

Under 18? How much do you really know about Vapes?

- Vaping can make you feel really rubbish, **dizziness**, **insomnia** and **headaches**, these are just some of the **side effects** vaping can have!
- Vaping can seriously impact your brain as it is still **developing** up until the **age of 25**
- If you are **under 18**, it is **illegal** for anyone to sell a vape to you and it is also **illegal** for you to ask someone to buy a vape for you, on your behalf



Looking to quit vaping? Get in touch below!

SmokefreeHampshire.co.uk 01264 563039 | 0800 772 3649

  @SFreeHampshire  @SmokefreeHampshire

Did you know?

A recent survey conducted in the UK by ASH (Action on Smoking and Health) revealed that 21% of 11–17-year-olds had experimented with vaping, and that this figure is steadily rising.

Curiosity to
'try it out' or
'give it a go'

Pressure
from their
peer group

Interesting
flavours

Seeing family
or friends
smoking or
vaping

Above are just some of the reasons that under 18's vape or have experimented with vaping. We are helping and working to raise awareness and prevent vaping uptake by children and young people.

Worried your child may be smoking or vaping?

Your role in preventing the negative effects of vaping in children is crucial, here are some tips to help encourage a discussion with your child:



- **Be a healthy role model to your child, for example don't vape in the car or home**
- Share why you don't want them to vape, ask them questions, answer any questions they may have and listen to their reasons as to why they may choose to vape
- To encourage a more natural discussion, choose the best time and place to approach the conversation, e.g. if you see someone else using a vape
- **Be a healthy role model to your child, for example don't vape in the car or home**