



# Smoking and Vaping

Presentation for Parents of School Age Students

To be used as part of the  online resource for young people



Hampshire  
County Council

# How many young people smoke/vape?

## England

- In 2018, just 6% of young people aged 15 years, smoked 1 or more cigarettes a week.
- A large majority of 11-18 year olds have never tried or are unaware of e-cigarettes (83%). This has barely changed since 2017.
- In 2020 16.4% of 11-18 year olds had tried vaping, compared to 15.4% in 2019.

## Hampshire

In 2017/18 only 2.7% of 11-15 year olds smoked regularly.

In 2018/19 15.3% of young people aged 11-15 had tried a vape

Data from: [190913-ASH-Factsheet Youth-Smoking.pdf](#), [YouthEcig2020.pdf \(ash.org.uk\)](#) Hampshire County Council Health and Wellbeing School Survey 2018/19, Public Health, Hampshire County Council, 2018, Smoking, drinking and drug use among young people in Hampshire in 2018

# Just some of the Risks of smoking

- Causes permanent damage to the lungs - 84% of lung cancers are caused by smoking.
- Smokers get more coughs/colds and have an increased risk of pneumonia.
- Increased blood pressure and increased risk of a heart attack or a stroke
- Smoking increases the chances of getting stomach cancer or stomach ulcers
- Smoking can age skin, make it look dull and lead to wrinkles
- There is an increased chance of bones being weakened (especially in women)
- Bad breath, discoloured teeth and gum disease can result from smoking
- There is an increased risk of infertility and cervical cancer

## Risks For Young People

- Starting a lifelong nicotine addiction with catastrophic consequences for health and finance
- Reduced concentration due to addiction, impacting on learning and focus in the classroom
- More time absent from school with coughs and colds
- Smoking leads to increased risk of moving onto other illicit substances
- Increased risky behaviour to 'conceal' smoking from adults in charge
- Increased risk of teenage acne and exacerbation of other illnesses i.e. eczema, asthma and psoriasis



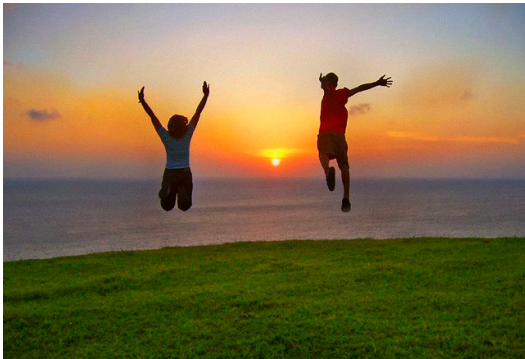
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# They know the risks, so why do young people smoke?

- Boredom
- Curiosity
- Because older family member's smoke
- To fit in with friends
- They think it will help with stress and problems – this is particularly the case for college students
- They think it will help them stay thin
- To be rebellious

# Benefits of quitting for all

- Increase in oxygen levels, leading to increased energy levels
- Improved sense of taste and smell
- Breathing becomes easier
- Risk of heart attack reduces
- Risk of lung cancer reduces



# Benefits Of Quitting For Young People

Young people often don't feel any ill effects from smoking. Focusing on other benefits of quitting is important:

- You will smell fresher and have better smelling breath
- You are likely to be better at sport
- You are likely to have clearer skin
- Saying 'no' builds confidence. You can be your own person.
- You will have more time
- You won't be falling for the tricks of tobacco companies
- You can protect the environment (cigarettes cause pollution)
- You will have more money for other things
- Easier when they enter a smokefree workplace

# What to do if your child smokes

- **Don't panic!** It is very likely that they will soon quit and even if they don't stop immediately, talking about the effects and different ways to quit will be helpful for the future
- Find a time to talk to them when there are no distractions
- Be calm and make them feel listened to
- Don't challenge their behaviour or interrupt them
- Ask why they smoke
- Ask how it makes them feel
- Don't lecture. When they are receptive, gently provide them with information on the *benefits* of quitting.
- Talk about the illnesses that they can 'avoid' by stopping.
- It is especially helpful with young people to explain how they can protect their appearance as smoking affects skin, hair and teeth. Find out what effects might be important to your them.
- If you smoke yourself, acknowledge the fact. Explain that you want a better, smokefree life for them.
- Be sure you don't 'support' them to smoke. Make your home and garden smokefree, don't allow them access to your cigarettes or provide money for them.
- Try to find out where they get their cigarettes to ensure they are not counterfeit/illicit which can be even more harmful. Report illicit tobacco to [Anonymous Reporting | Keep It Out \(keep-it-out.co.uk\)](https://www.keep-it-out.co.uk)

# What to do if your school age child wants to quit smoking

- Suggest they write down why they want to quit smoking . Place this list or write in a location that can be seen, easily accessed and added to
- Encourage them to set a quit day and mark it on a calendar. Make sure they don't have any events, such as a party, that will undermine their chances of success in the first few days.
- Remove temptation – Suggest they get rid of cigarettes, lighters. If you smoke make sure your cigarettes are not in sight.
- Remind them that 'cutting down' on smoking is not helpful as it makes the few cigarettes that they do smoke even more important to them and harder to quit. The best way is to stop suddenly..... not even a puff.
- If you are a smoker yourself, consider quitting with them. Help is available from [smokefreehampshire.co.uk](http://smokefreehampshire.co.uk) for FREE
- Wash the clothes that smell like cigarette smoke.
- Ask for help from your [smokefreehampshire.co.uk](http://smokefreehampshire.co.uk): Nicotine replacement patches, sprays and gum may be available to help your child quit.
- Ask your child what triggers their urge to smoke and how they can avoid them. Add a replacement, for instance a lollipop, mints or gum.
- Be prepared for your child to experience withdrawal symptoms. These may last from 2-4 weeks.
- If your child gives in, remind them that they have not failed and to keep going
- Celebrate success. Be encouraging, not judgmental
- Help your child to reward themselves every time they do not smoke



# E-cigarettes / vaping



- 95% less harmful than cigarettes, although not completely risk-free
- Vapes contain only a fraction of the chemicals found in cigarettes
- They come with or without nicotine in them. Whilst relatively harmless, the nicotine will still be addictive.
- For young people the key message is *'If you don't smoke then don't vape. If you do smoke, switching to a vape may be beneficial to your health'*
- Vapes are subject to age restrictions –NO Under 18s
- No evidence to suggest that they cause harm to others through second-hand vapour
- A useful for tool for quitting smoking, only if used exclusively (many people smoke cigarettes as well)
- Smokefree site policy includes vapes as it is difficult to differentiate the vapour and smoke. Also, to discourage use with young people as 'novelty item'
- There's no evidence to suggest that vapes increase likelihood of young people progressing to smoking tobacco
- Vapes should be used only with the correct charger and e-liquid sourced from a reputable UK company. Beware of young people buying online. In the US there are no restrictions on the levels of nicotine found in liquids.
- More information can be found [Using e-cigarettes to stop smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk)



# What if my school age 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 tobacco
- 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 & gum. Contact [www.smokefreehampshire.co.uk](http://www.smokefreehampshire.co.uk) to access these
- Remind them that it is important not to 'dual use' i.e. smoke and vape
- 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.
- Discuss their long term plan for quitting the vape
- Remind them of the UK age restrictions and the need to respect the law and school policy

## 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
- Ensure their vape is from a reputable UK supplier and charged safely at all times. Remind them of UK age restrictions and the need to respect the law.

# Benefits of a smokefree home

- A smokefree home is one where no-one EVER smokes in the house.
- Children who live in a household where one or more family members smoke are twice as likely to become smokers themselves.
- Opening a window is not sufficient as 80% of chemicals in smoke are invisible. Opening a window often blows smoke straight back in.
- Toxins from cigarette smoke get into house dust and overtime become more harmful
- Children who are regularly exposed are more likely to suffer from respiratory illnesses, get more coughs and colds and are more at risk of lung cancer and heart disease in later life.
- Make your home smokefree by taking at least 7 steps away from the door to smoke
- Consider quitting and get support from [smokefreehampshire.co.uk](http://smokefreehampshire.co.uk)

# Useful links



[www.smokefreehampshire.co.uk](http://www.smokefreehampshire.co.uk)

[Home | Smokefree \(www.nhs.uk\)](#)

[Quit smoking - Better Health - NHS \(www.nhs.uk\)](#)

[Tobacco | Effects of Tobacco | FRANK \(talktofrank.com\)](#)