



Vaping Information for Parents and Carers

What are e-cigarettes?

- E-cigarettes, also known as vapes, were created as a tool to support adults quitting smoking.
- Vapes are an electronic device that typically consists of three main parts: a chamber containing e-liquid, an atomiser and a lithium battery.
- A battery powers the atomiser, which heats the e-liquid, turning it in to a vapour that a person will inhale.
- E-liquids can contain nicotine, other chemicals that produce a vapour cloud and others which provide flavour and colour.



Be aware – know what the vape contains where possible and avoid if it's unknown. Adulterated vapes often mis-sold as "THC" have been known to contain synthetic cannabinoids also known as "Spice". 

Vaping statistics

- ✓ From the ASH Smokefree GM Youth Survey (2025):
- In 2025, approximately 20% of 11-17-year-olds in the UK have tried vaping (an estimated 1.1 million), with 7% currently using e-cigarettes, which has remained unchanged since 2023.
- There was a sharp increase of young people vaping between 2021 and 2023 due to the access of disposable devices.
- 7% of this age group currently vape, translating to around 400,000 teenagers, with 40% of them vaping daily (approximately 160,000 teenagers).
- Regular vaping (more than once a week) is reported at 4% (around 230,000 teenagers).



Impact on health



- Coughing • Dry/sore mouth and throat
- Shortness of breath • Mouth/throat irritation
- Headaches • Dizziness • Nausea • Heart attack
- Raises blood pressure • Increased adrenaline

Dependency and Withdrawal

Dependency:

- Regular use of nicotine alters how the brain works.
- 78% of regular nicotine users eventually become dependent. Infrequent use can lead to dependency.

Withdrawals:

- Intense cravings • Anger/irritability • Feeling tired
- Trouble sleeping • Difficulty concentrating

These symptoms will eventually pass. Seek medical advice if your child becomes unwell or you're worried!

Why do young people vape?

Enjoyable Affordability Dependency
Stress/mental health Accessibility
Curiosity Flavour/taste Boredom
Influence of friends and/or family

✦✦✦ Understand which vapes/vape liquid your child is using before making a referral. ✦✦✦

Nicotine is addictive and can impact on brain development

Reassure your child that you want to help and support them, ensuring they are safe and can work towards reducing harm.