



Vaping can help some people quit smoking, but many young people who vape were not previously smokers. Young people who vape are more likely to start smoking than those who never vape.

The resources below provide information and advice to help parents, teachers and others working with children and young people to speak to them about vaping and the risks.

The health advice is clear: young people and people who have never smoked should not vape.

### **Key Messages:**

- Vaping is not for children or young people.
- Vaping is not for non-smokers.
- Vaping is not harmless.
- The best thing you can do for your health is be smoke free and vape free.
- Vaping can help some people quit smoking.
- Vaping illicit substances such as 'Spice' or THC (tetrahydrocannabinol) carries unknown risks. For information go to [Vaping illicit substances, eg. Spice | Drugs and Alcohol \(drugsandalcohol.ni.info\)](https://www.drugsandalcohol.ni.info)

### **Leaflet**

[Vaping leaflet for parents \(A4\)](#)

### **Factsheet**

[Vaping factsheet \(A4\)](#)

## **Other resources**

For information on your nearest stop smoking service go to [www.stopsmokingni.info](http://www.stopsmokingni.info)

## **Acknowledgements**

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These resources have been adapted in partnership with members of the Tobacco Strategy Implementation Steering Group's (TSISG) Vaping Task and Finish groups.

## **Behavioural insights into youth vaping in Northern Ireland**

The Public Health Agency has published new research – the 'Behavioural insights into youth vaping in Northern Ireland' report – which provides detailed information on the use of e-cigarettes and perceptions of vaping among young people, as well as insights into tobacco use, and will help inform the future design of targeted interventions and communications on vape use by young people. [The vaping report can be found here.](#)

## **Download social media assets, banners and posters below:**

### **[Social media assets](#)**

#### **Social media assets**

[A4 Vaping poster - parents \(female\) static – 1x1](#)

[A4 Vaping poster - teen \(female\) static – 1x1](#)

[A4 Vaping poster - parents \(male\) static – 1x1](#)

[A4 Vaping poster - teen \(male\) – 1x1](#)

### **[Email signature and web banner](#)**

**Email signature**

[Email signature for use with the Vaping addiction campaign - 600x200](#)

**Web banner**

[Web banner for use with the Vaping addiction campaign - 900x600](#)

**Posters****Posters**

[Vaping poster - parents \(female\) - A4](#)

[Vaping poster - teen \(female\) - A4](#)

[Vaping poster - parents \(male\) - A4](#)

[Vaping poster - teen \(male\) - A4](#)

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