

Vaping and Young People

Change Grow Live

Believe in people



Our vision

To develop, deliver and share a whole person approach that changes society.

Our mission

To help people change the direction of their lives, grow as individuals, and live life to its full potential.

Our values

Be open.
Be compassionate.
Be bold.

Agenda:

- What is Vaping?
- Looking Beyond the Vape
- Illegal vapes and the risks
- How can we support?

What is Vaping?

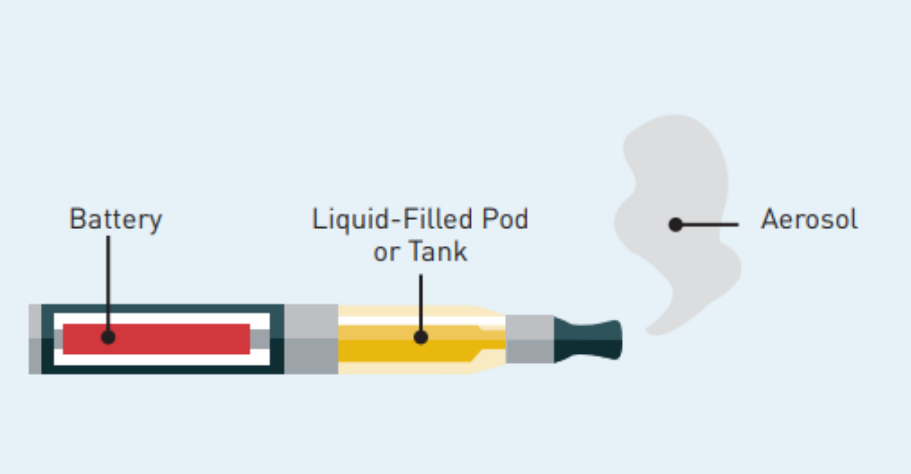
Vapes are devices that deliver nicotine within an inhalable aerosol by heating a solution.

This solution is known as E-Liquid and typically contains:

- Nicotine
- Propylene glycol
- Vegetable glycerin
- Flavorings



Whilst these ingredients may be non-toxic when ingested orally, researches aren't sure how safe they are when vaporised.







Vaping Devices

There are a variety of vape devices (known as e-cigarettes). The names and types of these devices keep changing and new ones come on to the market frequently.

Legal and Regulated Vapes should contain:

- A maximum tank size of 2ml for an e-cigarette, which is about 600 puffs
- A maximum volume of 10ml for a nicotine-containing refill container
- A maximum strength of nicotine-containing liquid if present, 20mg/ml nicotine
- A clear health warning 'This product contains nicotine which is a highly addictive substance'
- Tamper-evident and child-resistant packaging
- Labelling which does not closely resemble foods, sweets, or resemble brand names/logos of rights holders

Smoking VS Vaping

Smoking is much more harmful than vaping. Tobacco cigarettes contain thousands of chemicals including carbon monoxide and tar.

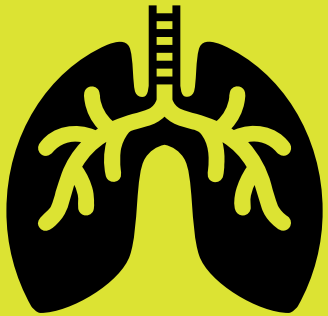
The department of Health and Social Care have announced new plans to support more smokers to quit and reduce youth vaping.

Under the new plans – The national advice is “if you smoke then vaping may be one of a range of treatment options to help you give up”

This being said, vaping is not **HARMLESS**, especially to young people who have never smoked before.



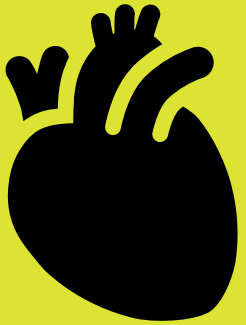
Research is still being carried out, so the long-term effects of vaping are still largely unknown.



Severe lung damage that can be life threatening to young peoples developing lungs.



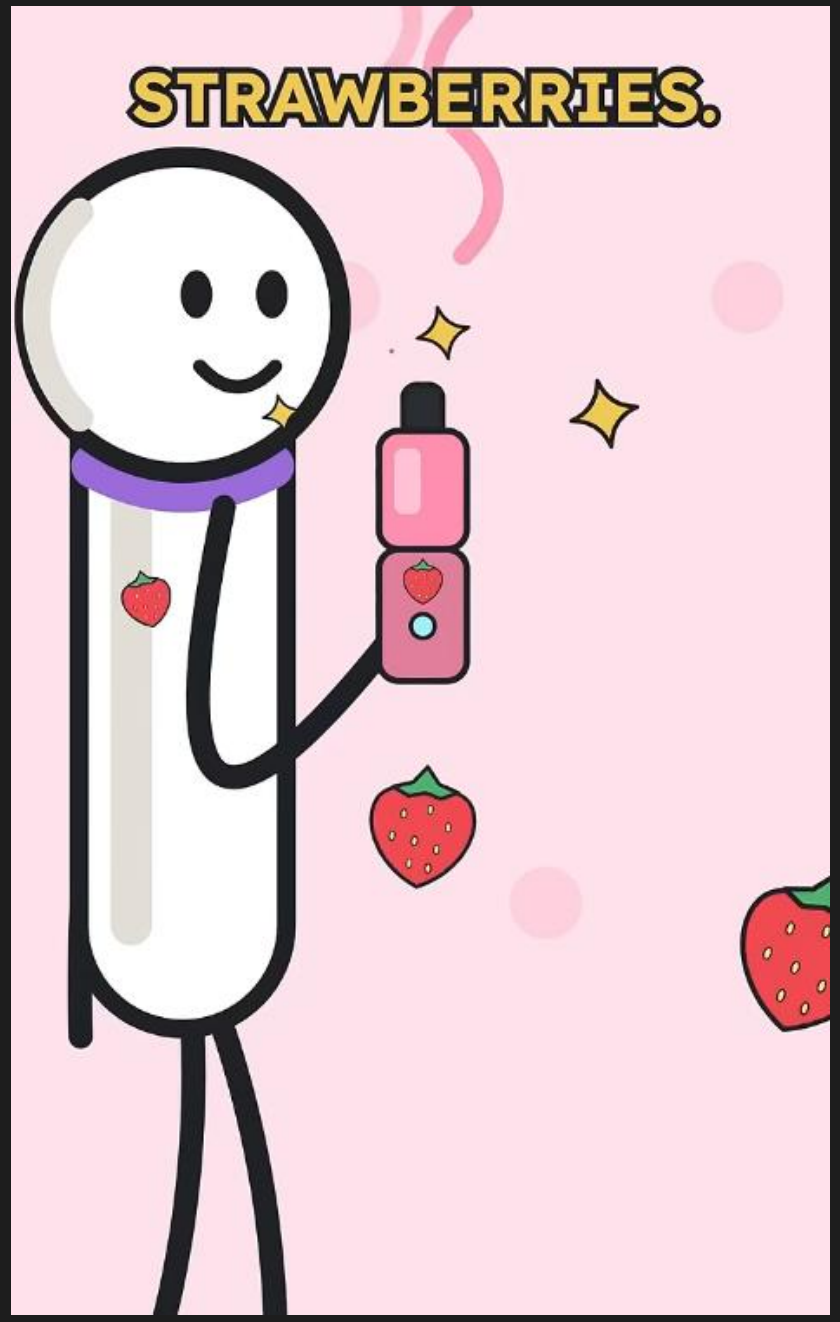
Nicotine withdrawal can lead to anxiety, irritability, low mood and stress when unable to vape.



Nicotine is a stimulant so can increase heart rate and blood pressure. The cardiovascular system is still developing into early 20s, so vaping can interfere with that process.



Vaping can reduce blood supply to organs and forces the heart to work harder creating bad oral hygiene: gum recession, cavities and bad breath.


STRAWBERRIES.


Looking Beyond the Vape

Visible Behaviour vs Hidden Concern

Visible Behaviour	Hidden Concern
"I vape because it helps me deal with the stress at home"	Stress, Anxiety, family conflict, neglect, feeling unsafe, domestic abuse, lack of emotional coping skills
"Vaping stops me feeling hungry and so I eat less"	Body image concerns, low self-esteem, eating disorders, pressure to look a certain way
"My friend buys my vapes for me"	Peer influence, fear of exclusion if they stop, normalization within friendship groups, social identity, unknown contents
"I get a free vape if I sell the others to my mates"	Criminal exploitation (debt bondage), grooming into supplying vapes, financial pressures, desire for status and belonging
"I get disposable vapes 2 for £3 off an adult down the road"	Potential exploitation, illegal sales to children, normalization, lack of protective supervision, unsafe adults


Vaping is often the visible behaviour.
Safeguarding is about understanding the hidden factors driving it and the risks connected to how young people access products.

Illicit/Unregulated Vapes

Illegal vapes are a big issue in the UK. These vapes are not compliant with the UK regulations e.g. incorrect nicotine limits, missing warning labels and can include toxic chemicals.

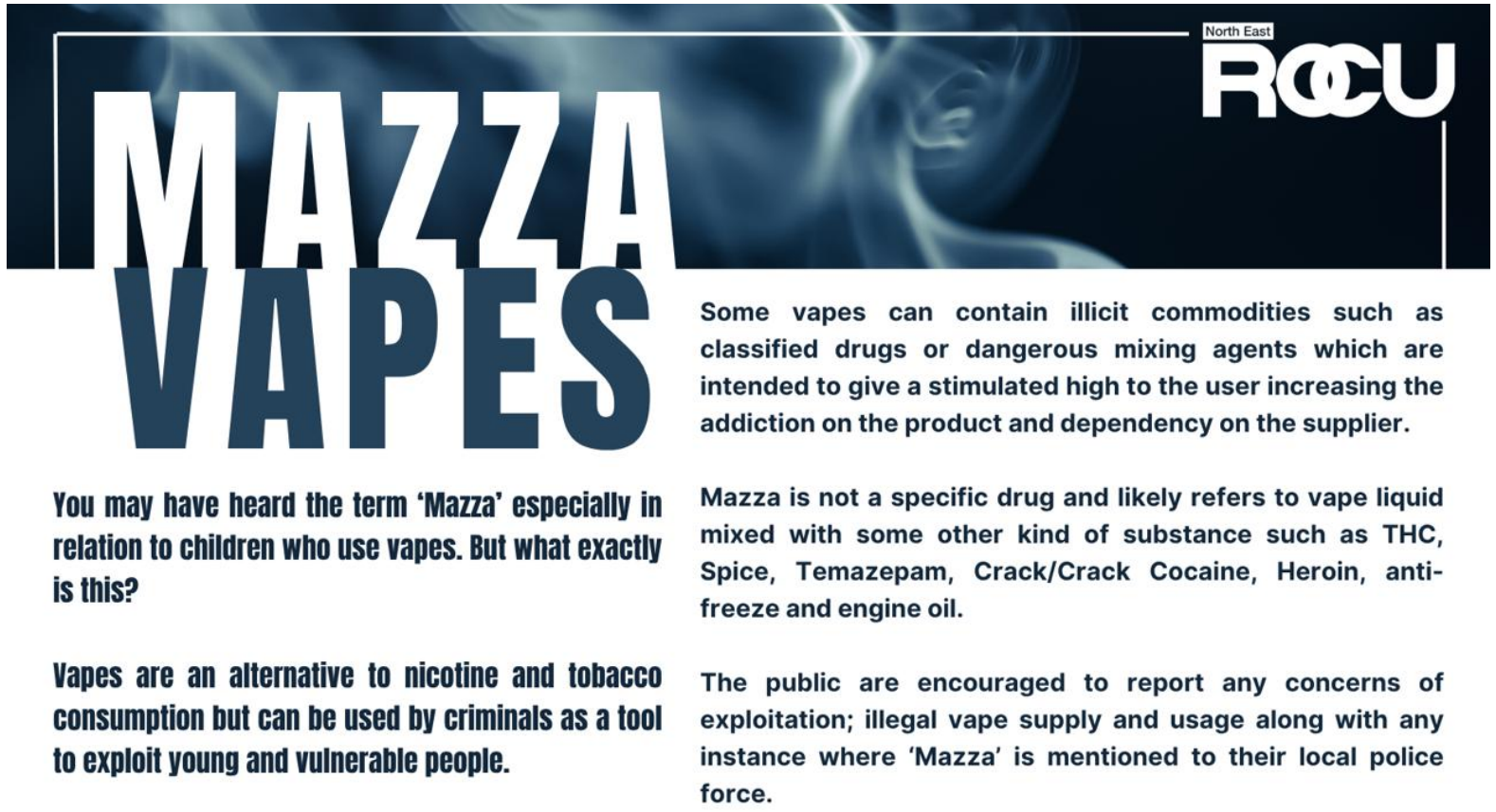
1. **Formaldehyde:** A toxic chemical used in industrial products and is a known carcinogen (cancer-causing substance)
2. **Diacetyl:** A flavoring chemical that is harmful when heated. It is linked to ‘popcorn lung’
3. **Acrolein:** Commonly used as a pesticide and is highly irritating to the eyes nose and throat.
4. **Acetone:** The chemical found in nail varnish remover
5. **Lead and Nickle:** Harmful metals that can be released from vape heating coils. Long-term exposure may damage the lungs, brain and other organs.



Would a young person know these chemicals were in the vape?

Why would they question what's in it if they trust the source?

Harm Reduction



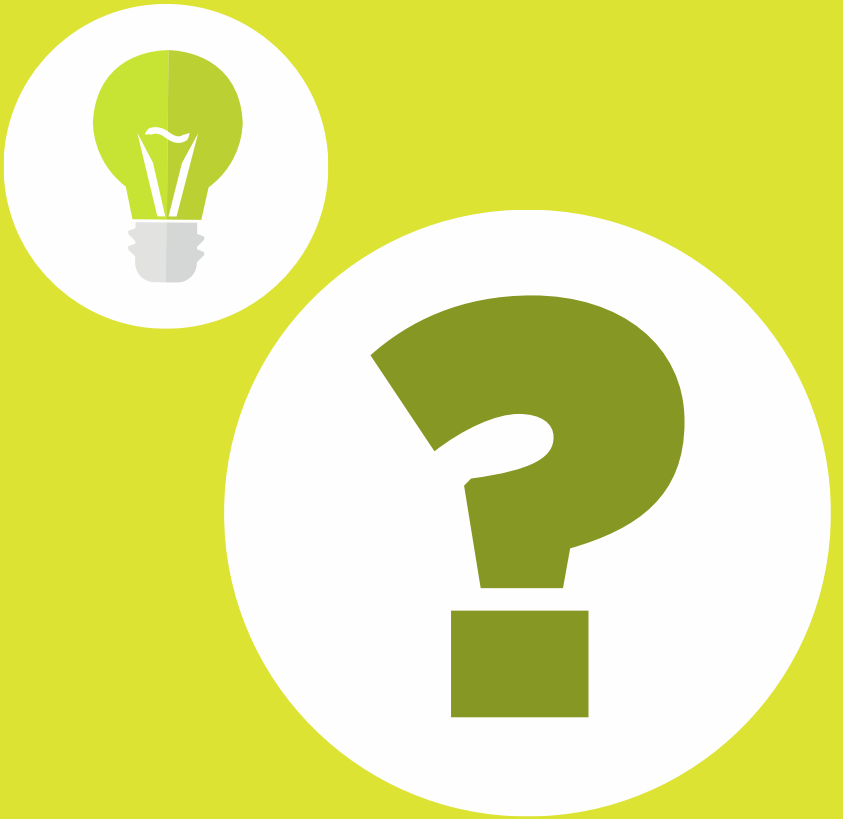
1. Don't use alone
2. Stay low and go slow
3. Don't share vapes
4. Avoid mixing substances
5. Call 999 immediately if someone collapses, has seizures or struggles to breathe. Speak to a trusted adult or support service if worried about drug use.

How Can We Support Young People?



Ask	Start a conversation about vaping in a calm, non-judgemental way and ask open questions to understand their experience.
Listen	Give the young person time to talk and show that their thoughts, feelings and concerns are being heard
Explore	Work together to identify the reasons for vaping, triggers, peer influences and any challenges they may be facing.
Reflect	Help the young person think about how vaping affects their health, wellbeing, goals and daily life.
Inform	Share clear, accurate and age-appropriate information about vaping, nicotine and the risks involved.
Support	**Empower the young person to make informed decisions and support any positive steps they choose to take.** **Where appropriate, share safeguarding concerns with relevant professionals and agencies to help keep the young person safe. This may include parents/carers, schools, health professionals, Trading Standards, or intelligence reporting systems for illicit vape sales.**

Any Questions?



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2026 Safeguarding Month

Make a difference

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