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through **action**

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Mental Health Awareness Week
Monday 13 May – Sunday 19 May 2024

www.mindingyourhead.info

Tips and ideas to organise
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event to promote mental
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The first weeks with your
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This book gives you
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Becoming a parent

Taking care of yourself and
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Finding practical help and
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VAPING ADDICTION SOON TAKES HOLD OF THEM

Vapes can contain nicotine and may quickly become harmfully addictive for children and young people. Affecting their mood, their mental health, and their sleep.



Get the facts at
www.pha.site/vaping



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Talking to your child about vaping



Know your facts, start to talk....

It's good to talk and the more openly you can discuss vaping, the more likely your child will be able to come to you if, for example, their friends are pressuring them to try it or they've started vaping and want to give up.

It's a good idea to **know your facts**, and read about vaping so you can talk to your child about the risks in a balanced, informed way. There's no need to bombard them with info, just make sure you know what you're talking about.



Risks of vaping

Many young people who vape did not smoke cigarettes before they started vaping. But young people who vape are more likely to start smoking cigarettes than those who never vape.

- Vapes can contain nicotine and may quickly become harmfully addictive for young people.
- Nicotine addiction can affect young people's concentration and impact their ability to learn and study.
- Nicotine withdrawal can disrupt sleep and may cause headaches. It can also affect their mental health and mood.
- The long-term effects of vaping are still being researched. It's thought vapes can have a negative impact on the health of the heart and lungs, but at the moment there isn't enough evidence to assess this.
- Other harmful, illicit substances can be added to vapes such as Spice, Pine or THC. Sharing vapes could lead to young people inhaling these substances without realising.
- Disposable vapes have a negative impact on our environment due to their lithium batteries and hard to recycle components, and the increasing frequency in which these products are littered or thrown in the bin.

[Talking to your child about vaping](#)

Vaping factsheet



What is vaping?

Vaping is the inhaling (breathing in) of vapour created by an electronic device that can be known as a vape, e-cigarette or electronic nicotine delivery system (ENDS).

Vapes work by heating a liquid (called an e-liquid/e-juice). The liquid typically contains nicotine, propylene glycol, vegetable glycerine and flavourings, some of which may be potentially harmful to the body. When heated, the nicotine changes into a vapour. The nicotine and other ingredients are inhaled into the body.

Vapes come in a variety of shapes, sizes and colours. Some can be disguised as items including pens and USB memory sticks.

While they are being used by some smokers as a quit aid or harm reduction product, there are an increasing number of young people vaping who are non-smokers. There has been a rapid increase in the use, availability and promotion of vaping devices.

The health advice is clear: young people and people who have never smoked should not vape.

What does the law say?

Vapes are an age restricted product. It is illegal to sell a vape to someone who is under 18 and to purchase a vape for someone who is under 18 years old.

For any nicotine containing e-liquid the maximum legal limit of nicotine is 20mg/ml. At this concentration 1ml of e-liquid is roughly equivalent to smoking **20 cigarettes**. A device containing 20mg/ml liquid may say 2% nicotine. For disposable vapes the tank size must not exceed 2ml, which roughly equates to **600 puffs**.

However, there are a variety of vapes being sold which are unregulated (illegal). These may contain higher levels of nicotine than the permitted 20mg/ml and disposable vapes are being sold which contain more than 600 puffs. The content of these unregulated vapes isn't known and they may have serious health implications.



[Vaping factsheet](#)

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