



# DISPOSABLE VAPES

Disposable vapes are small, low-cost flavoured e-cigarettes that are child appealing with a variety of sweet flavours and colours. These devices are widely available in shops, online and via social media.

## Why they're a problem...

Often containing 50mg of nicotine - that's **150%** more than legally permitted for adults

### Underage Sales

Alarming, disposable vapes are becoming increasingly popular amongst secondary school children, despite the law restricting their sales to **over 18's only**.

These devices should **NOT** be

- Sold to anyone under **18**, or
- Bought for anyone under **18**

Its a criminal offence for the sale of these devices to under 18's.

It is a criminal offence to purchase these on behalf of under 18's.

### Non-Compliant or Counterfeit

Some of the devices on sale:

- Exceed legal nicotine levels (Over 2% or 20 mg)
- Contain too much liquid (over 2 ml)
- Are incorrectly labelled and have no traceability
- May contain banned substances
- Are associated with organised criminal gangs and fund other criminality
- Are easily accessible to under 18's
- May lead to undesirable contact between buyer and seller

Trading Standards is becoming increasingly concerned about these disposable vapes and their popularity amongst school-aged children who shouldn't have access to them. Nicotine is **highly addictive**, and minors should **NOT** be exposed to it or be experimenting with its use.

### Environmental issues

Cardboard packaging, plastic vape wrappers and removable stoppers, batteries and residual liquid are often found strewn as litter.



## Report it anonymously!

If you have any information about the sale or supply of these devices to anyone under 18, contact us anonymously at: [www.swillegaltobacco.info/report-it](http://www.swillegaltobacco.info/report-it)



**REPORT IT**  
Illegal tobacco. No ifs... no buts.

@SWillegalTobacco

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# THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

## DO YOU KNOW WHAT YOU'RE VAPING?

NICOTINE

Many vapes contain nicotine making them **very addictive**

FRUITY

The nicotine in 1 vape can **= 50** cigarettes



If you vape you are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not** water vapour



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



### MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that 4 in 5 young people do not vape.

You might think vaping is harmless, but it isn't, and the serious consequences of vaping are just starting to emerge.

Any take up of vaping by young people is worrying.

### VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.

GRAPE ICE



### NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many vapes and is very addictive for young brains. It can **cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory.

### RISKS TO YOUR PHYSICAL AND MENTAL HEALTH



Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray;
- toxins such as formaldehyde and heavy metals;
- ultrafine particles that can be inhaled deep into the lungs;
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.

### SELLING VAPES TO UNDER 18 IS ILLEGAL

It is illegal for anyone to sell any vape to people under 18 years of age, including retailers such as tobacconists, convenience stores and service stations. It is also illegal to sell vapes to friends or contacts under 18 on social media.



### THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from vapes is the same as for smokers.

This can cause feeling irritable or anxious, as well as craving to vape.

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.

NICOTINE FREE

### MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

**Most vapes with labels that claim to be nicotine free contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.

### GOOD REASONS TO NOT VAPE

You don't want vaping to come between you and your friends.

**Have a reason or two that you can tell your mates why you don't want to vape.**

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "Vapes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".



For help and advice with vaping for yourself or someone you are concerned about, speak to your tutor, head of year or a member of SLT.