smoked.

Research has proved that vaping is not risk free. There are major concerns for mental and physical wellbeing, especially in the young.



It is illegal to sell vaping equipment to, or buy it for, anyone under the age of 18



Disposable, battery powered versions are cheapest and are often considered the 'gateway' to vaping for young people. (They are expected to be banned from 2025)



What to look out for

- * New batteries, 'USB drives', 'highlighters', 'pens'
- * Sweet/fruity smells

Changes in your young person

- * Restless/Irritable
- * Defensive/secretive
- * Poor concentration
- * Sleep/appetite
- * Thirsty/Coughing

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf

Health Service Executive Vaping and E-Cigarettes: Get the Facts Webinar

<https://www.youtube.com/watch?v=04YVUhvJ70E>

(Excellent information cartoon video @17mins 10 seconds into presentation)

We are here to listen, support or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

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Preparing for Conversations with your young person

*** Know your facts. Research as much as you can.

Aim for conversations, not lectures.

*** Try to approach the topic as early as possible.

Aim to be curious, ask what they already know.

*** Catastrophising and threats are rarely helpful.

Aim for support and understanding to encourage compliance.

*** Feelings of shame are often hidden by angry reactions.

Aim to avoid creating defensiveness in your young person.

Talk with not to. Listen to hear not to respond.

If young people are already vaping, their brain chemistry may have already been impacted.

This means the psychological, physical, emotional & social implications of stopping may be very difficult for them.



They will need your loving support and patience to help them to cope with every problem withdrawal brings.

nichs.org.uk/vaping

publichealth.hscni.net/vaping

talktofrank.com/drug/vapes

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