

What you might see if your young person is vaping?

A young person, who is vaping might:

- Be coughing lots or have colds and throat infections.
- Have nose bleeds.
- Have slower brain processing, which could lead to a change in academic achievement due to “brain fog.”
- Experience teeth loss, develop a receding gumline and/or lip sores.
- Have diarrhoea, sickness and bad wind.
- Be experiencing poor sleep.
- Be jittery and struggle to concentrate as they are looking for their next fix.
- Have a weakened bladder.
- Have spotty and prematurely wrinkly skin.

What can you do?

Parents and carers have a really important role in talking with young people about vaping and making sure that they have clear and reliable information to help their decision-making.

Top Tips for talking

Find out the facts about vapes...

...before you start the conversation.

Think about how you will react...

...if your young person says they have or are vaping.

Don't make assumptions about...

...what your person knows or what they do.

If they say that they have used vapes...

...stay calm; we want to encourage open and non-judgemental conversations.

Pick a good time to talk...

...think about when and where works best. This can mean taking the opportunity when you see someone vaping or walk past a vape shop to open up a conversation. Stories in the news or vaping related storylines on TV can be good ways to start a conversation. Using these to open a conversation may mean that your young person doesn't feel like you are accusing them of something, and they may be more likely to open up and talk with you.

Listen to them...

...listen to what they have to say and don't lose your temper if you don't agree with what they say – it may make them rebel more and be less open to talking further. Explain your concerns and tell them why you don't want them to vape or smoke.

Let them know that you are there for them and care about them...

...it is important that young people know that they can come to you with questions and have a conversation with you about vapes and other substances – that way they are getting clear and reliable information to help their decision-making.

Talk about the different reasons why young people may vape..

...give examples such as wanting to fit in, curiosity or stress. Talk through effective ways to respond if they ever feel pressured to try it.