

# Where's the Harm

## What you need to know

There are growing concerns about the numbers of young people using vapes a recent survey of young people aged 14-17 years in Lancashire showed an increase in regular use to 17% almost 3 times as many since 2020.

Trading Standards have also seen a significant increase in complaints about sales of disposable vapes to young people.

It is important to advise your child that if they don't smoke they shouldn't vape. Vapes are less harmful than smoking, but their purpose is to help adult smokers stop smoking.

Short term side effects can include -dry mouth, a cough, nausea, mouth & throat irritation, headaches & shortness of breath. The longer-term effects on the body are still to be confirmed

## Did You Know?

Vapes come in all shapes & sizes, disposable ones are popular with young people as they are cheap costing £4-£10 and come in flavours such as cotton candy and cola. These are promoted to young people on social media platforms.

# Vapes

Keeping your children safe



**REMEMBER** Vaping is not for young people. Whilst it can help people quit smoking, if you don't smoke don't vape.

To report underage sales, contact Trading Standards via the Citizens Advice Consumer Helpline on **0808 223 1133** or report them online at the Citizens Advice webpage.

Or email [Check25@lancashire.gov.uk](mailto:Check25@lancashire.gov.uk)

## The Law

It is illegal for anyone under the age of 18 to be sold any vaping products.

The maximum penalty for selling a nicotine inhaling product (vapes/e-cigarettes) to a person under 18 years is a fine of £2500 Parents or adults buying for underage children (under 18) can also be prosecuted.

Illegal vapes are easily accessible on the high street & online, the content is not regulated. Marijuana-based products such as CBD oil can be added to these vapes. It is not safe to add illicit e-liquids or other substances.

BEER

