

23 January 2024

Dear Parents and Guardians,

As some of you may be aware there has been an increased use of vaping among young people across the county. The purpose of this letter is to give you more information about vaping, and to provide some useful links for you and your children.

What is vaping?

A vape or e-cigarette is an electronic device which allows the user to inhale vapour. The devices used come in a range of different styles, designs, and flavours. Vapes can also include nicotine which is an extremely addictive substance and can be harmful for children and young people. Even though vapes are less dangerous than smoking, they are **not** risk free and should not be used by children, young people or those who have never smoked. Vapes should only be used as an aid to quit smoking.

Nicotine use in children can affect their brain development that controls attention, mood, learning and impulse control. Having an addiction to nicotine can also lead to poor mental health due to an increase in anxiety, trouble sleeping and trouble to concentrate due to the craving for nicotine. ***The long-term effects of vaping are still unknown.***

The Law on Vaping

Like cigarettes it is illegal to sell vapes or vaping items containing nicotine to anyone under the age of 18 years old. It is also illegal for anyone to buy vaping products for those under the age of 18 years old. Underage sale reports and complaints can be made to Trading Standards here: [Reporting Underage Tobacco or Vaping Sales](#).

How can parents support their children who are vaping?

If you know or suspect your child is vaping and would like to support them to stop, there are a number of useful tips provided by [ASH \(Action on Smoking and Health\)](#). There are also several apps available for example [Puff Count](#) which has been created to help people quit vaping and is free.

The NHS website [Better Health](#) has information and useful links to help quit vaping.

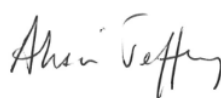
You can find out further information regarding vaping and young people by watching the Panorama episode on BBC iPlayer titled [Teenage Vaping: What's the Harm?](#)

We hope you find this information helpful. Please contact your School Health Service if you would like to discuss concerns about your child, and for information about our local stop smoking service please visit [One You East Sussex](#).

Yours faithfully



Darrell Gale FFPH
Director of Public Health



Alison Jeffery
Director of Children's Services