

Vaping Key Messages



let's talk
Newcastle

Vaping

Key messages

- **If you don't currently smoke, don't vape.**
- Whilst vapes are not risk free, they pose a fraction of the risk of smoking tobacco and for adult smokers, they can be used as a tool to quit.
- Children under 18 should never vape and it is illegal to sell a vape to anyone under the age of 18.
- It's also illegal for adults to buy vapes for anyone under 18.
- Approximately 1.3 million disposable vapes are thrown away every week in the UK: enough to cover 22 football pitches.
- Vaping might make you feel dizzy, give you a headache, make you feel nauseous, mildly stimulated or relaxed.
- Vaping increases blood pressure and heart rate and can make you breathe faster.
- The effects of vaping are felt around 5 to 10 minutes after your first puff and last for 2 to 3 hours after your last puff.
- Most vapes contain nicotine which is addictive and can be hard to stop using once you've started.
- Mixing drugs with vaping is always risky.

Data

The latest data from the ASH-Youth 2022 survey of 11 to 18 year olds in England show that:

- current smoking prevalence (including occasional and regular smoking) is 6% in 2022, compared with 4.1% in 2021 and 6.7% in 2020
- current vaping prevalence (including occasional and regular vaping) is 8.6% in 2022, compared with 4% in 2021 and 4.8% in 2020
- most young people who have never smoked are also not currently vaping (98.3%)
- use of disposable vaping products has increased substantially, with 52.8% of current vapers using them in 2022, compared with 7.8% in 2021 and 5.3% in 2020

Vaping and the law

- It is illegal to sell nicotine vapes to anyone under the age of 18. Shops who sell vapes to children are breaking the law and can be prosecuted.
- Vapes are regulated in the UK. Shops that sell unregulated vapes are breaking the law.
- Actions can be taken against any trader selling vapes to underage customers or selling illegal products, including seizing products, written warnings to retailers and formal criminal investigations.
- To be legally sold in the UK, nicotine containing vapes must:
 - Contain 20 mg/ml or less of nicotine (equivalent to 2% or less)
 - Not have a capacity of more than 2ml in a single use cartridge
 - Carry the health warning 'This product contains nicotine which is a highly addictive substance.'
 - Be notified to the MHRA and listed on its website
- Illegal vapes can cause serious harm as they are unregulated and may contain unsafe levels of metals such as nickel, lead and other harmful substances.



Vaping – illicit Substances

- Nicotine is an addictive substance and you can become dependent on vapes, especially if you vape nicotine regularly.
- It is illegal to smoke vapes with other illicit substances. It is also illegal to sell vapes that contain illicit substances.
- Mixing drugs is always risky but some mixtures are more dangerous than others.
- Educational settings can access a series of lessons within [Pol-Ed](#) that can be linked to substance misuse and vapes to assist PSHE delivery.
- For more information on the risks of mixing vapes with drugs, visit the Frank website <https://www.talktofrank.com/drug/vapes#the-risks>
- For queries, concerns, service information or referrals to Newcastle and Treatment and Recovery and PROPS family support service, visit [Drugs and Alcohol | Newcastle City Council](#)

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props

Vaping – Exploitation

- The sale of illegal vapes "goes hand in hand" with organised crime, drug dealing and money laundering - and worrying trends show significant numbers of children smoking vapes, with vape addiction leading children into the criminal world.
- Illegal vapes, often given to children by gangs and drug dealers, are then being sold on school playgrounds by children exploited used as vape mules.
- County Lines – where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively), usually by children or vulnerable people who are coerced into it by gangs
- [Safeguarding Children - Newcastle Safeguarding](#)

Vaping – Key Resources and Information

- [Vaping | Children and Families Newcastle](#)
- [ASH-guidance-for-school-vaping-policies.pdf](#)
- [ADPH Fact Sheet](#)
- [ADPH Position Statement on Vapes](#)
- <https://www.talktofrank.com/drug/vapes#duration>
- [E-cigarettes: regulations for consumer products - GOV.UK \(www.gov.uk\)](#)
- To report underage sale of vapes or the sale of illicit vapes, visit the [Newcastle Trading Standards webpage](#)

Children and Young Adult Drug and Alcohol Services in Newcastle.

- [ntar-caya-information-leaflet.pdf \(cntw.nhs.uk\)](#)
- [PROPS - Family Recovery Service](#)