



Somerset
Council

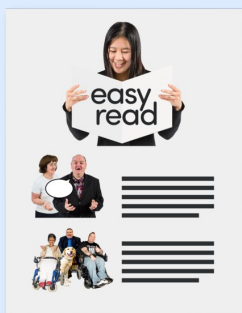
Smokefree
Somerset

Information about vapes and young people

If you don't smoke, don't vape.



Easy read booklet



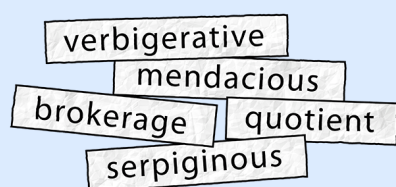
This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

words

Some words are **black and bold**. This means we think they are difficult words.



Black and bold words are thicker and darker. We explain what they mean in a box like this.



Some words are **bright blue**. These are links to websites or email addresses. You can click on these links on a computer.

Who we are and what this booklet is about



We are **Somerset Council**.

We run and make decisions about local services.



We work to make Somerset a healthy and happy place to live.



This booklet tells you about **vapes** and how they can affect **young people**.



Vapes are electronic devices that have special liquid in them. The vape heats the liquid up. When it gets hot, the liquid lets out a gas. When you use a vape, you breathe in the gas.



Young people means people under 25 years old.

About vapes



Vapes can be useful to help adults stop smoking cigarettes.



Vapes are not for

- people who do not smoke
- children.



Most vapes have **nicotine** in them.

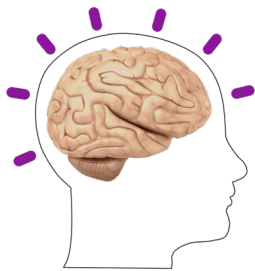


Nicotine is a bad chemical that makes you want to use your vape again and again. This makes it very hard to stop.

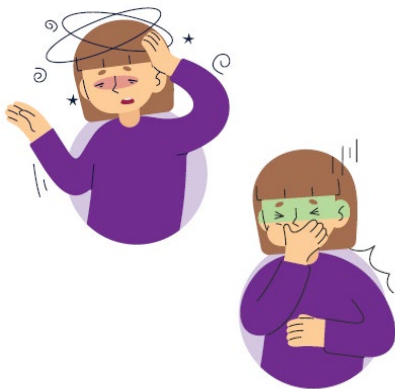
Nicotine and young people



The nicotine in vapes can affect young people in different ways.



Nicotine can damage young people's brains when they are still growing.



Young people who have nicotine for the first time might

- feel dizzy
- feel sick
- get a sore tummy.



Nicotine can make young people

- find it hard to concentrate
- feel stressed and worried
- change how they behave and feel.



If a young person vapes, then tries to stop or use vapes less they might get **nicotine withdrawal**.

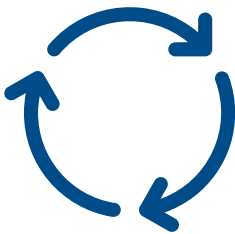


Nicotine withdrawal is when your brain and body feels bad because it does not have as much nicotine as it wants.



If you have nicotine withdrawal you might

- feel angry
- find it hard to sleep
- find it hard to concentrate.



This makes it very **addictive** to use vapes.

Addictive means something is hard to stop even if it is bad for you.



This means it is easy to start using vapes and very hard to stop.

The dangers of vapes

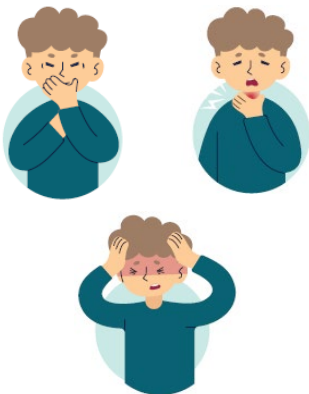


Some people think using vapes will make them feel better and less stressed.



This is not true.

Using vapes can make you feel more stressed and worried.



After young people use vapes they might get a

- cough
- headache
- dry mouth
- sore throat
- tight chest.



We do not know yet how using vapes will affect people's health over a long time.

Talking to young people

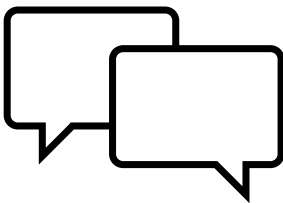


It can help to talk to young people about vapes.



It is important to

- choose a good time to talk
- find out what they already know
- listen to them
- tell them what you know
- talk about why someone might start to use vapes
- talk about what they could say if they are offered vapes
- say why you do not want them to use vapes
- make sure they know they can talk to you.



More information



Remember, most young people do not use vapes!

It is not trendy or cool to vape.



It is against the **law** to

- sell vapes with nicotine to anybody under 18 years old
- buy vapes for anybody under 18 years old.



The **law** says what we can and cannot do. It keeps people safe.



For more information

- point the camera on your mobile phone or tablet at this QR code
- go to this website
www.smokefreesomerset.org.uk

Thank you for reading this booklet.



Thank you to A2i for the words
www.a2i.co.uk (reference 42741)

The full version of this document is called
“Vaping Information Leaflet for Parents and Carers”