

My college-aged child vapes

- Don't panic and be patient. Remember that vaping is much less harmful than smoking and it is unlikely to lead to smoking cigarettes.
- Although vapes are thought to be much less harmful than cigarettes, we do not yet know the long-term impact of some of the chemicals. Short-term effects include coughing, headaches, sore throat and dizziness. Some flavourings can cause allergic reactions.
- Vaping can be a useful tool for quitting smoking and contains less harmful chemicals than cigarettes.
- Try to find out if they are using the vape to stop smoking or if they are simply using it for fun/novelty.

My child switched from smoking to a vape

- Congratulate them on the switch, which will help protect their health.
- Ask them if they would consider using licensed medications such as patches and gum. Contact **[smokefreehampshire.co.uk](https://www.smokefreehampshire.co.uk)** to access these.
- Remind them that it is important not to 'dual use' (i.e. smoke and vape) as this will mean that potentially they end up more addicted (especially if their vape contains nicotine). If they are vaping they should follow the 'not a single puff' of a cigarette rule.
- Find out if their vape contains nicotine. If they are struggling to quit tobacco using a vape, they may need one with a higher level of nicotine.
- Ensure their vape is from a reputable UK supplier and charged safely at all times. The following link will ensure they are from a reputable seller with no links to the tobacco industry: **[ibvta.org.uk/about-us/our-members](https://www.ibvta.org.uk/about-us/our-members)**. Keep in mind the laws that exist to protect young people and that it is against the law for vapes to be sold to people under 18 in England.
- Discuss their long term plan for quitting the vape. Do they think they will want to quit the vape eventually?
- Remind them of the UK age restrictions if they are under 18 and report underage sales to **www.stop-illegal-tobacco.co.uk**.
- Remind them that it is important to be respectful and follow site policies on smoking and vaping.

My child is vaping for fun/novelty

- Acknowledge the appeal and clever marketing of vapes and different flavours.
- Ensure they understand the likely implications of using a vape that contains nicotine (i.e. addiction).
- Ask how they feel about it.
- Ask about their long term plans for use.
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- Remind them of the UK age restrictions if they are under 18.
- Remind them that it is important to be respectful and follow site policies on smoking and vaping.