

VAPES AND E-CIGARETTES



WHAT ARE THEY?

A "vape," or electronic cigarette, is a device that heats up a liquid to create a vapour you inhale. Despite unresearched claims that vaping is healthier than cigarettes, we know that there are still many health risks involved.

WHAT DOES THE LAW SAY?

Under the Nicotine Inhaling Products (Age of Sale and Proxy Purchasing) Regulations 2015, it is illegal to sell e-cigarette products to anyone under-18 or for adults to buy them on behalf of under-18s.

WHAT DO THEY LOOK LIKE?



CIGALIKES



PENS



MODS



**ADVANCED/
MECH MODS**



**POD KIT/
POD MOD**

WHAT ARE THE RISKS ASSOCIATED WITH VAPING?

Coughing, dry mouth and throat, shortness of breath, headaches, mouth and throat irritation. The addiction to nicotine can make you feel irritable, restless and unable to concentrate. Nicotine can also have some negative effects on brain development in adolescents.

OTHER DANGERS ASSOCIATED WITH VAPES

THC and Spice oil are drugs which are sometimes inserted into vapes in order to achieve a 'high'. Use of these can lead to profound health and mental health impacts and the need for urgent medical assistance.

Vaping is dangerous and illegal for school age children.

If you have concerns or have further question please contact safeguarding@lister.newham.sch.uk