

# ***Vaping & Parenting Advice***

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# How to spot a legal vape

**2ml**

Maximum tank size

**20mg/ml (or 2%)**

Highest nicotine strength

**About 600**

Total number of puffs

**10ml**

Largest refill bottle volume



Source: Medicines and Healthcare products Regulatory Agency

**B B C**

# Disposable Vape Ban – Proposal 2024

- Restricting the flavours and descriptions of vapes so they are no longer targeted at children.
- Keeping vapes out of sight of children in shops.
- Regulating vape packaging so they are not targeted at children.
- Exploring whether increasing the price of vapes will reduce the number of young people using them.
- Considering restricting the sale of disposable vapes, clearly linked to the rise in children vaping and incredibly harmful to the environment.

***An estimated 5 million vapes are discarded  
per week in the UK alone.***

- Rise in 11 to 17-year-olds experimenting with vaping, from **7.7%** in 2022 up to **11.6%** in 2023.
- About **15%** of 16 to 17-year-olds and **18%** of 18-year-olds are current vapers.

*[Source: YouGov survey by Action on Smoking and Health (Ash).]*



# VAPING -

## What do we know?

[https://www.youtube.com/watch?v=9dZS\\_Rniak0](https://www.youtube.com/watch?v=9dZS_Rniak0)

David Geffen Sch of Medicine UCLA

# Johns Hopkins Bloomberg School of Public Health - Research

- Traces of nearly **2,000 unknown chemicals** in electronic cigarette vaping liquid and aerosols.
- Scientists also detected several known and potentially harmful compounds, (linked to respiratory problems), a pesticide, industrial chemicals and caffeine (also addictive).
- Analysis detected trace amounts of nicotine in six samples, even though the products were **marketed as nicotine-free**.

***“People just need to know that they’re inhaling a very complex mixture of chemicals when they vape. And for a lot of these compounds we have no idea what they actually are.”***

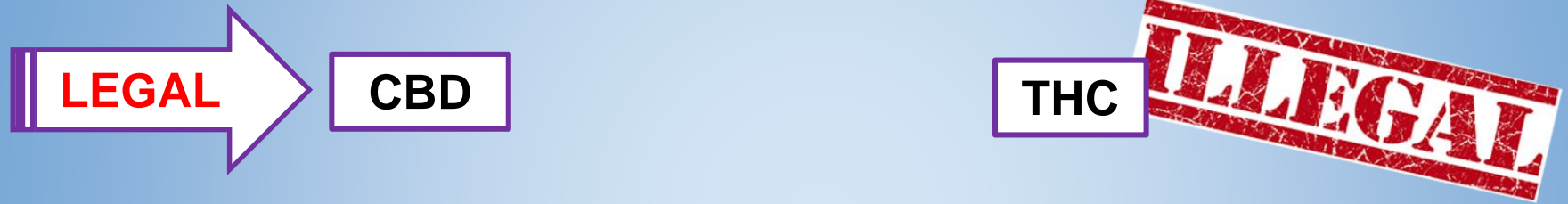
**E**-cigarettes /  
**V**aping product use  
**A**ssociated  
**L**ung  
**I**njury

# EVALI

- Inflammatory response in the lungs triggered by inhaled substances.
- Presents like pneumonia - damage to tiny air sacs in the lungs (alveoli).
- Trouble breathing, (in some cases fatal).
- 60 deaths and 2.5K hospitalisations in USA since 2019.
- Most common brand associated with EVALI is *Dank Vape*, a brand of products containing THC, (main psychoactive ingredient in cannabis).

[Source: Harvard Medical School]

# Vaping CBD or THC



**Vitamin E acetate**, which is regularly added to **THC** when preparing it for use in e-cigarettes and vaping devices, is particularly harmful to your lungs when it's inhaled.

**MDMB-4en-PINACA**

**4F-MDMB-BINACA**

**ADB-4en-PINACA**

**These are synthetic cannabinoids i.e. SPICE**

**Side effects:**

Unconsciousness or coma, nausea, hyperemesis (severe vomiting), seizures, convulsions, tachycardia, bradycardia (slow heart rate), mydriasis, spontaneous urinating and defecating, shortness of breath, somnolence, respiratory acidosis (lungs unable to remove CO<sub>2</sub>), metabolic acidosis (build-up of acid due to kidney failure), lower limbs paralysis, chest pain, aggression, hallucinations, paranoia, confusion, depersonalisation.

# Smoking alternatives: Snus

*[pronounced 'snoose']*

- Oral smokeless tobacco product.
- Contains thousands of chemicals including nicotine, therefore addictive.
- Air-cured ground tobacco, mixed with salt & water and 'pasteurised' .
- Comes in loose form or in portioned sachets.
- Usually placed behind the upper lip.
- Primarily used in Sweden and Norway (since 1600s).
- Banned across most of Europe.
- Long-term heavy usage linked to diabetes, heart disease, cancer.
- Risk of adulteration e.g. slaked lime (used in cement) and areca nut.
- Big difference between 'less harmful' and 'safe'!

# Benefits of quitting

## Saving money!

20 cigarettes = average £12.50

- per day **£12.50**
- per week **£87.50**
- per month **£350.00**
- per year **£4200.00**

## Having saved for 1yr, you now have £4200 to spend:

- 10 nights holiday in the Caribbean = £1400
- 2<sup>nd</sup> hand car with low mileage = £1990
- Clothing (e.g. tracksuit) = £100
- 1yr basic subscription to Netflix (on 2 devices) = £60
- PS5 (with Blu Ray) = £500
- 3 Family Platters (feeding 18)@Nandos £150

# Sources of support & information



## NHS Quit smoking app

<https://www.nhs.uk/better-health/quit-smoking/>

For confidential, free advice or information:  
**QUIT 0800 00 22 00**



# Disclaimer!

- There is not a 'one size fits all' approach. Your family have unique circumstances and experiences.
- There is no 'magic wand' solution to preventing smoking, drug or alcohol misuse.

# What do drug/alcohol-using young people need?

- Education / conversation
- Harm reduction / informed decision making
- Compassion / empathy
- Sense of purpose / Sense of connection

# Tips

Here are some tips which you might like to bear in mind when attempting to start a conversation with your child about alcohol and drugs:

## **1. Pick an appropriate time**

If you start a discussion just as your child is going out the door to meet friends, before bed, before school, or in the middle of an argument about other things it can lead to conflict.

## 2. Make it an ongoing conversation.

Like the 'sex' talk, the 'alcohol and drugs' talk shouldn't be a one-off conversation with your children, but rather one that is frequently addressed.

You're more likely to have a greater impact on your child's decisions about drinking and drug use if you have a number of chats as part of an ongoing conversation.

Find opportunities to make topical links and call out any poor decision-making you see. For example, during a film or TV storyline, a celebrity scandal involving drink/drugs, or even stories about family or friends.

E.g. 'What do you think about that situation?'

'What do you think about their decision?'

### 3. Be honest about your own alcohol consumption.

Your child may ask about your own alcohol consumption. Don't ignore this. Help them understand – particularly around your drinking habits – as well as addressing the risks. Try to do so in an educational manner.

Children aren't stupid. If you claim you never drink or never get drunk and you do, they'll know. Have they seen this behaviour?

Be aware of what you say about alcohol in their presence, e.g.

*“What a day I’ve had!*

*I need a drink!”*

As a parent, **you have more influence than you might think.**

Your child is likely to come to you first for information and advice about alcohol and you can help shape their attitudes and behaviour towards alcohol by reinforcing responsible drinking and healthy decision-making.



This conversation could include your own alcohol consumption when you were younger.

**What happened?**

**What did you learn from this?**

**What might you have done differently?**



# Be like Columbo - Asking curious questions.

It can be more challenging to have these discussions about **drug** use.

Ask your child first –

- What do they know already?
- Where have they heard about it? (school/friends/online/media?)
- Why are they asking you?  
(curiosity/anxiety/harm reduction?)
- Have they been offered drugs?
- Are they at risk of exploitation? (safeguarding)

You know your child best. Are they mentally mature enough to process this information? Is it age appropriate?

## 4. Be aware of the effects of alcohol & drugs on the developing brain

UK Chief Medical Officers' advice:

- alcohol-free childhood is the healthiest and best option.
- if children do drink alcohol underage, it should not be until at least 15 years old.

*Remember: Legality is an issue!*

Research shows that the earlier a child starts drinking, the higher their chances of developing alcohol abuse or dependence in their teenage years and adult life.

## 5. Set rules and boundaries.

Despite protestations, teenagers feel safer with guidelines in place.

They are going to push boundaries and test the rules.

There need to be clear rules and sanctions in place for breaking the rules.

Rules should be discussed and agreed between you.

Sanctions must be followed through.

***Be consistent.***

# 'The Dreaded Don'ts'

What we know **doesn't** work:

- Scare tactics
- Lectures / Preaching
- Moralising
- Judgemental approach
- One-off speeches
- Using drugs yourself

***Harsh rules or no rules leads to drug use!***

# What can I do?

- Empower yourself – seek out further knowledge.
- Promote healthy behaviours / choices. Use praise.
- Listen, don't judge, and ask children their opinions.
- Keep calm & make clear you understand.
- Keep an open mind. We all make mistakes!
- Be a positive role model.
- Demonstrate ways to problem solve / have fun / manage stress without using alcohol/drugs.
- Encourage positive group activities (sport / drama / music, etc.)
- Be honest about disappointment – but emphasize you still **love them regardless.**



Free one-to-one online counselling  
for young people. Daily until 10pm.  
[www.kooth.com](http://www.kooth.com)



Adfam [www.adfam.org.uk](http://www.adfam.org.uk)

Adfam

Families, drugs and alcohol



Spectrum

Families and Young People's Service

[www.changegrowlive.org](http://www.changegrowlive.org)  
0800 652 3169

Free, confidential treatment for  
young people under 18yrs old  
(and young adults up to 25yrs),  
& their families.

Better Health

Let's do this

NHS

## Quit Smoking Start Saving

Join the thousands of people who are quitting smoking.

Quit smoking

Download the free NHS Quit Smoking app to get started or scan the QR code for more information.

SCAN ME

GET IT ON Google Play

GET IT ON the App Store

Progress

Savings

If you were to save this much from your shopping basket

£128

For a pack of 20 cigarettes

£11.99

For a pack of 10 cigarettes

£15

For a pack of 20 cigarettes

£0.60

For a pack of 10 cigarettes

£0.50

