

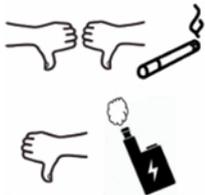
Information on Vaping for young people



This easy read tells you useful information about Vaping.



Vapes are electronic devices designed to allow people to breathe in vapour.



Vaping is bad for your health, but it is not as bad as smoking.



Most young people do not smoke or vape. If you start to vape, the nicotine in them can make it hard to stop.



Nicotine is very addictive- this means it makes you want to have it all the time.



Vaping can affect your moods and behaviour.



It can make you very cross and angry if you can't vape once you've started.



So it is better not to start.



Vaping can give you a sore throat, dry mouth, headache, or make you feel dizzy.



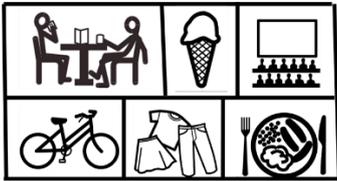
Some people can have other bad reactions.



Vapes have only been around a few years so we don't know what other problems they might cause.



Vapes cost money.



You could spend that money on something else.



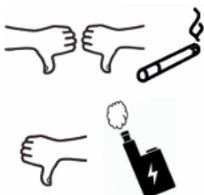
If you are aged under 18 shops cannot sell you vapes.



It is against the law.



Adults are not allowed to buy vapes to give to young people aged under 18.



If you already smoke and are over 18, vapes would not be as bad for your health as smoking.



But remember vapes are still bad for your health.



If you don't smoke already, don't start to vape.

Find out more



[Visit Talk to Frank.](#)



[Visit the NHS Better Health Website.](#)



This information was produced by Nottinghamshire County Council and [Nottingham and Nottinghamshire Smoking and Tobacco Alliance.](#)

Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:

Web: [Use our online contact form](#)



Telephone: 0300 500 80 80



Relay UK

Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



SignVideo

Sign Video

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

Links in this document

Talk to Frank- Vaping

talktofrank.com/drug/vapes

NHS- Better Health- Young people and vaping

nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/

Nottingham and Nottinghamshire Smoking and Tobacco Alliance

nottsmoking.co.uk

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

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