



# VAPES WORKBOOK

EDAS/REACH YOUNG PEOPLES DRUG & ALCOHOL SERVICES

**This workbook is for completion on your own or with support.**

**Speak to your keyworker if you feel you may need support  
with this workbook. They will be able to advise  
on the best person to help.**

# What you need to know about Vapes



Using a vape is known as **vaping**. Vapes are electronic devices designed to allow people to inhale **nicotine in a vapour**.

Vapes work by heating a solution (e-liquid) that typically contains **nicotine** and **other chemicals**.

The vapour is inhaled then breathed out as a cloud. The size of the cloud depends on the device and e-liquid used.

## E-cigarette cartridges contain:

- › **Nicotine**, a stimulant drug that speeds up the messages travelling between the brain and the body.
- › **Propylene glycol**, which is used to make antifreeze, paint and the artificial smoke in fog machines.
- › **Flavourings** to produce the different scents that the vapour has.



## Vapes are also called...

e-cigarettes, e-cigs,  
e-hookah, e-liquids,  
puff bars, vape  
pens, vape pods,  
vape sticks



# Types of vaping devices



› Vape bars shaped like a highlighter pen (usually disposable but sometimes rechargeable and refillable with e-liquid capsules)

› Compact pod devices shaped like a flash drive or pebble (either disposable, or rechargeable and refillable with e-liquid capsules)

› Vape pens with a tank you fill with your choice of e-liquid, and a replaceable coil and rechargeable battery

› “Cigalikes” designed to look like a cigarette (either disposable, or rechargeable and refillable with e-liquid capsules)

› Customisable devices with variable power (these are more difficult to use and need more maintenance)

## E-liquids



Liquid for use inside an e-cigarette is called *e-liquid*, *e-juice*, or *vape juice*.

E-liquids may contain nicotine, as well as chemicals and flavouring. There is no guarantee that an e-liquid labelled ‘non-nicotine’ does not contain nicotine. It may also not be possible to know what other chemicals are contained in the e-liquid.

# What the chemicals do to your body...



›When you vape, the nicotine in the vape is what gives you the buzz.

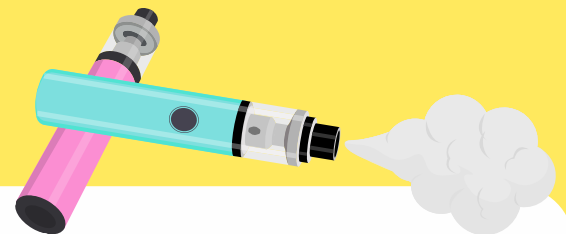
This feeling comes from a release of adrenaline which stimulates the body and causes your **blood pressure and heart rate to increase**, making you breathe faster.

›Nicotine also activates areas of your brain that are involved in producing feelings of pleasure and reward.

## How long do the effects last?

›The effects peak 5-10 minutes after your first puff

Depending on the type of device and nicotine strength, the first effects begin within a few minutes and peak at 5 to 10 minutes after your first puff.



›The effects last two to three hours after your last puff

The effects continue to increase while you use the vape and may carry on building for 5 to 10 minutes after your last puff, falling steadily over the next two to three hours.



# Vaping and You

**Why did you first start to use vapes?**

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**Why did you continue vaping?**

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**Does your vaping put your health at risk? If so, how?**

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**How does your vaping affect you financially?**

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# How does it make you feel?

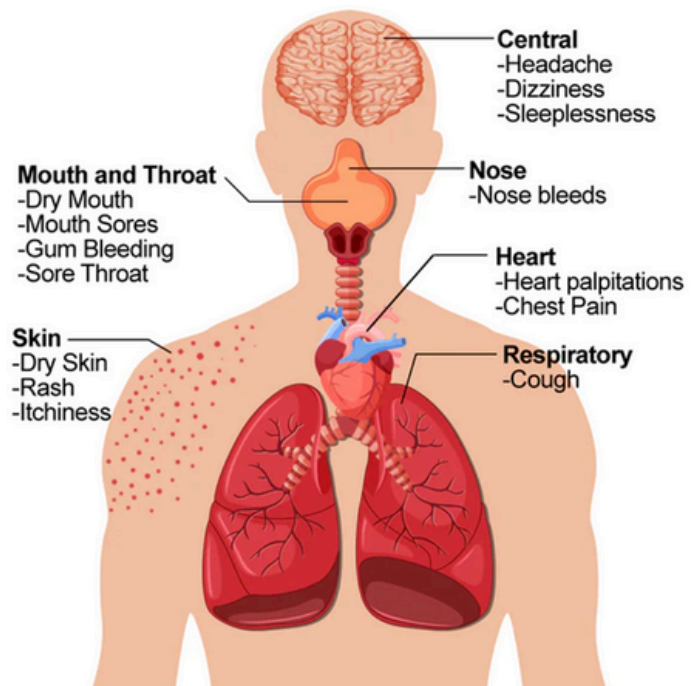
People who use nicotine regularly build up a tolerance to the immediate short-term effects so after a while you might feel:

- ›mild stimulation
- ›increased ability to concentrate
- ›relaxation
- ›temporary reduction in the urge to vape



## What are the side effects of vaping?

- ›respiratory issues
- ›mouth and throat issues
- ›headaches and dizziness
- ›heart disease, heart attack, stroke
- ›muscle tension and pain
- ›breathing difficulty





# Vaping and You

How does vaping make you feel? Circle the ones that apply to you and add any others you would like:

Relaxed

Stimulated

Buzzed

Delighted

It can also have physical and behavioural effects. Do any one of the following happen to you? Tick them if they do:

- ☐ make you dizzy
- ☐ make you feel nauseous
- ☐ give you a headache
- ☐ make you feel anxious
- ☐ make your heart race
- ☐ make you feel weak
- ☐ give you stomach cramps
- ☐ make you feel like you can't breathe properly

Vaping affects people differently, but most users feel:

- stimulated
- relaxed
- enjoyment

Does this happen to you?

☐ Yes ☐ No

Some people become:

- agitated
- nauseous
- dizzy

Does this happen to you?


☐ Yes ☐ No



# Can you get addicted?

**YES!** Nicotine is a **highly addictive substance** and you can become dependent on vapes, especially if you vape nicotine regularly.

Giving up nicotine can be difficult because the body has to get used to functioning without it.



›When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of withdrawal.

People may keep using tobacco products or vapes to help relieve these symptoms, making it hard to give up vaping completely.

## What are the physical health risks?



›Vaping can be substantially less harmful than smoking **but that doesn't mean it's always harmless.**

›E-cigarettes and vapes can contain **toxic substances like arsenic, aluminum, and lead**, which can negatively impact brain function, as well as overall health.

›Vaping isn't recommended for children and young people under 18 as nicotine may be riskier for young people than for adults and there's evidence that in adolescence the brain can be more sensitive to its effect.





# Vaping and You

**Have you become more prone to side effects of vaping e.g: coughing, dry mouth and throat, shortness of breath, mouth and throat irritation, headaches? Please explain how you have changed since you started using, if at all.**

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**Has vaping affected your health so far? If so, how?**

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**How easy do you think it was/will be to give up vaping? Why do you think this was/is the case?**

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**Did you become addicted to vaping quickly and were you surprised by this? If so, why?**

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# Why is nicotine unsafe?



›Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.

›Nicotine changes the way connections form in the brain.

›Using nicotine in adolescence can interfere and harm the parts of the brain that control attention, learning and impulse control.

›Nicotine can increase anxiety, mood swings, and irritability.

›When a new memory is created or a new skill is learned, stronger connections or *synapses* are built between brain cells. Young people's brains build synapses faster than adult brains and nicotine changes the way these synapses are formed.

›Using nicotine in adolescence may also increase the risk for future addiction to other drugs.

## Nicotine and Mental Health

›Nicotine withdrawal symptoms include mood swings, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, increased stress levels, and craving nicotine, all which can have a negative impact on mental health.



Recent studies reveal a troubling link between vaping nicotine and mental health. In fact, the nicotine in vapes can worsen anxiety symptoms and amplify feelings of depression.

**Quitting vaping is shown to improve stress levels.**



# Vaping and You

**Do you have any concerns about your health after learning about the health risks of vaping?**

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**What do you think are the consequences of continued vaping with regards to yourself?**

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**What are the consequences of continued vaping with regards to other people?**

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**What can you do to help overcome these consequences?**

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# Counterfeit Vapes



Counterfeit vapes **often exceed legal nicotine levels** and **contain unknown substances**. They often contain 50mg of nicotine - that's 150% more than legally permitted for adults.

## Why are they Dangerous?

### Some of the devices on sale:

- Exceed legal nicotine levels (over 2% or 20 mg)
- Contain too much liquid (over 2 ml)
- Are incorrectly labelled and have no traceability
- May contain banned substances
- Are associated with organised criminal gangs and fund other criminality
- Are easily accessible to under 18's
- May lead to undesirable contact between buyer and seller



## Added Risks

- › Since counterfeit vapes often contain excessive amounts of nicotine **this can increase the risk of becoming dependent on it.**
- › **This excessive amount of nicotine is highly addictive** and can cause many negative health effects, especially in those under 18, as the brain is still developing.
- › There is also no way of knowing what **potentially dangerous chemicals or banned substances** are used in these types of vapes.

# Environmental issues to be aware of



Vaping packaging, accessories, and equipment such as cardboard packaging, plastic vape wrappers, removable stoppers, batteries, and residual liquid are often found littered, which can be highly contaminating for the environment.

## The Law

Alarmingly, disposable vapes are becoming increasingly popular amongst secondary school children, despite the law restricting their sales to over 18's only.

**Vaping devices of any kind should NOT be:**

- Sold to anyone under 18, or
- Bought for anyone under 18

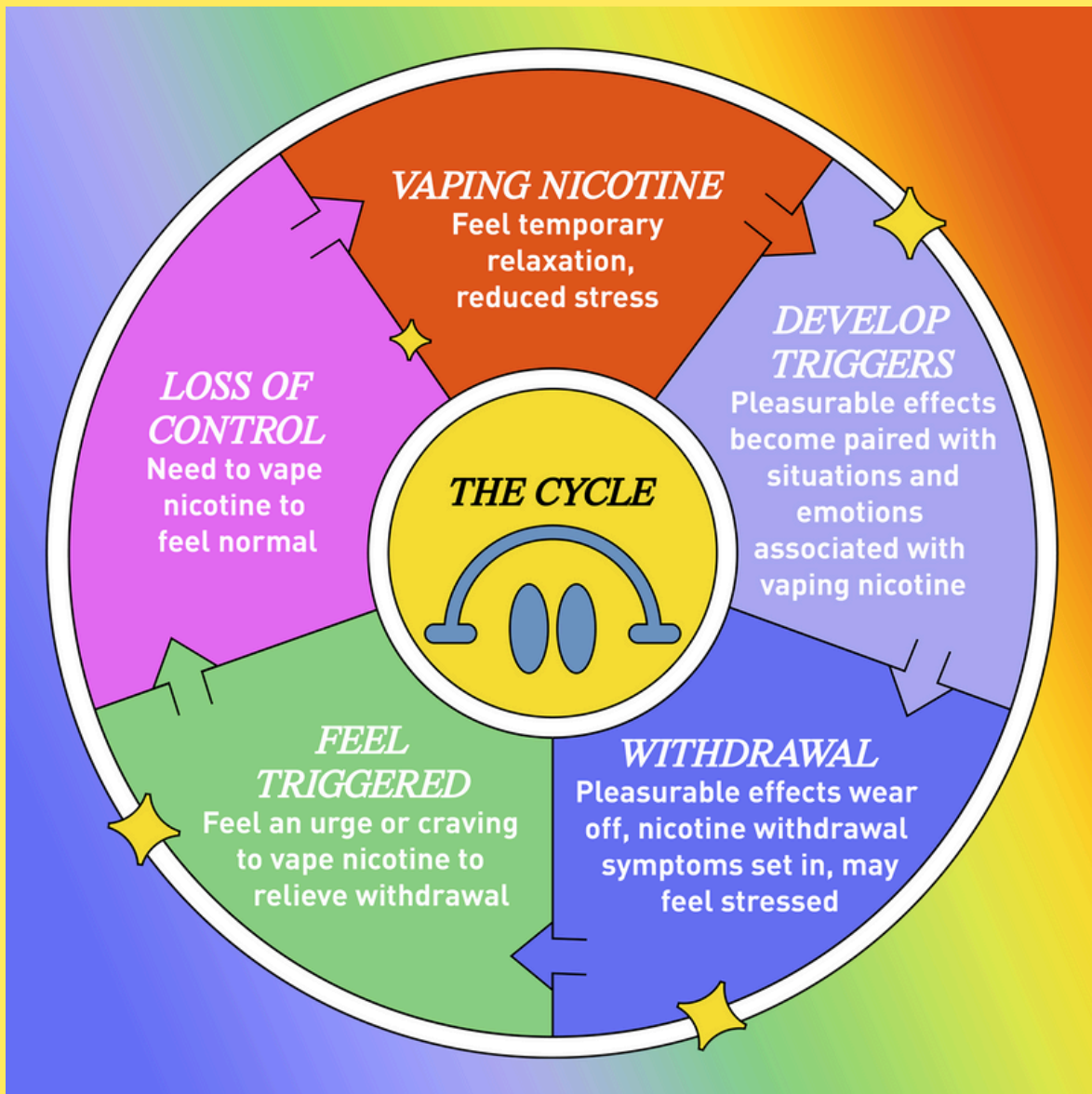
**It is a criminal offense to sell nicotine vapes to under 18's.  
It is a criminal offense for adults to purchase nicotine vapes on behalf of under 18's.**





# The Cycle of Use

Most habits usually develop into a cycle, which is similar to a washing machine cycle (**wash, rinse, spin, and back to wash again**). Heavy nicotine and vape users often get cravings and find it hard not to keep vaping.



The reason why quitting vaping and any other nicotine products for good is so hard. The cycle of **vaping, experiencing triggers, withdrawal symptoms, cravings, and vaping again** can repeat over and over.

If you want to give up vaping, you have to **interrupt this cycle** by avoiding vaping nicotine again so the cycle won't be initiated over and over.



# Vaping and You

## What are your triggers?

If you are trying to stop or reduce the amount you vape, a useful strategy for handling cravings/urges is to avoid situations with strong personal triggers that will make you feel the urge to vape.

**Triggers** are feelings or events that cause strong thoughts about wanting to vape. They can be internal (certain moods or feelings) or external (sitting down to watch TV, listening to music, or having a visit from friends).

**High-risk situations** include times and places where you usually vape. For example, if you usually do it with certain friends, then you will probably feel like a doing it whenever you are with them.

**What are your internal (thoughts and feelings) high-risk situations and triggers?**  
e.g. bored, stressed, angry...

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**What are your external (situations and places) high-risk situations and triggers?**  
e.g. someone offers me a vape, seeing my friends vape, watching people vape on TV

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# Quitting Vaping



Quitting vaping isn't easy. It's a difficult process that could take weeks or even months, and the day-to-day will be tough, but the withdrawal symptoms are temporary, and it will get easier.

Each day you go without your vape is a day closer to a healthier, happier you. If you chose to quit, stay optimistic and focused on why you decided to do it.

## Tips to help you avoid triggers and cravings

- **Distract yourself.** Staying busy and keeping your mind occupied is a great way to keep triggers at bay.
- **Limit social media.** Especially accounts that may feature vaping.
- **Stay healthy.** Get plenty of rest, eat balanced meals, and take time out of your day to exercise.
- **Ask for help.** If you need to ask for support, don't hesitate to reach out to friends, loved ones, a professional, or someone you trust.

**REMEMBER:** Slip ups are not failures. Don't beat yourself up and risk ruining your progress over a small hiccup. If a slip up happens, pick yourself up, dust yourself off, and keep pushing forward.

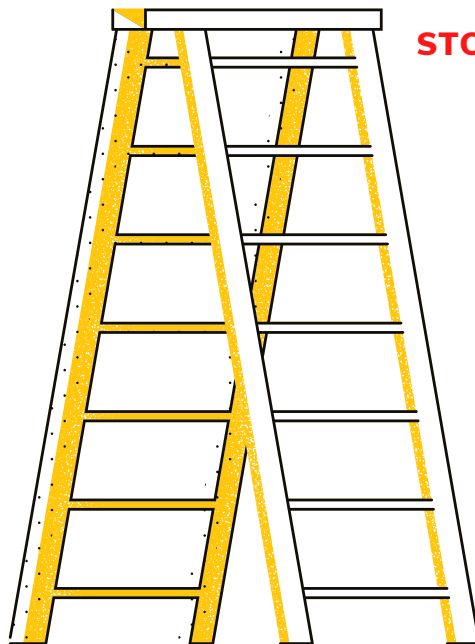
## Quitting tip

Let's practice quitting tonight.  
For one time when you'd normally vape,  
find 3 **red** things around you. Then 3 **blue** things.  
Then 3 **green**. Then another color.  
See how long you can go  
without vaping before bed.



# Vaping and You

## THE LADDER OF CHANGE



**STOP USING**

**CONTROL USING**

**CONTINUE AS NORMAL**

**Where do you see yourself on the ladder?**

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**Where would you like to be on the ladder and why?**

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**How will you get there?**

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# Vaping and You

## COST BENEFIT ANALYSIS

Using this **Decision-Making Model** you can learn to think through all aspects of why you are making a decision to change or to not change.

The purpose of this model is for you to **become more aware** than you may be now so that you can make an **'informed choice.'** Having a choice is really important because it means that you have real power in your life.

You can easily learn how to change things that aren't so good for you and take responsibility for your actions.

List the **POSITIVES** of vaping.  
(e.g. what are the benefits and rewards for doing it)

List the **NEGATIVES** of vaping.  
(e.g. what don't you like about it during or afterwards, what bad consequences happen)

List the **POSITIVES** of **NOT** vaping. (e.g. what **do** you like about **not** vaping)

List the **NEGATIVES** of **NOT** vaping. (e.g. what **don't** you like about **not** vaping or what bad things happen)



# Vaping and You

## CHANGE PLAN SHEET

What do I want to change (this could be anything!)	
The reasons I want to do this are:	
To do this, I will need to take these actions	
People who could support me in this area	
What are my possible obstacles to change?	
How will I deal with obstacles?	
I will know my plan is working when....	





# Need Support?

For further support and advice contact the **EDAS/Reach Young Peoples team. We are here to help!**

We are a specialist free and confidential alcohol and drugs support service for under 25s living in the county of Dorset. We offer non-judgemental advice and information about how to keep safe and discuss potential treatment and support options.

Get in touch with us on 01202 741414 or 0800 0434656 - option 2.



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