

Information for teachers on vaping and electronic cigarettes

Questions children may ask about Vaping/Electronic Cigarettes

What is a vape/electronic cigarette?

It is a device that people use to heat a liquid that sometimes contains nicotine. They breathe in the heated nicotine and flavours, then exhale - a bit like they would a normal cigarette.

Why do people vape?

Some people do it to try and stop smoking normal cigarettes and others do it as a hobby.

Is it dangerous?

We don't know for sure that it is completely safe as they are quite new, but we think it is a lot safer than smoking.

Is it better to smoke or to vape?

It is thought to be much better to vape than to smoke as it doesn't have all the chemicals that are found in a cigarette.

My mum stopped smoking but vapes now. Is that ok?

It's great that your mum stopped smoking and switched to a vape. It will benefit her health.

Should I try a vape?

No, if you don't smoke and don't plan on being a smoker, it is best not to vape.

My dad vapes at home and I breathe it in. Will that damage my health like secondhand smoke?

Secondhand vapour is thought to be far less harmful than secondhand smoke. It is probably safe, but stay away while your dad vapes if the smell bothers you.

I've heard about vapes blowing up! Should I be worried?

Most vapes are safe if they are used correctly and with the correct charger. You should never leave one charging overnight.