



Clear the air about vaping

Children and young people are hearing a lot about vaping - that it's harmless, that it's just flavour, or that everyone their age is doing it. Much of that isn't true.

Vaping isn't designed for children. And while it can be used by some adults as a stop-smoking aid, it carries real risks for young, developing brains.

If your child is around 10 to 12 years old, now is a good time to start talking. This helps ensure conversations happen before pressure or misinformation take hold.

What's really going on

- Many children see or hear about vaping at school gates, in parks, shops or online.
- Social media and word-of-mouth can make vaping seem normal or unavoidable.
- In reality, most children and young people do not vape. But those who do can be more visible.
- Wanting to fit in and liking flavours are common reasons children try vaping. Many do not have a clear understanding of the risks.



Why vaping is different for children

- Vapes often contain nicotine, which is addictive.
- Children's brains and lungs are still developing. They can be more sensitive to nicotine's effects.
- What starts as "just trying it" can quickly become harder to stop.

This isn't about scare stories. It is about giving children clear, age-appropriate facts.

What parents and carers can do

Start early

Short, simple chats work better than one serious talk.

Listen first

Ask what they've seen or heard, online or in real life.

Keep it simple

You don't need expert knowledge or perfect words.

Reassure them

Saying no is easier when they feel confident, not confused.

Even small conversations can help children feel better prepared. Help your child see through the myths.



Find clear, trusted information at

cleartheair.org.uk