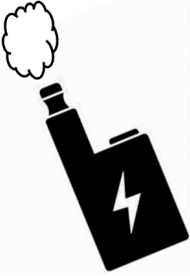


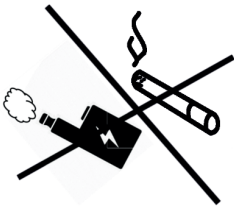
# Information on Vaping for young people - easy read



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.



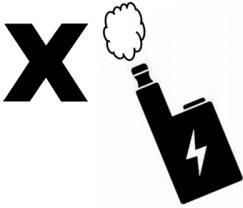
If you start to vape, the nicotine in them can make it hard to stop.

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



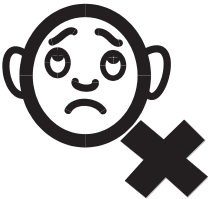
So it's better not to start.



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.



**Under 18  
years old**

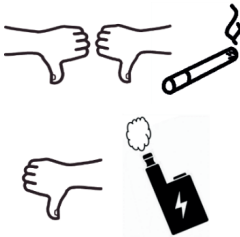
If you are aged under 18  
shops cannot sell you vapes.

It is against the law.

**X**



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



If you already smoke and you 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



To find out more go to:

## **Talk to FRANK**

[www.talktofrank.com/drug/vapes](http://www.talktofrank.com/drug/vapes)



Scan the QR code  
to go to the website

## **Young people and vaping - Better Health - NHS**

[www.nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/](http://www.nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/)



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to go to the website