



Hospitalisations from Vapes

Dear Parent/Guardian

We know that for a range of reasons, some children are regularly using vapes or at risk of trying a vape for the first time, some as young as 7 years old.

While vaping is currently viewed as a way for adults to cut down on cigarette smoking, buying or selling vapes to children under the age of 18 is illegal.

A lot of young people use vapes because of their popularity. It's easy for them to buy vapes online, in local shops and through friends or social media, however, many of the vapes targeted at children not only have high levels of nicotine, making them very addictive, they often contain illegal drugs or chemicals.

Some of these vapes are so strong that for some children, just taking one puff is causing them to become very unwell with some children requiring hospitalisation.

This is a worrying trend and we would like to ask for your help in raising awareness of the risks and sharing some safeguarding advice with your children;

- If they don't vape – do not start. Explain the dangers and risks, even if you vape yourself. The dangers to children are far greater.
- If they do vape, try cutting down with the aim of trying to stop
- Do not use a disposable vape with more than 2% nicotine or with more than 600 puffs. This constitutes an illegal and therefore unregulated vape.
- Do not use a vape which claims to have THC, cannabis, spice or any other illegal drug content. These can cause children to become very unwell, very quickly.
- If a child feels unwell after using a vape, tell a trusted adult immediately and seek medical advice. If a vape makes a child feel unwell it is likely to contain an illegal product.

If you are worried about your child's use of vapes, seek the advice of a health practitioner or your GP.

Additional help for children to give up vaping can be found here [Quit Vaping | Smokefree Teen](#)

West Yorkshire Police's aim is to keep children safe and reduce the risk of any further hospitalisations or serious side effects from using illegal vapes.

We are currently working with schools to deliver awareness education for children and professional awareness training for teachers. We are also carrying out regular testing of potentially harmful vapes.

Thank-you for your support.