

If your young person is vaping...

...try to understand why they are vaping by asking questions like, “what do you enjoy about vaping” or “How does vaping make you feel?” understanding this might help you to understand their needs and discuss other ways to meet those needs.

Set boundaries...

...make it clear what your house rules are so they know what you will and won't accept.

Call on your friends, family or wider network...

...if you or your young person don't want to talk, why not ask someone else they have a relationship with or they respect to have a chat with them.⁴

Go back to it...

...these conversations can feel really challenging but they are important, don't give up if it feels like it is all going wrong. Take a break and go back to it another time.⁵

Key facts

Having some key facts at your fingertips can help you have a conversation with your young person.

- It is illegal for you to purchase vapes for your young person.
- Vapes are not licensed for young people under the age of 18 years, on medical grounds – it's not good for them.
- Nicotine is contained in most vapes and is highly addictive. Nicotine interferes with normal teen brain development.
- Vapes often contain cancer causing chemical, it is not just scented water vapour.
- Vapes can cause lung damage and can lead to an increased risk of heart attacks, strokes and cancer. Longer-term effects of vaping are still unknown.
- Vaping can cause diarrhoea and really smelly farts.
- Vaping can cause nose bleeds and spread coughs, colds and cold sores if your young person is sharing vapes with friends.

Signposting & Resources

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Shop
Parent Resources



⁴ Vaping and e-cigarettes: The facts for Parents & Carers, Smokefree Sheffield in collaboration with ASH and www.drugsandme/parents/parents

⁵ Tooled Up Quick Guide Vaping DSM Version May 23.