

# Dangers of Vaping

Health & Wellbeing

S

J

loving hopeful  
attentive learned curious  
faith-filled wise  
**generous** learned **grateful**  
eloquent prophetic discerning  
intentional compassionate  
truthful active

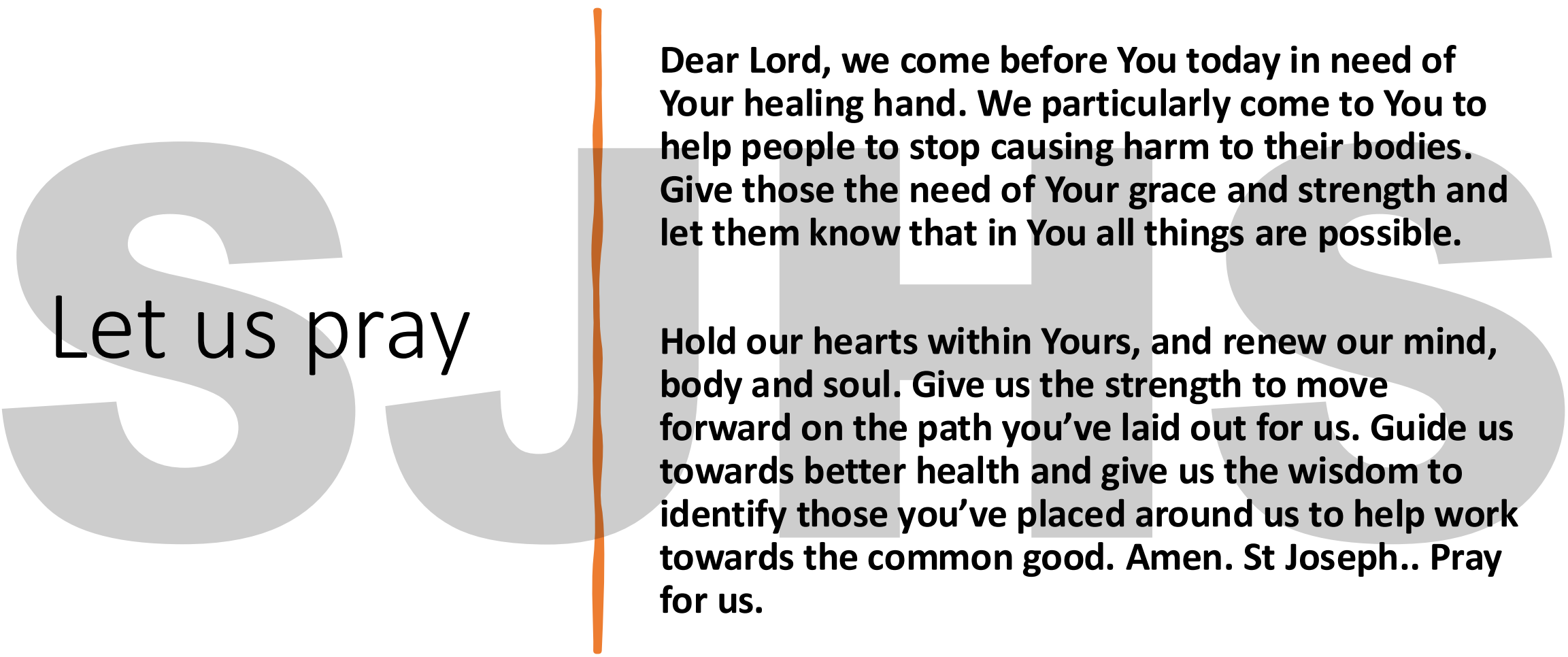


UN Children's Charter of Human Rights No. 33: Protection from Harmful drugs



UN Children's Charter of Human Rights No. 40: Children who Break the Law



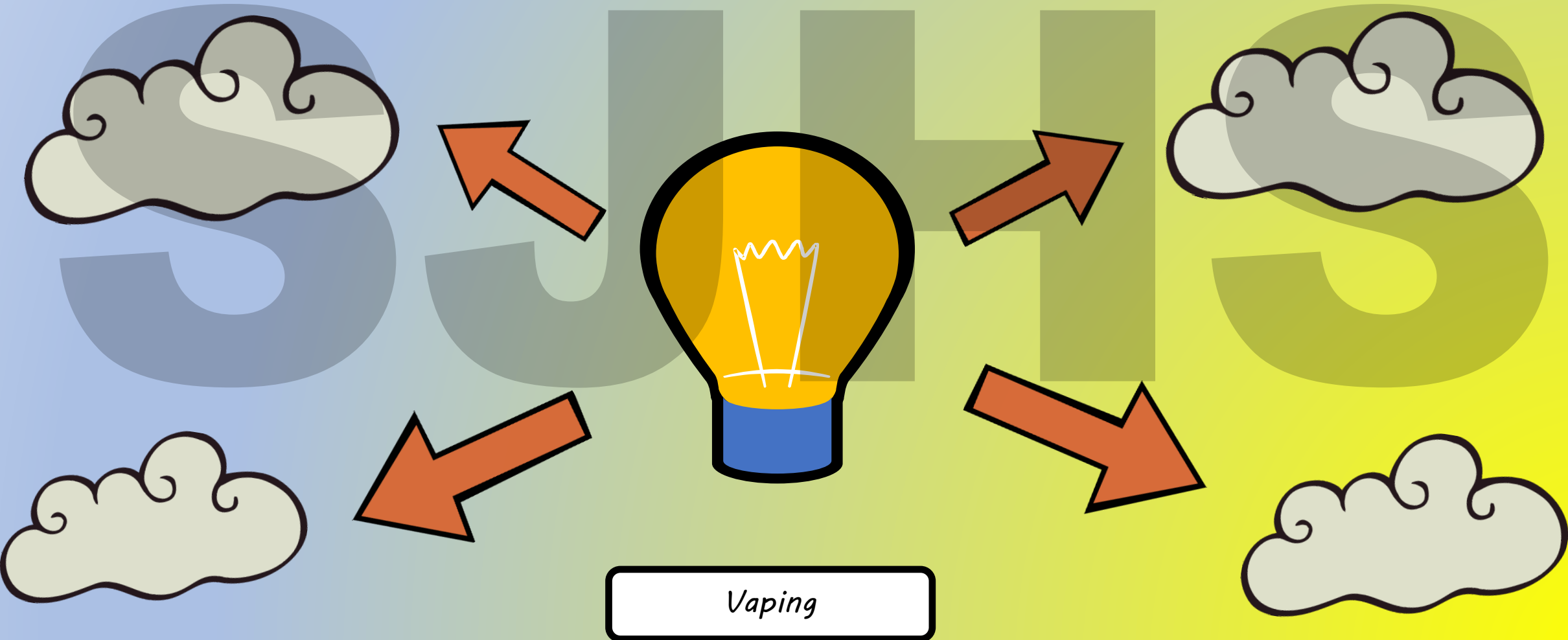


**Dear Lord, we come before You today in need of Your healing hand. We particularly come to You to help people to stop causing harm to their bodies. Give those the need of Your grace and strength and let them know that in You all things are possible.**

Let us pray

**Hold our hearts within Yours, and renew our mind, body and soul. Give us the strength to move forward on the path you've laid out for us. Guide us towards better health and give us the wisdom to identify those you've placed around us to help work towards the common good. Amen. St Joseph.. Pray for us.**

*Activity: Discuss anything you already know about vaping.*



# *What is vaping?*

E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.

E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.

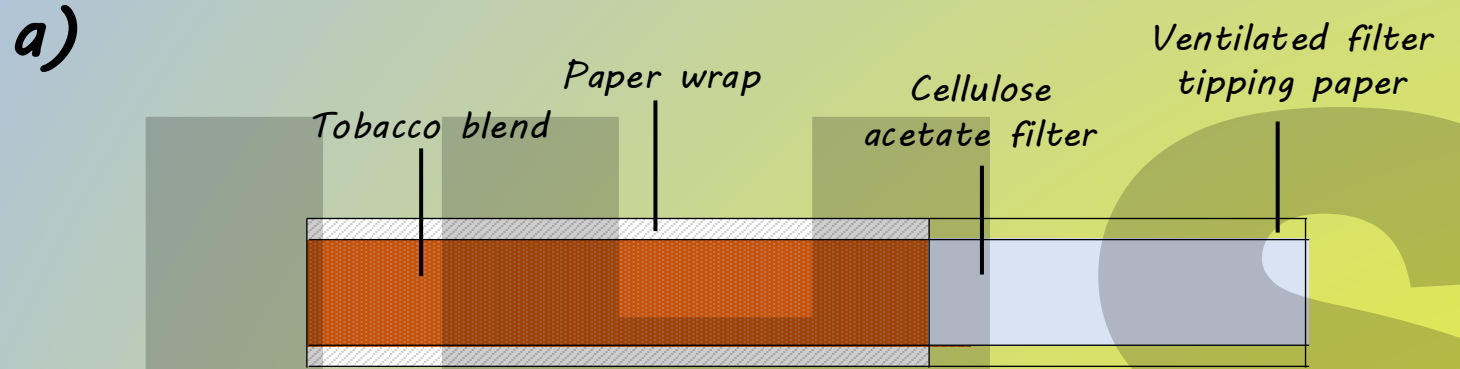
Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.

E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”

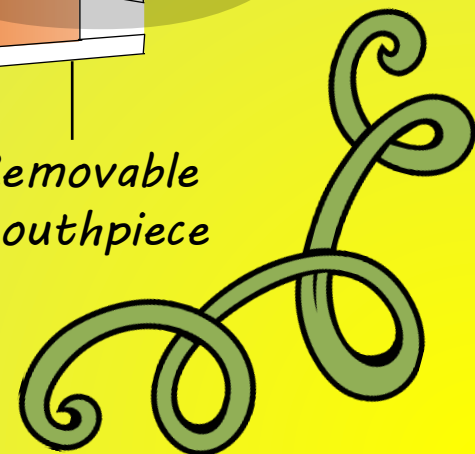
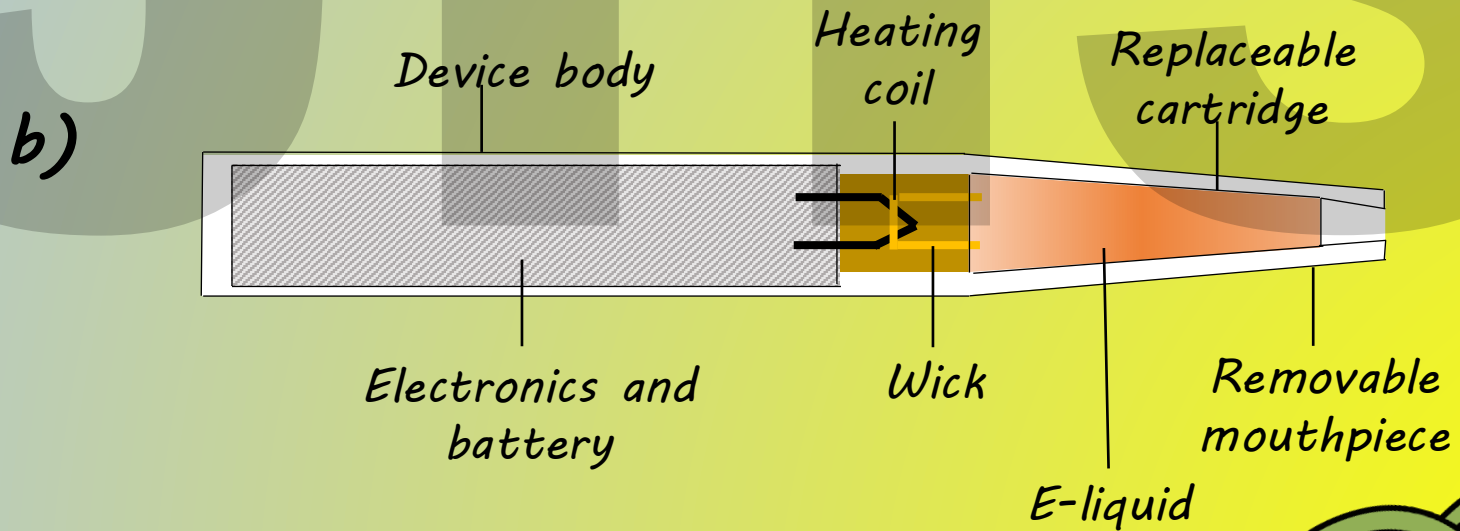
Using an e-cigarette is sometimes called “vaping.”

# Vaping and the Risks - What's inside? Let's Visualise!

**Diagram a:**  
Traditional Cigarette



**Diagram b:**  
E-Cigarette/Vape Pen





# Why do Young People Vape?

When it comes to why teens themselves say they vape, many of their reasons have a social connection. In the 2019 National Youth Tobacco Survey, secondary school students named their top reasons for trying e-cigarettes as:

- Lured by flavours
- Curiosity (55.3%)
- A friend or family member used them (30.8%)
- Availability of flavours like mint, candy, fruit, or chocolate (22.4%)
- They can be used to do tricks (21.2%)

“They see a friend or family member vaping, and they want to try it,” Richter says. “They like to do the vaping tricks, like making big clouds, and they really, really like the flavours.”

When most teens try an e-cigarette for the first time, it’s one with flavouring and teens who use e-cigarettes with flavoured liquid vape longer, too.

# How does a vape work?



1

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavourings, and other chemicals that help to make the aerosol.

2

The liquid used in e-cigarettes often contains nicotine and flavourings. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.”

3

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

# What is JUUL?



01

JUUL is a brand of e-cigarette that is shaped like a USB flash drive. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.

02

All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.

03

Approximately two-thirds of JUUL users aged 15 – 24 do not know that JUUL always contains nicotine.

# What is an elf bar?

---



AN ELF BAR IS ANOTHER BRAND  
OF VAPE OR E-CIGARETTE.

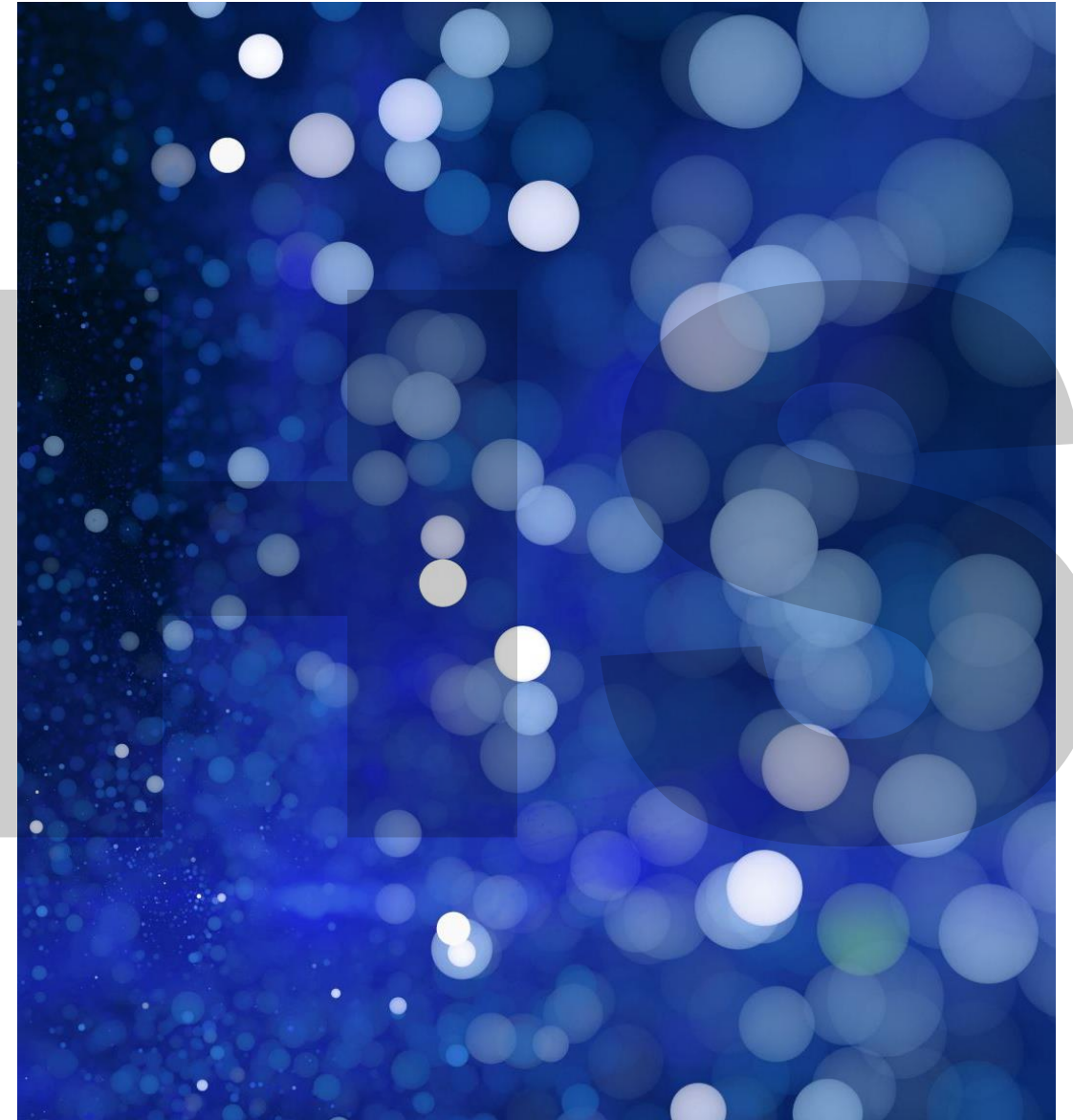
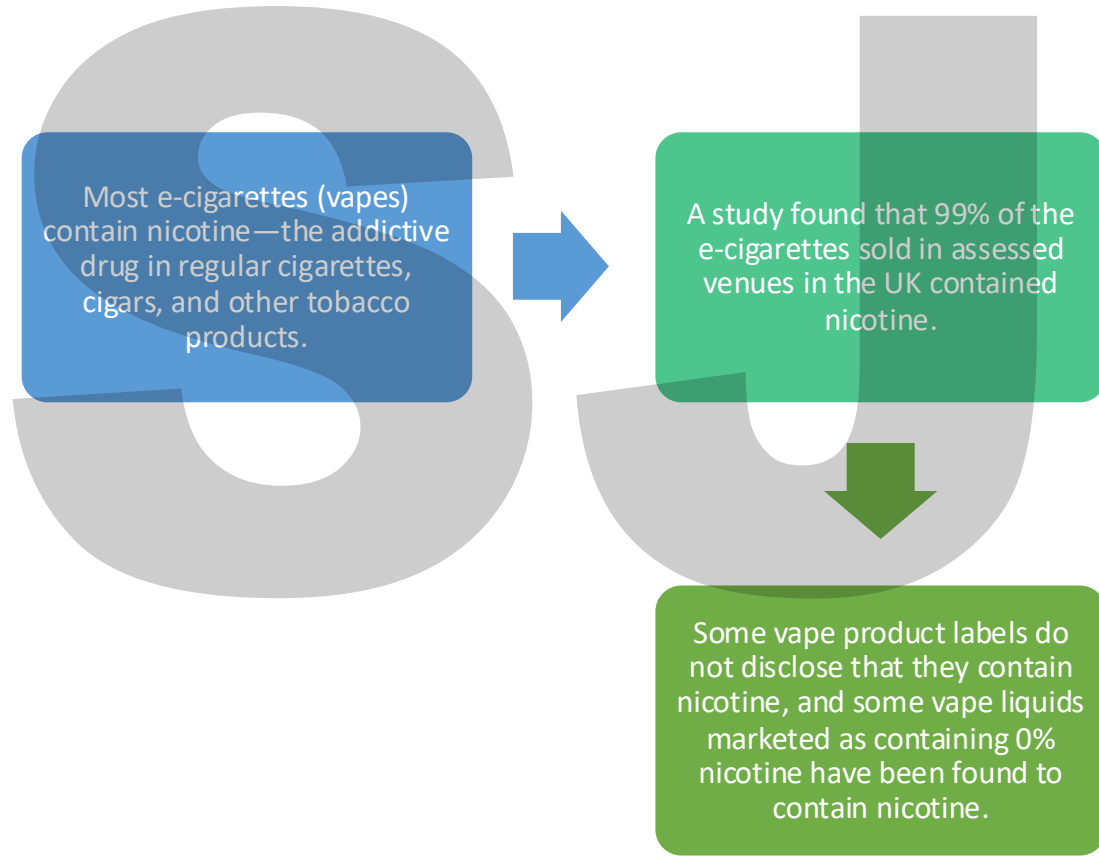
EACH BAR CONTAINS THE  
EQUIVALENT OF 40- 50  
CIGARETTES.

THEY ARE VERY ADDICTIVE AND  
CAN CAUSE SERIOUS HEALTH  
ISSUES.

# Why is vaping dangerous?

Please watch this short clip

<https://youtu.be/M19ycsy1K9M>



# *Why is vaping dangerous?*

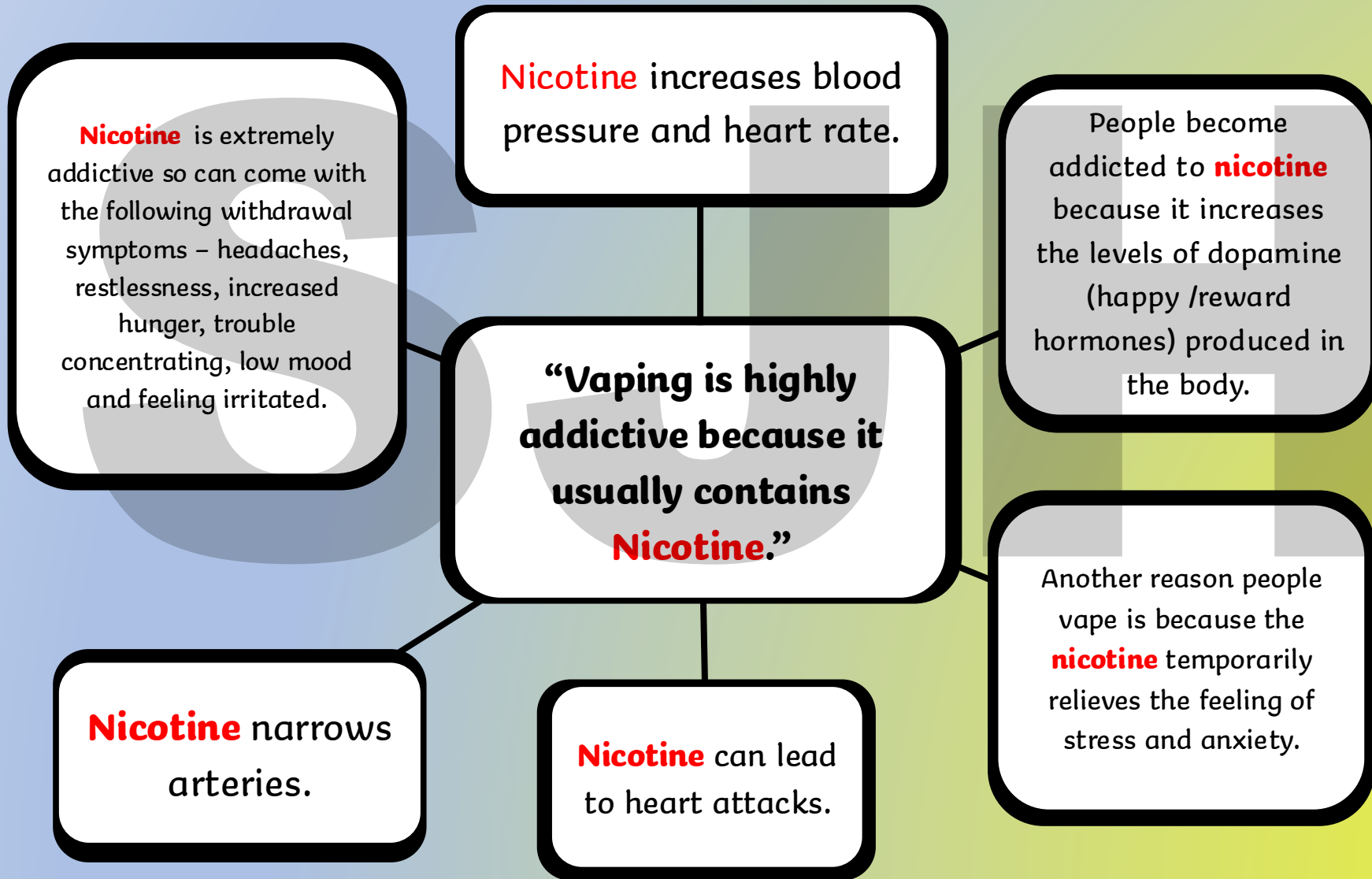
Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.

Using nicotine in childhood can harm the parts of the brain that control attention, learning, mood, and impulse control.

Each time 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. Nicotine changes the way these synapses are formed.

Using nicotine in childhood may also increase risk for future addiction to other drugs.

# Vaping and the Risks - Nicotine and Addiction



**Student:** “What about E-Cigarettes that do not contain nicotine? Are they safe?”

Most vaping products contain **nicotine** as it is beneficial for vaping companies to have addictive substances in their products. However, there are a small amount of vape products with no nicotine which are also unsafe. These products still have chemicals in them that irritate the lungs. Furthermore, an FDA analysis from 2 leading brands discovered harmful chemicals in the liquid pods, one of the chemicals was diethylene, a chemical that is used in anti-freeze!

# 10 facts about vaping

[https://youtu.be/KbR1V\\_fjG-0](https://youtu.be/KbR1V_fjG-0)

## Vaping Side Effects




Side Effects Of Vaping Are:

<b>Dry mouth</b> 	<b>Dizziness</b> 	<b>A cough</b> 
<b>Dry skin</b> 	<b>Dry eyes</b> 	<b>Itchiness</b> 
<b>Insomnia</b> <i>(mainly a quitting side effect)</i> 	<b>Bleeding</b> 	<b>Nosebleeds</b> 

VAPINGDAILY  
THE VOICE OF VAPING

## The Facts About Vaping

Spectrum Health

- 2,711+** lung injury cases in the U.S. associated with vaping.\* 
- Nicotine** can permanently change the developing teenage brain, creating a nicotine addiction for life. 
- 10 million** youth in the United States used, or were open to using, e-cigarettes in 2018. 
- 60+** deaths associated with vaping.\* 
- Eighth graders who vape** are 10 times more likely to eventually smoke cigarettes than their non-vaping peers. 
- 135% increase** in high school students using e-cigarettes, reported between 2017 to 2019. 
- 60%** of young people think e-cigarettes are mostly flavor; the truth is that more than 98% of products tested contain nicotine. 

\*As of January 2020

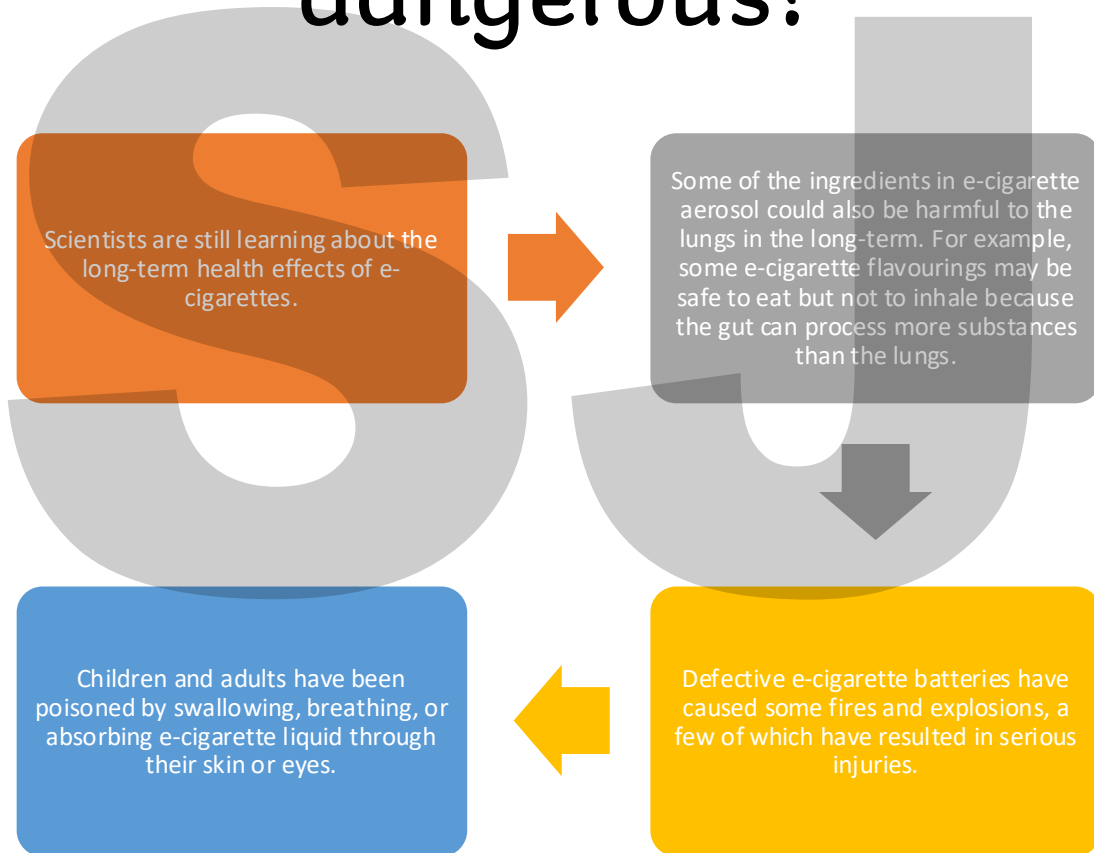


# Health Effects

- Vaping can cause tooth decay too!!.



# What are other reasons vaping is dangerous?



E-cigarette aerosol is **NOT** harmless “water vapour.”

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.

# What is Vape Spiking?

Vape spiking is typically when an e-cigarette/vape is laced with a substance such as synthetic marijuana, painkillers or vaporised LSD. Because most people see Vapes as fairly harmless they are more willing to accept a vape from someone. **A person has no idea what they're inhaling or how strong it is.**

Vape spiking is especially risky because their bodies are still developing and they're more vulnerable in social situations.

## THE DANGERS OF VAPE SPIKING

- 1. Strong, unexpected drug effects:** Spiked vapes may contain things like THC, synthetic cannabinoids, or sedatives. These can hit very fast through the lungs, causing sudden dizziness, panic, or loss of control.
- 2. Higher risk of overdose:** Young people often have lower tolerance. Even a small amount of a strong substance can lead to vomiting, fainting, or breathing problems.
- 3. Serious lung harm:** Symptoms can include chest pain, coughing, and difficulty breathing.
- 4. Unsafe situations:** If a pupil becomes confused, drowsy, or unconscious, they may not be able to keep themselves safe. This can increase the risk of accidents, exploitation, or getting into dangerous situations.
- 5. Panic and mental health effects:** Unexpected drug effects can cause anxiety, paranoia, or panic attacks. This can be especially frightening if the person doesn't know what's happening.
- 6. Hidden interactions:** If someone has asthma, takes medication, or has underlying health issues, unknown substances can trigger serious reactions.

## WARNING SIGNS

- Feeling suddenly “very high” or unwell after a puff.
- Dizziness, confusion, or unusual sleepiness.
- Nausea, chest tightness, or trouble breathing.
- Memory gaps or blackouts.

## WHAT YOU SHOULD DO

- Stop using the vape immediately.
- Tell a trusted adult (teacher, parent, school nurse)
- Stay with friends—don't be alone.
- Call emergency services if there are severe symptoms (e.g. trouble breathing, unconsciousness)

# What is the law?

Vaping is the same as using drugs. It contains the same drugs as a cigarette.

**You must be 18 or over** to vape and purchase vapes.

We are God's loving children. He created us and loved us enough to send Jesus into the world to pay the price for our sins. As Christians, we are called not to abuse our bodies. We know that there are major risks to vaping. They are incredibly dangerous to our health and we should avoid them at all costs.

# Vaping and the Risks - Who Can Help?

Parent

Teacher

Trusted Adult

School Counselor

NHS

