



A photograph of three students sitting on a grassy field. Two students are wearing black school uniforms, and one is wearing a white polo shirt with a small logo. They are in the foreground, with a blurred background of a school field and trees.

# Vaping

## Why e-cigarettes are dangerous

# What is vaping?

- E-cigarettes are electronic devices that heat a liquid and produce a vapour, or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or 'mods,' do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called 'e-cigs', 'mods', 'vape pens', 'vapes' and 'electronic nicotine delivery systems (ENDS)'.
- Using an e-cigarette is sometimes called 'vaping'.

# What do vapes look like?



# How does a vape work?

- E-cigarettes produce a vapour by heating a liquid that usually contains nicotine, flavourings, and other chemicals that help to make the vapour.
- The liquid used in e-cigarettes often contains nicotine and flavourings. This liquid is sometimes called 'e-liquid', 'vape juice' or 'vape liquid'.
- Users inhale e-cigarette vapour into their lungs. Bystanders can also breathe in this vapour when the user exhales it into the air.

# What is an elf bar?

- An Elf Bar is a brand of vape or e-cigarette, and there are lots of other brands.
- Each contains the equivalent of 20-30 cigarettes.
- They are very addictive and can cause serious health issues.





Why is vaping  
dangerous?

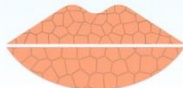








# Why is vaping dangerous?



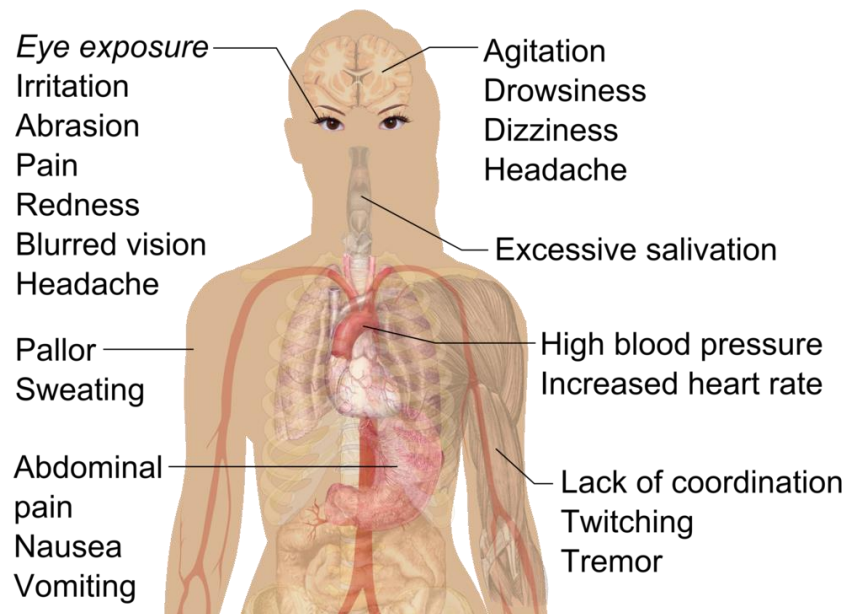
- Most vapes contain nicotine - this is the addictive drug found in regular cigarettes.
- Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
- Using nicotine in childhood can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in childhood may also increase risk for future addiction to other drugs.

# Vaping Side Effects

## Side Effects Of Vaping Are:

Dry mouth 	Dizziness 	A cough 
Dry skin 	Dry eyes 	Itchiness 
Insomnia <i>(mainly a quitting side effect)</i> 	Bleeding 	Nosebleeds 

## Symptoms of nicotine poisoning





# Health effects

- Vaping can cause tooth decay over time.



# What are other reasons vaping is dangerous?

- Scientists are still learning about the long-term health effects of vaping.
- Some of the ingredients in vapes could also be harmful to the lungs in the long-term. For example, some flavourings may be safe to eat but not to inhale because the gut can process more substances than the lungs.
- Defective vape batteries have caused fires and explosions, a few of which have resulted in serious injuries.
- Children and adults have been poisoned by swallowing, breathing, or absorbing vape liquid through their skin or eyes.

# What are other reasons vaping is dangerous?



- E-cigarette vapour is NOT harmless 'water vapour'.
- The e-cigarette vapour that users breathe from the vape and exhale can contain harmful and potentially harmful substances, including:
  - Nicotine
  - Ultrafine particles that can be inhaled deep into the lungs
  - Volatile organic compounds, eg cannabis
  - Heavy metals such as nickel, tin, and lead
- It is difficult for people to know what vape products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

# What is the law?

- Vaping is the same as using drugs. It contains nicotine, the same addictive drug found in cigarettes.
- You need to be 18 or over to smoke cigarettes or vapes.
- It is illegal to sell vapes to under 18s or for someone to buy vapes for under 18s. Adults who do this face prosecution. The police have powers to confiscate vapes from children and young people under 16.



What does this mean at Denefield?



# What does this mean at Denefield?



- The school has a drugs policy that includes vapes and vaping. There are serious consequences for any student found with a vape or vaping on the school site.
- Every member of our school deserves to belong to a safe and welcoming community where we look after each other.
- Even more importantly, it is vital to be safe, healthy and treat your body with respect while it is still growing.
- If you would like to talk about something you are concerned about, whether it's for yourself or someone else, speak to a parent/carers, a trusted member of staff or email [listening@denefield.org.uk](mailto:listening@denefield.org.uk) .