

What to say to my children when
we talk about/if they ask about:

Vaping



Be prepared:

You are a parent/carer, not a medical or legal expert. You aren't expected to know everything. It's OK to check things and look things up but remember, some online sites aren't reliable. Our family hub has some reliable and trusted sites with more information to help you:

Scan here

<https://link.lsec.uk/family-hub>



Pick the time and place. A calm, quiet place where you won't be overheard or interrupted is best.



The facts, useful information and how to word things:

In this country the legal age to buy a vape is 18.

Vaping, like smoking, contains the drug nicotine which is highly addictive.

Vaping was invented to help adults stop smoking cigarettes (tobacco). It reduces the number of chemicals inhaled but still contains nicotine.

Scientists and Doctors think vaping may be safer than smoking cigarettes but they have no long-term evidence yet. Smoking was considered OK at one time. Safest to do neither.

Avoid instilling fear: Smoking over time can increase the risk of a smoking-related disease or illness. We don't yet know the long-term effects of vaping. Scare and shock tactics don't always work.

Flavoured vapes like strawberry or bubble gum usually contain nicotine as well. These flavours are designed to attract young people and get them addicted, so they buy more.

Avoid suggesting vaping or smoking is a cure for stress. (There are healthier ways to deal with stress - the children will know some.)

Vaping is an expensive habit, a waste of money. Highlight what their money could be used for instead.

Vast majority of young people do not vape. We tend to notice those who vape, which makes it feel more common than it is. We don't notice those who don't. Media coverage can also exaggerate the issue.

What skills should you talk about as well?

Our approach is that children are best armed with accurate facts and information from the programmes used in school and what you discuss with them. Alongside this, they need strategies and skills to say No if they need to. Visit our Family Hub to find out and reinforce the strategies your children have been taught during the Life Skills Programme.

These include:

- Dealing with stress and peer pressure.
- Communicating clearly when saying No.
- The MATES resistance strategies.
- Considering risk and consequence within our SKILL decision-making model.