



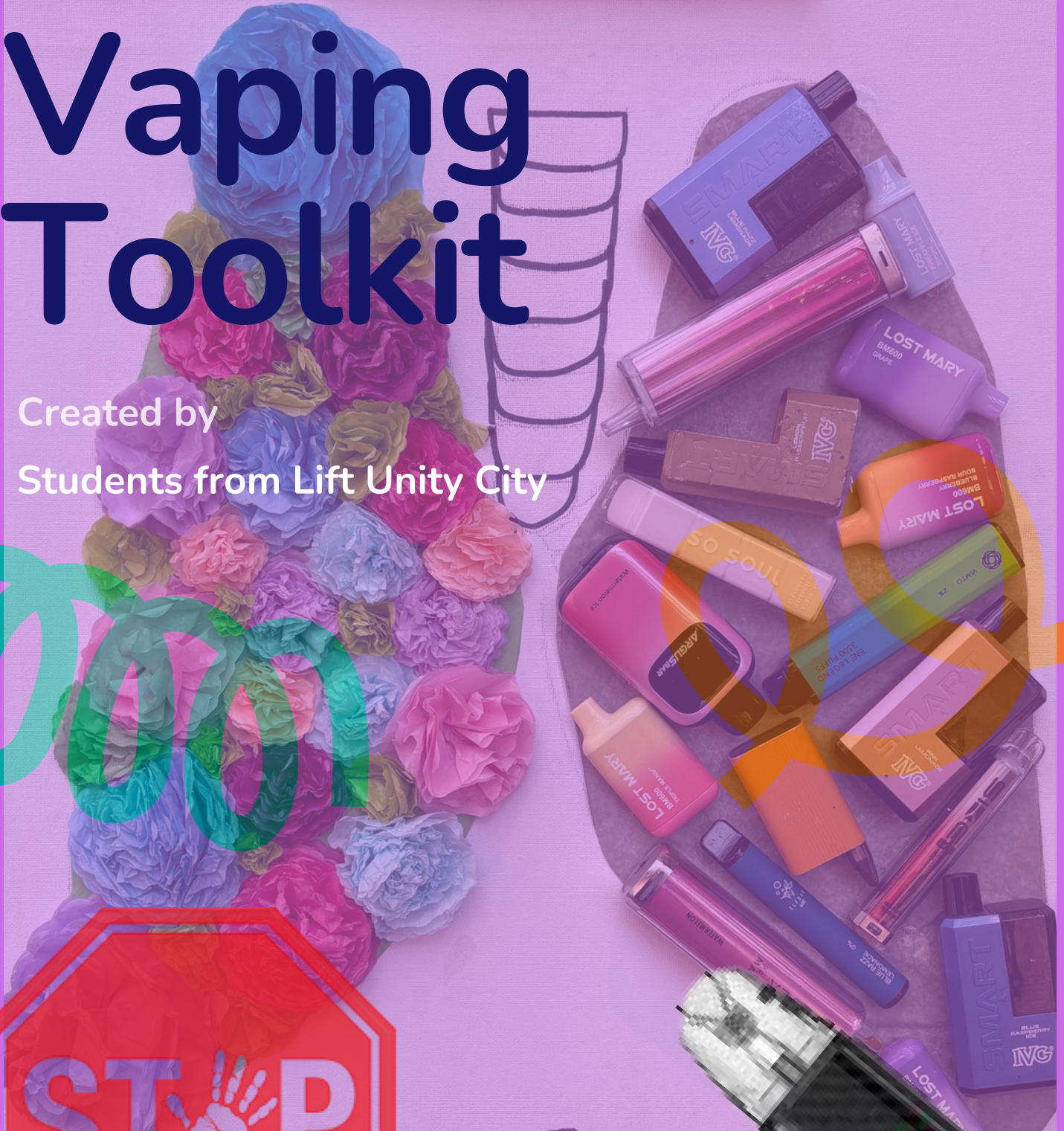
Lift
Unity City



NORTH EAST
YOUTH ALLIANCE

Vaping Toolkit

Created by
Students from Lift Unity City



About This Toolkit



This toolkit has been created by young people attending Lift Unity City School in Middlesbrough. The young people worked together to identify issues affecting young people in their area. Following recent incidents where young people had used vapes that had drugs in them, they chose to focus on Vaping.



What is vaping?



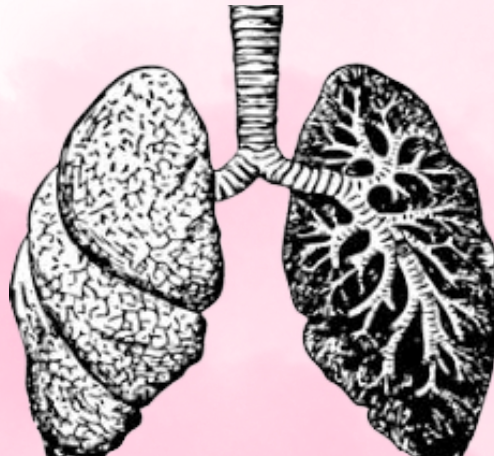
Vaping is an alternative form of smoking where the individual uses a device often called an e-cigarette.

The individual inhales a liquid now as e-liquid or vape juice. Unlike cigarettes, where they burn tobacco to deliver nicotine, vapes use an electric heating device to vaporise the liquid.

While it is marketed as a safer option to smoking, there are not many studies into the long-term effects of vaping, especially in younger people.



Why do people vape?



People vape for a variety of reasons, primarily driven by the desire to quit smoking.

AS WELL AS THE AIM OF QUITTING SMOKING, IT CAN... also be due to peer pressure, curiosity, appealing flavours, and the perception that it is a less harmful or more socially acceptable alternative to traditional cigarettes. Many users, particularly adults, use vaping as a tool to manage nicotine cravings and successfully transition away from smoking tobacco.

BRAD LAMM, CIP

**QUIT
VAPING**

YOUR FOUR-STEP, 28-DAY PROGRAM
**TO STOP SMOKING
E-CIGARETTES**



Why do people vape?

As a form of stress relief - creates a sense of calmness, causing addiction.

Social influence - to fit in with people.

They think it's not as expensive.



Why is Vaping Bad?

1. Damages lung tissue.
2. Very addictive.
3. Dangerous for children to vape.
4. Contains harmful additives.
5. Not fully known what vaping does to the body.
6. Vape batteries can explode.
7. Vapes can have things added to them such as Spice.

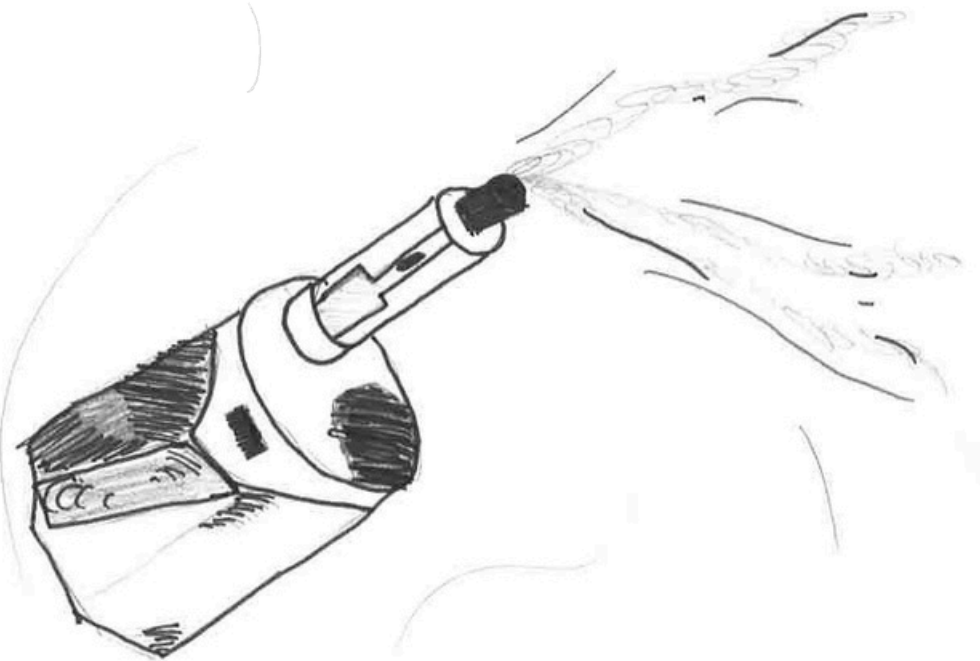
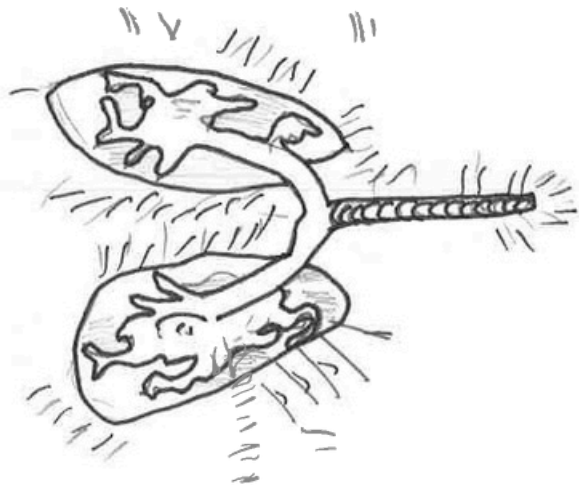


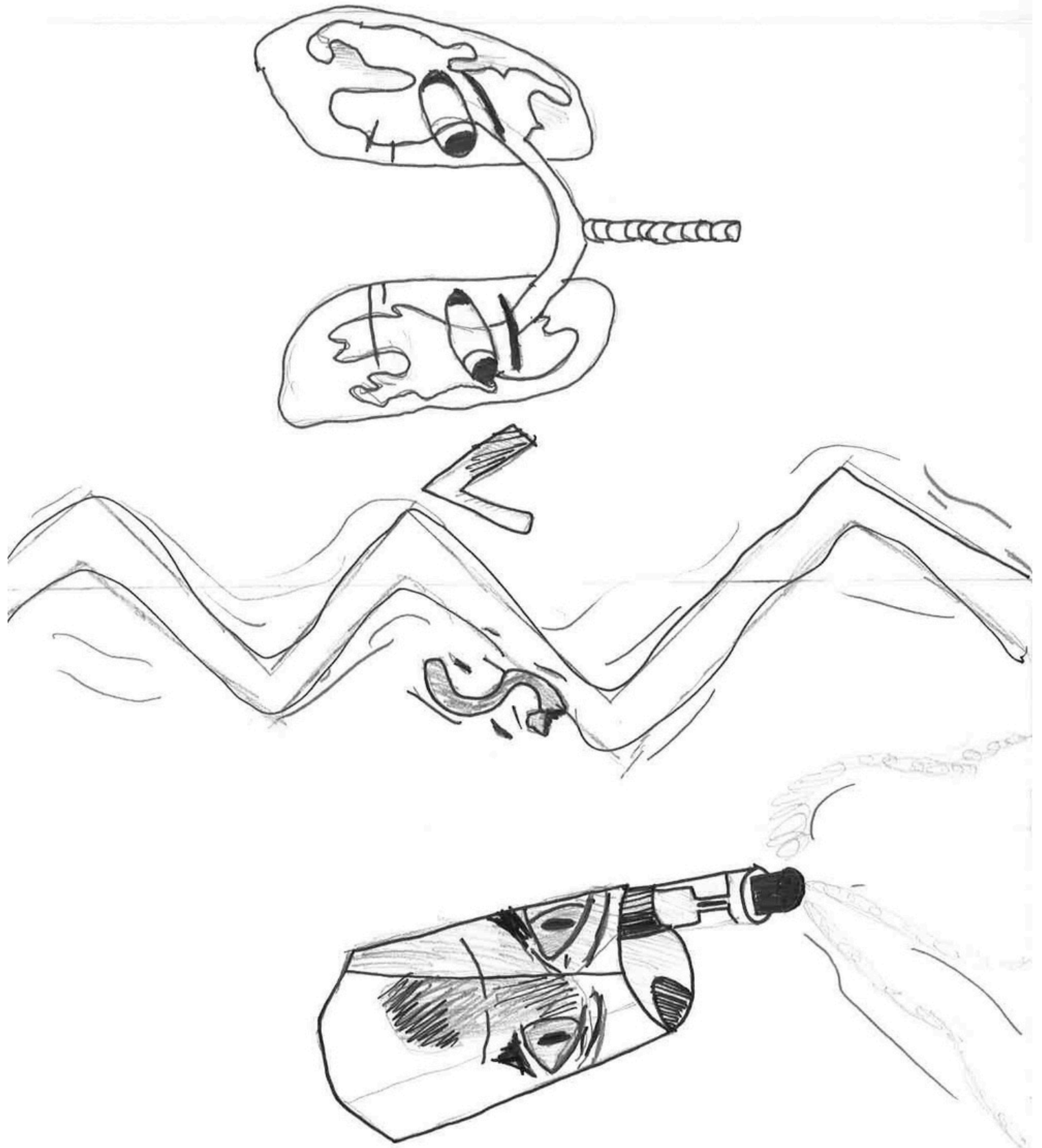
Affects of Vaping

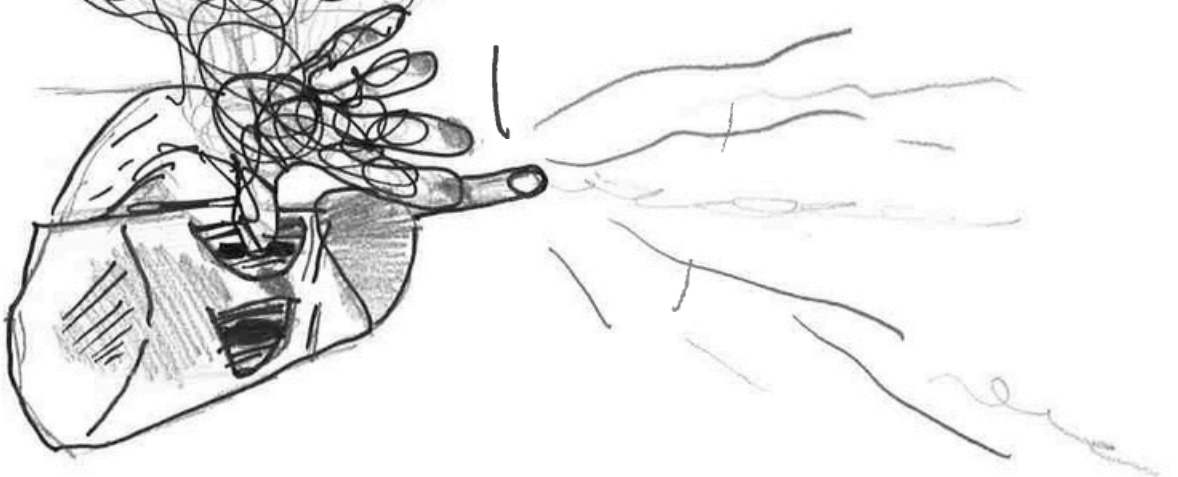
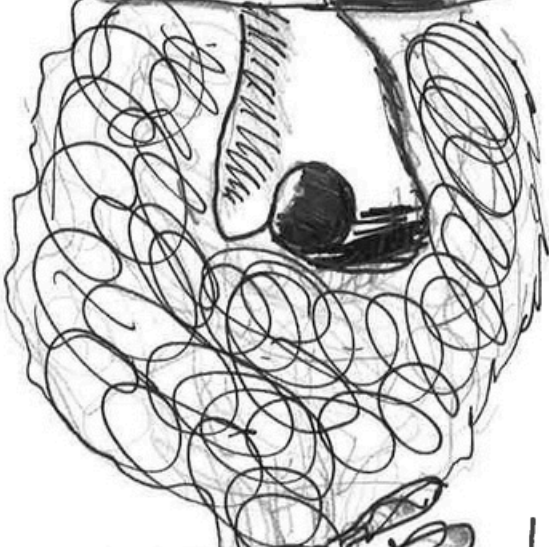
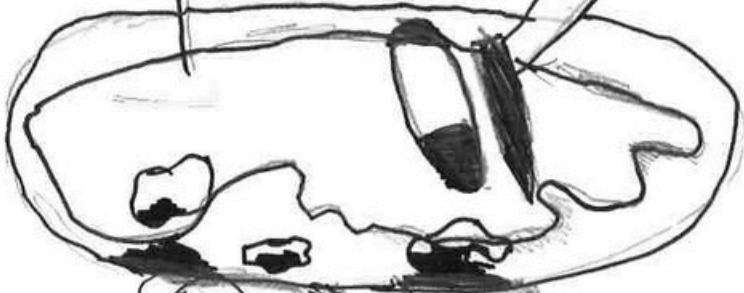
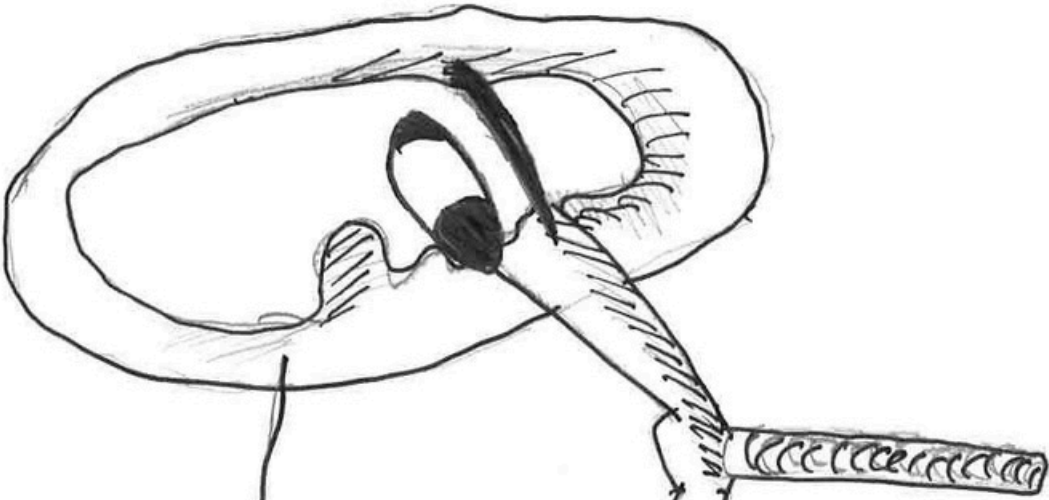
The young people wanted to show, using art, how vaping can affect someone's lungs. The next few pages demonstrate this, from healthy lungs to how they may look after vaping.

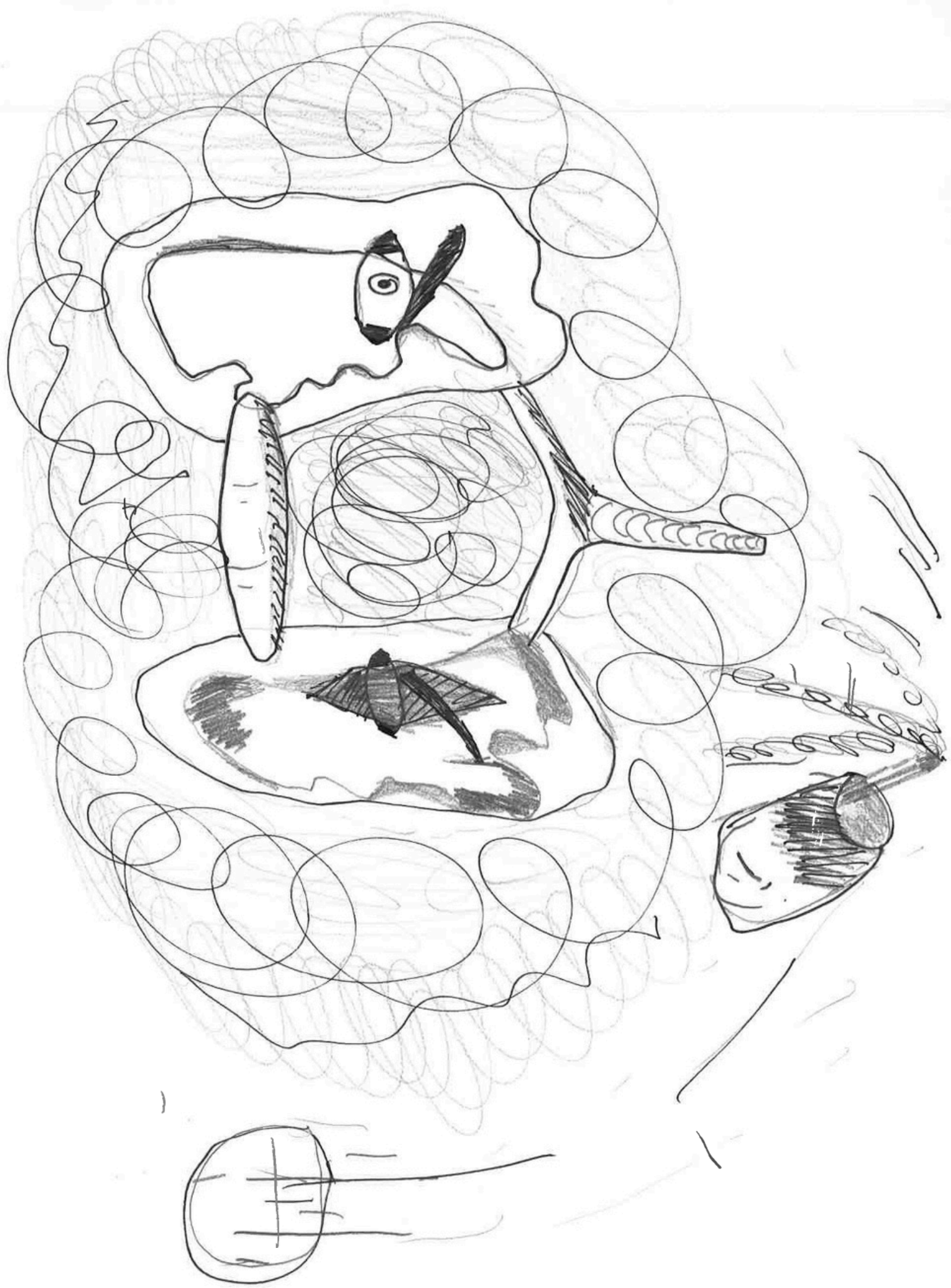


This image was created by young people from NE Youth as part of their Key+ project

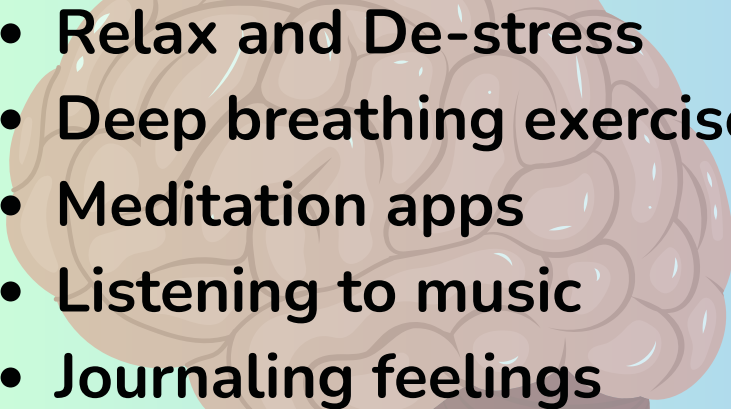
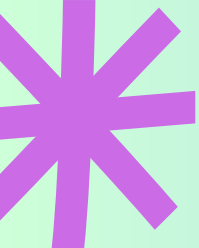


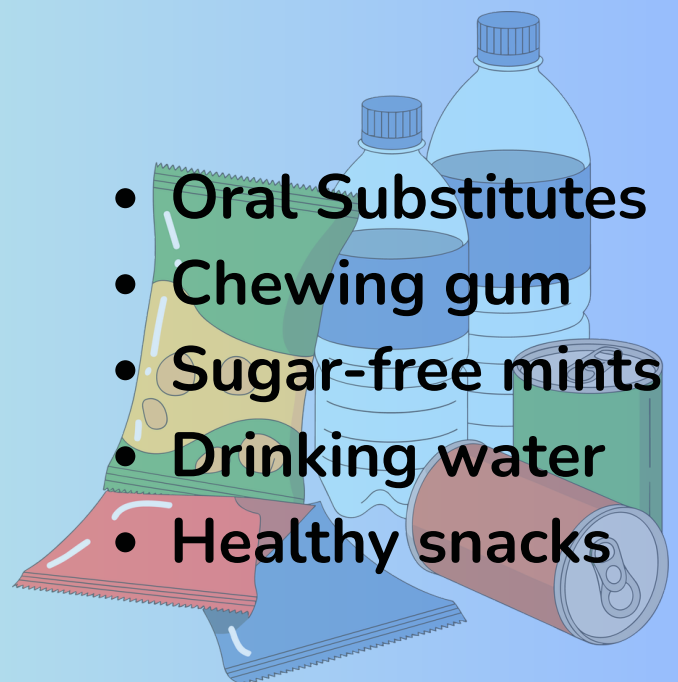






Alternatives to vaping

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- Relax and De-stress
 - Deep breathing exercises
 - Meditation apps
 - Listening to music
 - Journaling feelings
- 



Vaping Awareness

X B U E E R A C M B Z V L J Z
H F Z M G F I D C J W N R F D
A Z H P H X N E K P Y T G O H
C E R F A D D I C T I O N V G
L C E X R F T X B S Q N G V S
U I C X F L F W K L E O E E K
N G W V L G W A R N I N G C H
G A L A I N L Y M F B Y F U O
S R X P Q T P G I J D R F H O
P E K I U U B R U Z Q D A U T
M T B N I C O T I N E G P I N
R T B G D Z H S R H D R E S N
L E A U M L E H L G B F C I T
H P S Y S M O K I N G M L O K
W Q D Y X I N H A L E S C C D

ECIGARETTE

SMOKING

BRAIN

VAPING

ADDICTION

WARNING

LUNGS

NICOTINE

INHALE

LIQUID