

# WHAT PARENTS NEED TO KNOW ABOUT VAPING

## WHAT IS VAPING

Vaping is the **inhaling of a vapour** created by an electronic cigarette (e-cigarette) or other vaping device.

E-cigarettes are battery powered smoking devices. They have cartridges filled with liquid that usually **contains nicotine, flavourings and chemicals**. The liquid is heated into a vapour, which is inhaled.

## HEALTH EFFECTS OF VAPING

Health experts are reporting serious **lung damage** in people who vape, including some deaths.

Vaping puts nicotine into the body. Nicotine is highly addictive and can:

- slow brain development in teens
- affect **memory, concentration, learning, attention and mood**
- increase the risk of other types of **addiction** later in life

## E-CIGARETTES ALSO

- irritate the lungs;
- may cause lung damage;
- may lead to smoking cigarettes/tobacco

Some people **vape marijuana, THC oil** and other dangerous chemicals which affect health, mood and behaviour.



## HOW TO TELL IF YOUR CHILD IS VAPING

Unlike smoking, vaping does not leave much of a smell, so in the event that your child vapes, it might be hard to spot.

Keep an eye out for **e-liquid bottles** (about the size of eye drop or ear drop bottles), vape sticks that look like marker pens or disposable vape pods. If any of those turn up in bins or pockets, it might well be time for a conversation.

## HOW TO TALK TO YOUR CHILD

### KEEP IT CASUAL...

Try to have a conversation at a time when your child feels relaxed and unthreatened. This should help keep the conversation more open. Similarly if your child has vaped he is unlikely to feel able to talk about it if you appear angry and distressed. You could try:

"I've read about vaping and I'm **curious** what you **think** about it"

"Do you know any kids that are vaping?"

"What do your classmates **think** about it?"

### BUT STRESS THE SERIOUSNESS.....

"It's **not like drinking a slushy** just because of the flavour, it's actually a very serious **drug**"



If you have concerns you can contact school at:  
[safeguarding@rokeby.newham.sch.uk](mailto:safeguarding@rokeby.newham.sch.uk)