

Tuesday, 11 March 2025

Health and Social Wellbeing Improvement



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.

VAPING ADDICTION SOON TAKES HOLD OF THEM

HSC Public Health Agency

This leaflet is aimed at parents who want to talk about vaping with their child. It highlights the risks associated with vaping, lists possible signs a young person may be using vapes and provides tips on how to approach the subject with your child.

Details

Format

2 pages, A4 leaflet

Target group

Parents

Downloads

Attachment

Size

[Talking to your child about vaping A4 02 25.pdf](#) 505.35 KB

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