



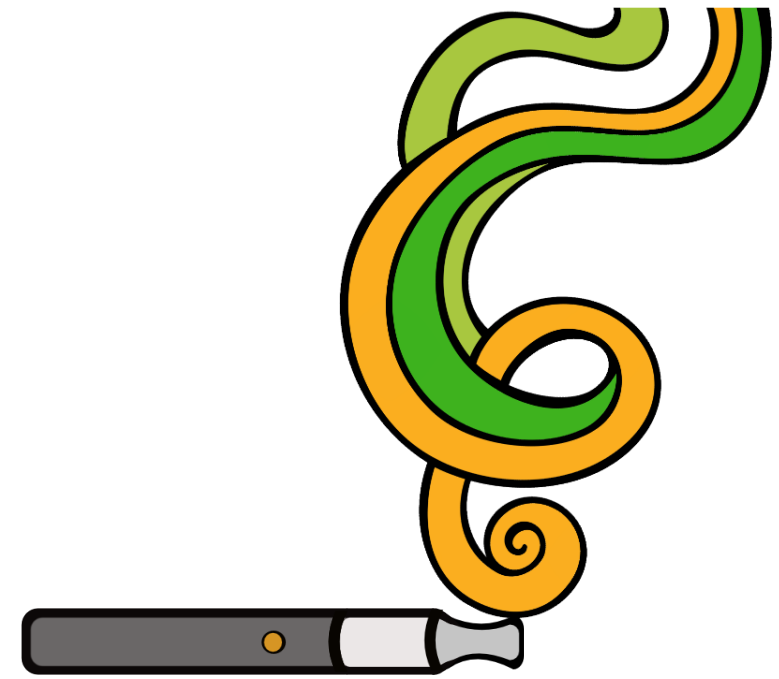
Vaping

Is it safe?

What are the consequences?

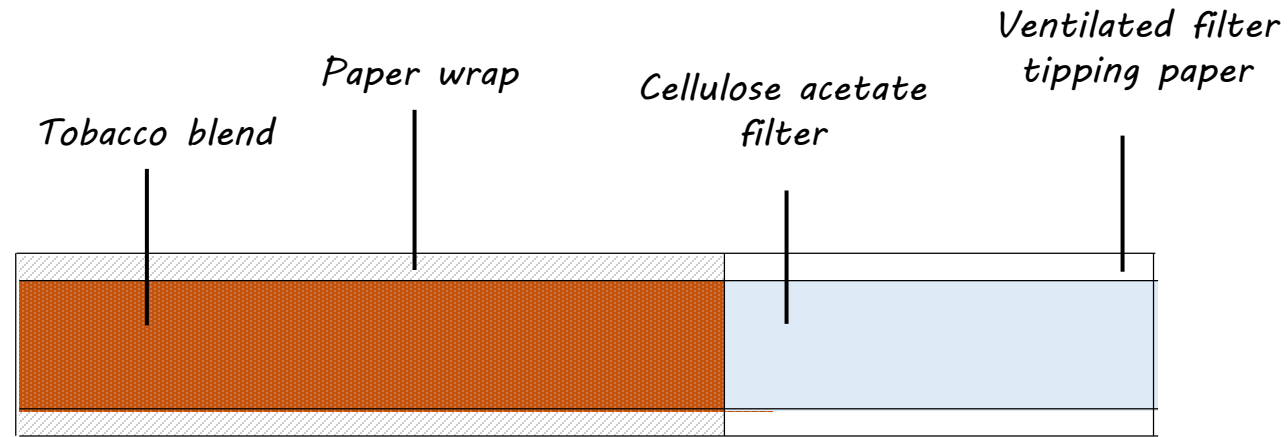
Definition:

Vaping is the act of inhaling and exhaling vapor.

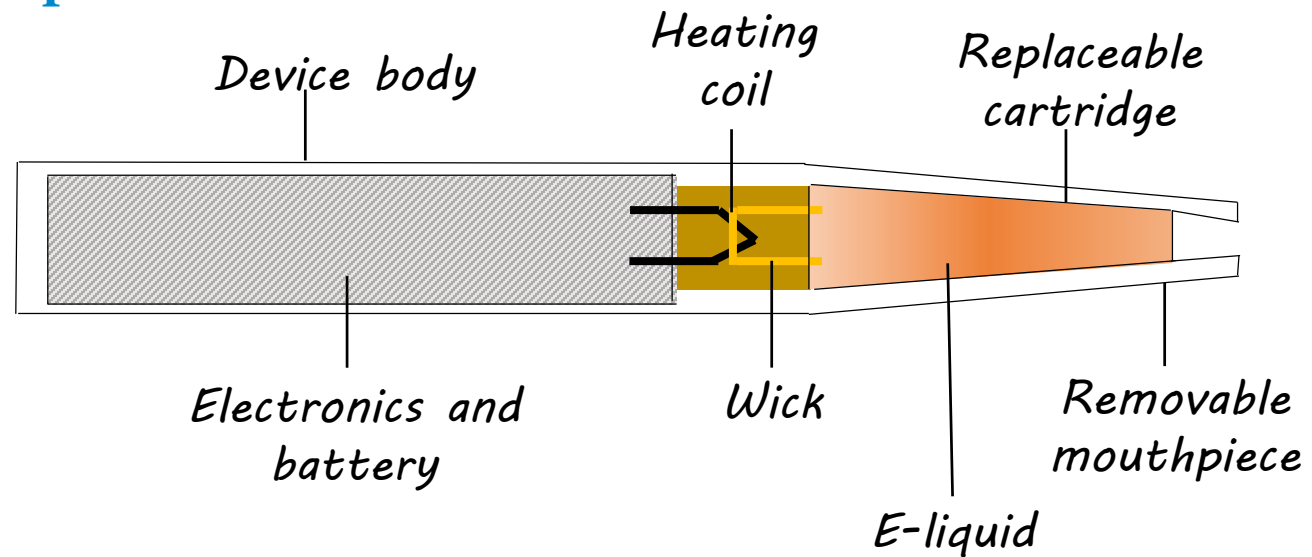


'**Vaping**' is the term used for **inhaling** vapor through an **E-Cigarette** or other **electronic** vaping devices. The device operates by heating a pod of liquid that turns into **vapor**. This liquid usually comes in **appealing** flavours such as chocolate, strawberry and **bubblegum** to name a few.

A) Traditional cigarette

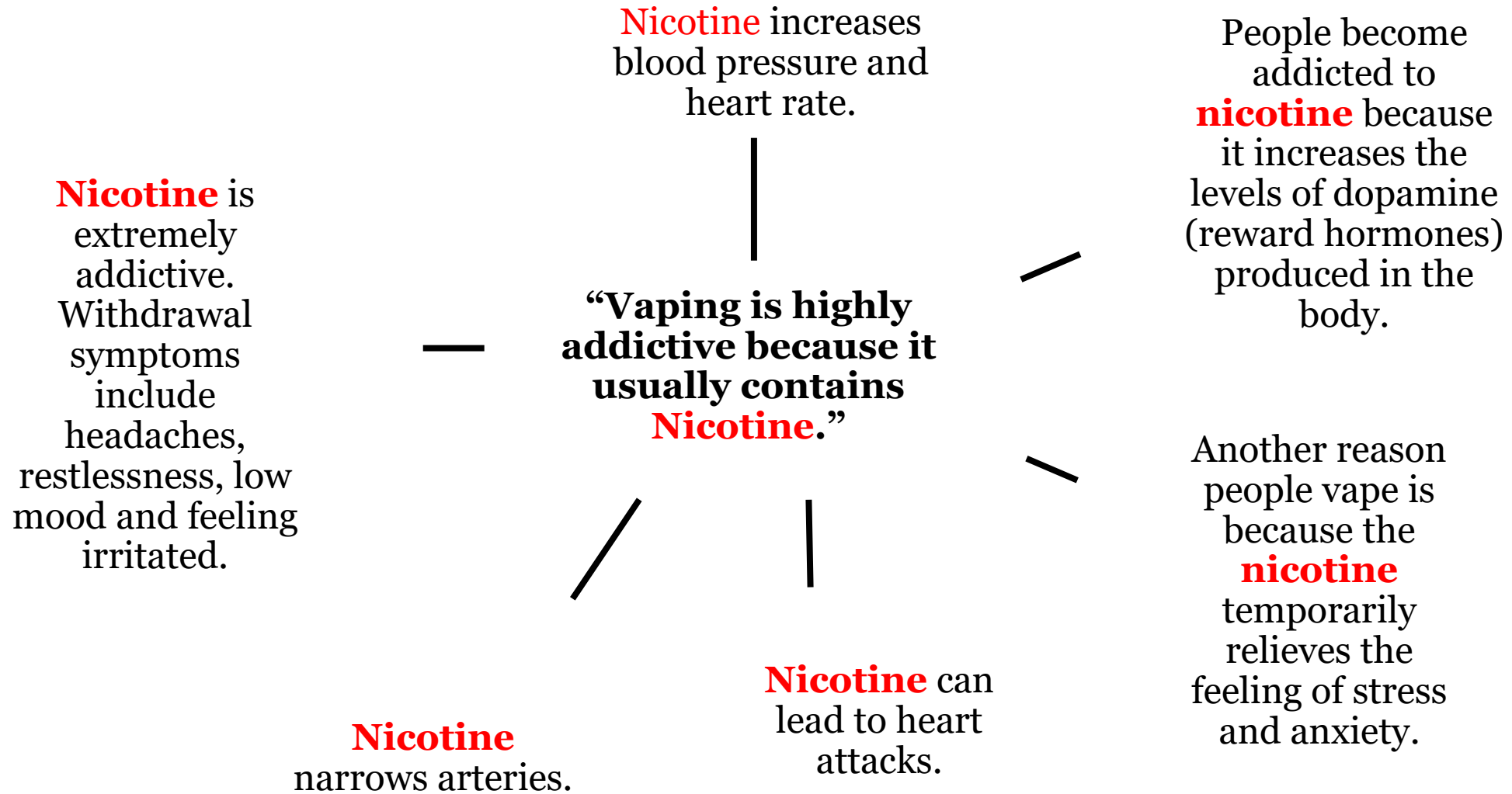


B) Vape pen





Nicotine and addiction



Case study - Lets have a look at a real-life story of the impact of vaping.

Watch the video:

<https://www.bbc.co.uk/news/health-50377256>





Ewan developed a condition called hypersensitivity pneumonitis - something he was breathing in was setting off his immune system, with catastrophic consequences.

It was six months before he was properly up and on his feet again.

"I'm still not back to normal, I'd say 75-80%, it's in the last six months that I'm feeling a bit stronger in myself," he said.

"Vaping has basically ruined me, I try to tell everyone and they think I'm being stupid, I tell my mates and they don't listen.

"They still do it... but they've seen what I've been through.

"Is it worth risking your life for smoking e-cigs?"

Student: “It’s my body and I’m not hurting anyone else by vaping.”

“Many young people unfortunately believe that the “vape cloud” disappears quickly and so does not harm others but research has shown that the aerosol that users inhale will expose not only themselves but also innocent bystanders to the harmful substances contained. This is bad especially if they are near others who are **asthmatic** as they will be negatively impacting these people, even if it is not intentional.”

Today we are learning about the dangers of vaping



UK law on vaping

- you must be **18** or over to buy e-cigarettes or e-liquids
- Illegal for vape retailer sells vapes, e-cigarettes or e-liquids to a minor (under 18 years), (£2500 fine)
- Illegal for vape adverts to include models who appear to be under the age of 25
- An adult is forbidden to buy a vape for a minor.



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Consequences of vaping

Negative consequences to your own health.

Negative consequences to the health of others around
you.

School sanctions

Contact your parents

Liaison with police

Isolation

A fixed term exclusion

You might lose a college placement

Vaping awareness course for pupils and
their parents.



Be ready

Be Respectful

Be Safe

Advice and support outside of school



FRANK

0800 77 66 00 talktofrank.com

Friendly, confidential drugs advice

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

**Aquarius - Birmingham Young People's
Service**

Aquarius.org.uk

0121 622 8181



Further support in school



Remember, if you are concerned or have questions, there is always someone you can speak to:

**Welfare office
(Mrs Monk and Mrs Griffith)
Mr Rodriguez
Your form tutor
Head of House**

Any trusted member of staff in school.





You are amazing

Because you have shown incredible resilience.

Because you live in a world of tremendous change,
very rapid change, and you adapt well.