

Clear the Air about vaping



Selling nicotine vaping products to **under-18s is illegal.**



Disposable vapes were **banned in June 2025.**

These are the most popular products among youth vapers.



1.1 million 11 to 17 year olds

living in the UK have tried vaping.

Over **a third** of these currently vape, of which **two in five vape daily.**

1% of children are already vaping by age 11. Vape use rises steadily through early secondary school, reaching one in ten by age 14. This means it can become an issue earlier than you may expect.

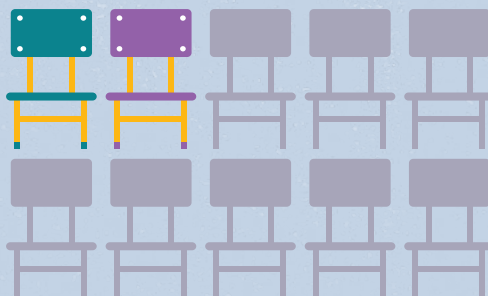
Start conversations with your child early, before vaping becomes something they're exposed to.

In Essex, one in 10 young people (11 to 18) are

experimental

vapers

who are curious enough to have tried vaping.



regular

vapers

who vape more than once a week.

Vapes contain

nicotine

The same ingredient that makes cigarettes addictive.

This means vaping can be difficult to stop.

It's best not to start.



Why is nicotine particularly harmful for young people?

Young brains are still developing, making them more vulnerable to nicotine's effects, impacting learning, attention, mood and self-control, while cravings can also disrupt focus and lead to disrupted learning at school.

More than one in three young people who vape in Essex say it helps with stress and anxiety. But, nicotine can actually increase anxiety and emotional instability.

On top of this, nicotine withdrawal can cause irritability, headaches, anxiety, poor sleep and restlessness. This makes it harder to concentrate. Often it leads to continued vaping just to feel 'normal'.

Nicotine pouches are discreet, unregulated products that deliver addictive nicotine. Their growing use among young people makes them important to include in conversations about vaping and nicotine risks.

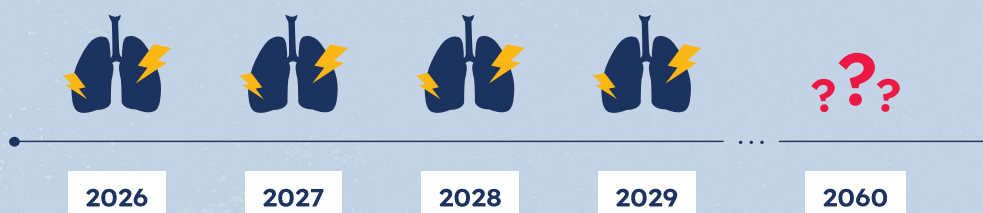
Be clear with your child not to try vaping.



Every puff floods your child's lungs with toxins

As well as nicotine, vapes contain flavourings, chemicals and substances such as propylene glycol and vegetable glycerine.

These ingredients can weaken the immune system and irritate the lungs and airways. This can make your child short of breath and more vulnerable to illness.



What's even more worrying is that **we don't fully know the long term effects yet.**

Explain to your child how vaping can affect their developing lungs and brain differently.



And there's illegal vapes

They are more common than you would think and often don't contain what is expected.

- More than **one in six vapes** confiscated in schools **tested positive for spice** (an illegal drug).
- More than **two in five vapes** sold as cannabis **were found to contain spice**.

Make sure your child understands that some vapes can contain harmful substances without them knowing.

How are young people being influenced to start vaping?

- **Over half** of 11 to 17 year olds **were aware of vaping promotion** in shops.
- Nearly **one in three** were aware of vaping **via social media platforms**.

Seeing vaping a lot can make it feel normal and expected, which can increase peer pressure.

Make sure your child hears the facts about vaping from you, as someone they trust.



Some children may feel pressure to fit in.

They may think everyone else is doing it or worry about seeming different.

Starting secondary school can make this harder, as children have more independence and new friendship groups.

Help your child build the confidence to say no, even when they feel pressure to try vaping.

You now have the facts to help your child feel confident, not confused.

You don't need a perfect script to talk about vaping. All you need is a short chat to help your child see through the misconceptions.

Find out more at: [ClearTheAir.org.uk](https://www.ClearTheAir.org.uk)

