



AMPLEFORTH
COLLEGE

Vaping: A Guide for Parents



Helping parents to understand the risks of vaping, how to identify vaping paraphernalia and what the school rules are regarding vaping.

What is Vaping?

Vaping is the act of inhaling vapor using devices like e-cigarettes, e-hookahs, mods, and vape pens. Vaping devices turn nicotine, flavourings, and other chemicals in vape liquids into smoke or “vape” that is inhaled. We do not yet know the long-term damage that vaping may cause.

It is against school rules to have any vaping device or associated paraphernalia in school and to vape inside or outside on school premises. A student caught with a vape or vaping may be drugs tested.

Why is Vaping Unsafe?

Most E-cigarettes contain nicotine which is highly addictive and can harm adolescent brain development. E-cigarettes can also contain other harmful substances besides nicotine including illegal drugs such as marijuana.

Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

E-cigarette aerosol is NOT harmless “water vapor.” The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavourings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances.

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

Some e-cigarettes look like regular cigarettes but some look like USB flash drives, pens, and other everyday items.

Vapes are easy to hide and students often try to hide them in pencil cases, toiletry bags or with other items of tech.

E-cigarettes come in various flavours, including fruit, candy, mint, and menthol.

A study from 2013-2014 showed that most young people who use e-cigarettes first start with a flavoured variety, and flavours are the primary reason young people report using e- cigarettes. In 2020, most young people who reported using e- cigarettes used flavoured varieties (82.9%)._ Among school-aged students who currently use any type of flavoured e-cigarettes in 2020, the most commonly used flavours are fruit (73.1%), mint (55.8%), menthol (37.0%), and candy, desserts, or other sweets (36.4%). Vaping releases the aroma into the room so parents should be mindful of any powerful smells.

Vape Devices

It can be hard to identify Vape devices as they can look entirely innocuous or often just like a USB stick. The following images may help you to identify any vaping paraphernalia that your child has. JUUL and SMOK seem to be most popular with younger vapers. Some devices like the JUUL use small pre-filled pods of liquid others, like the SMOK device require bottles of vape liquid to refill. Both devices are under £20 and available to buy online or in many petrol stations or supermarkets. Afenix is a popular retailer of liquid and pods. Disposable e-cigarettes are also now on the market. An unusual or unidentified charger is also be something to look out for.





Vape Juice, e-Liquid and Nicotine Salts

Flavour is just one of the ingredients in e-liquid. Vape juices usually include nicotine and many other additives and chemicals; the unpredictable variety of ingredients is a problem. Even the heating coil, which allows the liquid to become an inhalable aerosol, releases new chemical substances and trace metals that go into the user's lungs.

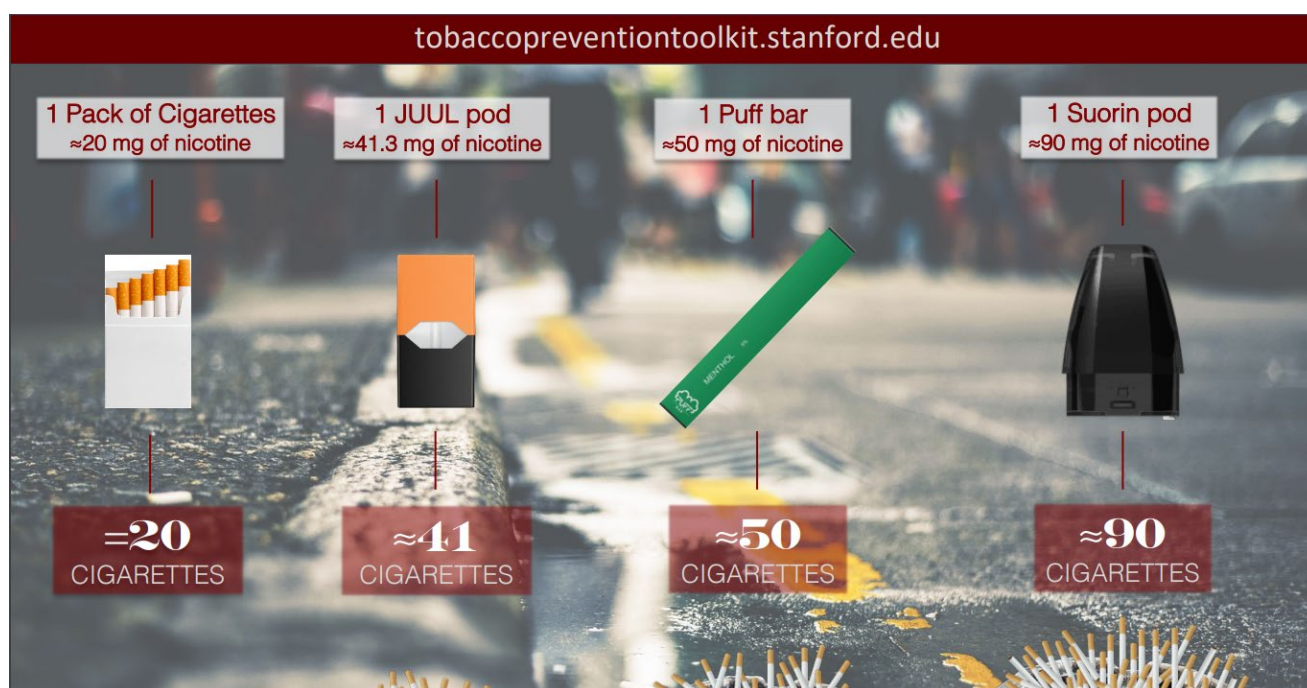
"There are so many ingredients in e-liquids, and to date, no one is taking responsibility to account for them," notes Johns Hopkins' cardiologist Michael Blaha. He explains that while there may be production standards for commercial e-cigarette companies, standards for vape shops, off-brand online vendors or "homemade" vape juice blends are less consistent.



“Vape juice can contain a variety of things that could be toxic,” Blaha says. There can be flavours, dyes, nicotine, THC (the ingredient in marijuana that causes a “high”) and other substances. “There are all kinds of concoctions,” he says. “For example, there are reports that people may put essential oils, multivitamins or traces of medicines into e-liquids.”

Equivalence between vaping and cigarettes

The liquids come in a range of strengths. Levels range from 0mg/ml of Nicotine to 18mg/ml moving up in increments: 3mg, 6mg, 12mg and 18mg, although even higher strengths are available from some retailers.



Advice from Dr Black, Ampleforth College doctor

1. We do not have long term evidence that vaping is safe and there may be unknown consequences. The industry that provides the products does not have the users' best interests at heart. We need to learn from the history of tobacco.
2. Nicotine has adverse effects on the blood vessels throughout the body raising blood pressure and it also affects brain development. It can also cause problems with mood, attention, learning, etc...
3. Nicotine is very addictive. So, when it is no longer being taken the body craves it and does not function like for someone who is not addicted.
4. Other products may sensitize the lungs and cause allergies or asthma. Substances that are safe in food are used in vaping, but this does not mean they are safe to inhale.

Vaping, e-cigarettes and the law

Vaping and e-cigarettes come under the same law as smoking. This law says that it is illegal to sell tobacco products to someone under 18. It is also illegal for someone else to buy them for you if you are under 18.

It isn't technically illegal for a young person to carry an e-cigarette but if they are caught in public the police can confiscate it from them. They are allowed to do this under the age of 16 in England and Wales or under 18 in Scotland and Northern Ireland.

If you have any concerns that your child is vaping, please do speak to them and share your concerns or contact their Houseparent for more advice.

Link to video:



Fact sheets:

- [Know your stuff: Vaping - The Wellbeing Hub](#)
- [Know your stuff: Nicotine pouches - The Wellbeing Hub](#)
- [Facts you need to know about vaping - The Wellbeing Hub](#)

Videos/Podcast:

- [What you need to know about vaping and e-cigarettes - The Wellbeing Hub](#)
- [Vaping guide: What parents need to know - The Wellbeing Hub](#)
- [Vaping addiction: what to know, what to do, and what to look out for - The Wellbeing Hub](#)
- [Vaping workshop: the latest research on E-cigarettes and their use by young people - The Wellbeing Hub](#)

Article:

- [Have you heard of nicotine pouches and are they the latest teen craze? - The Wellbeing Hub](#)

KNOW YOUR STUFF

NICOTINE POUCHES

AKA: snus, nicopods, smokeless tobacco plus brand names



WHAT IS IT?

Small porous parcels that contain nicotine, flavourings and other filler ingredients (but not tobacco). Placed between the lip and gum where they dissolve and release nicotine into the saliva to then be absorbed into the bloodstream. Usually sold in small tins.

THE HIGHS

Causes a surge of adrenaline which increases alertness, breathing and heart rate. Also activates the area of the brain involved in pleasure and reward. Smoke-free, and some people believe they can help smokers quit.

THE LOWS

Immediate effects can include discomfort in the mouth, dizziness, nausea, racing heart, and headache. Nicotine interacts with many drugs, including some medicines.

While nicotine pouches are smoke-free and therefore regarded by many as less dangerous than smoking, there is no evidence that they work as a quit aid. This may be because it takes up to half an hour for nicotine levels in the body to peak, which means it doesn't ease cravings. In some cases, nicotine pouches have seemed to make quitting smoking more difficult.

Tolerance to nicotine builds quickly, meaning someone is likely to use more to get the same effects as they did previously. This increases the risk of addiction, which in turn means that if someone goes without they may experience withdrawal symptoms such as cravings, mood changes, and difficulty concentrating. Younger people are particularly vulnerable to becoming addicted because of the changes that are already happening in their brains in adolescence.

At the time of writing, some brands of nicotine pouches had introduced their own restrictions on age of sale and included warnings on product packaging, but on a voluntary basis. The proposed Tobacco and Vapes Bill, currently moving through government, looks to extend the current regulations that apply to cigarettes and vapes – such as a ban on sales to under 18s, and restrictions on product packaging and displays in shops – across the UK.



For more information go to:

FRANK

<https://www.talktofrank.com/drug/nicotine>



DSM foundation
The drug education charity

www.dsmfoundation.org.uk

—The—
**Wellbeing
Hub**

—from Teen Tips—



www.teentips.co.uk

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