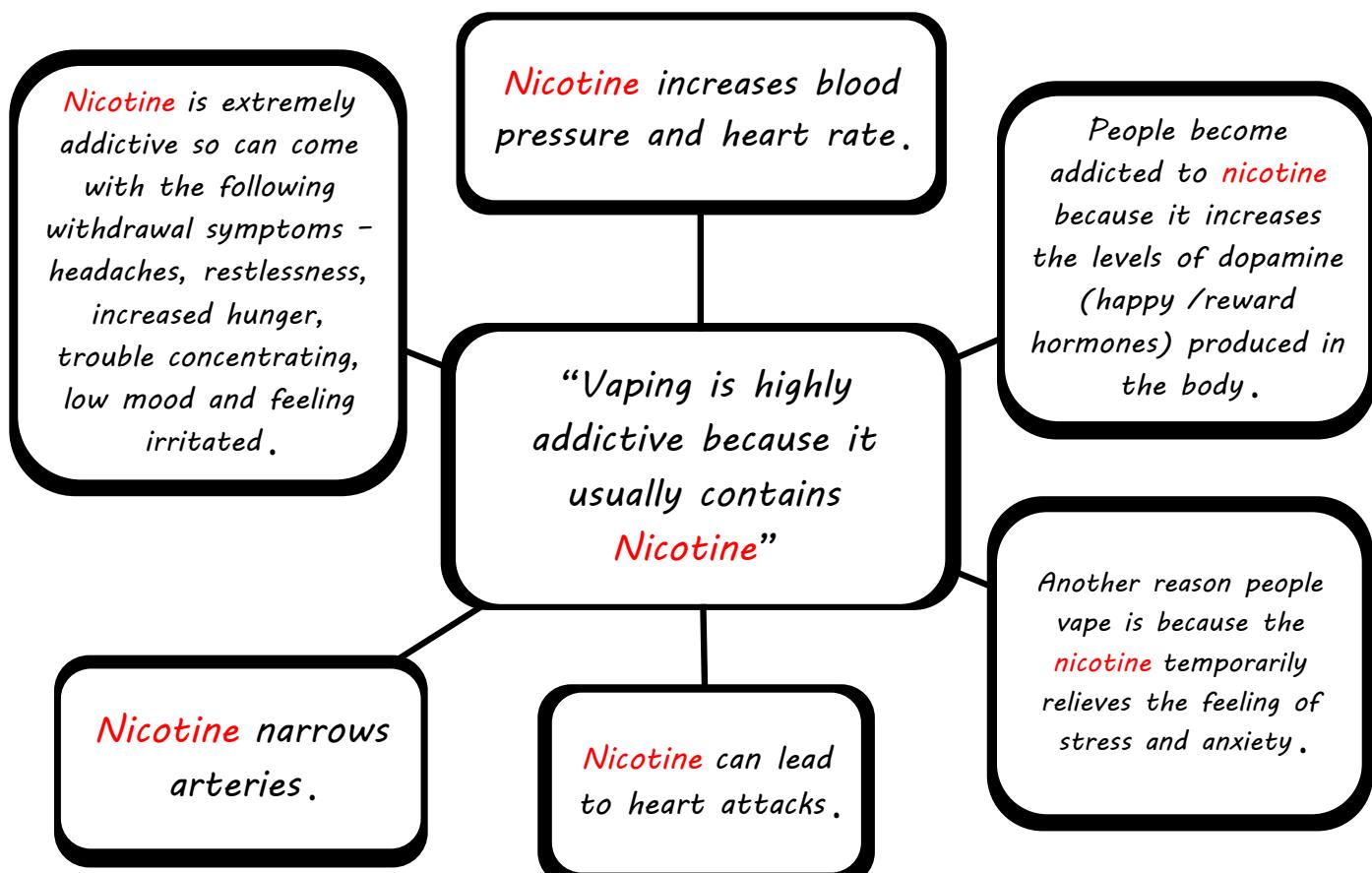


# Vaping and the Risks

'Vaping' is the term used for inhaling vapour through an E-Cigarette or other electronic vaping devices. The device operates by heating a pod of liquid that turns into vapour. This liquid usually comes in appealing flavours such as chocolate, strawberry and spearmint to name a few. In the UK, you must be 18 years old to legally buy vape products.

Many people are switching from smoking traditional cigarettes to e-cigarettes, as they believe it's a healthier alternative. This can be a huge misconception, because most vape products contain nicotine which is a highly addictive substance. It is beneficial for vaping companies to use addictive substances in their products to help them increase their sales and profits.



# Vaping and the Risks

Some people argue that there are vape products available with no nicotine content, this is true, however, these are also unsafe. These products still have chemicals in them which can irritate the lungs. An FDA analysis on two leading vape brands discovered harmful chemicals in the liquid pods. One of the chemicals that was discovered was diethylene which is a chemical that is used in anti-freeze!

Vaping is becoming increasingly popular among teenagers, and it's hardly surprising with the glamorous advertisements that show youthful models, positively promoting these products. The advertisements are often brightly coloured and are accompanied with social media hashtags to encourage young people to join the 'trend'.

Another challenge for young people is that vaping has become a craze, and there may be some peer pressure to 'fit in'. It is important that you are around friends that you feel comfortable saying 'no' to, or if you are feeling uncomfortable that you are able to leave the situation and speak with a trusted adult.



# Vaping and the Risks

---

1. What is vaping?

---

---

2. How old do you have to be to legally buy vape products in the UK?

---

---

3. Most vaping products contain nicotine, is this chemical addictive?

---

---

4. List 3 different ways that nicotine can be harmful to the body.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Vaping and the Risks

---

5. What other harmful chemical did the FDA find in some vape products?

---

---

6. How does advertising promote vaping to young people?

---

---

---

7. What is 'peer pressure'?

---

---

---

8. What can you do if you are feeling peer pressured into vaping?

---

---

---