

VAPING AWARENESS

Vaping is the use of Electronic Nicotine Delivery System (**ENDS**) to breathe in vapor from a heated liquid.

Nicotine, which is often in vaping liquids, is a powerful and addictive stimulant.

Did you know?

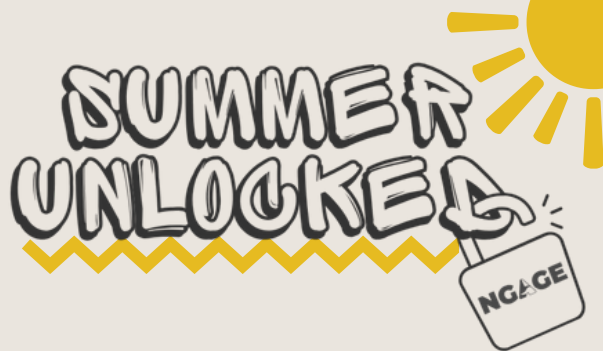
Nicotine is classified as a poison, and has been used as a pesticide in farming since 1960?

Some ENDS can contain **THC or other illegal drugs**. Because these products are illegal, they aren't tested or regulated, so you can't be sure what chemicals or substances are inside them!

HARM REDUCTION:

1. **Never take or share a vape from someone else**, you can't know if it's been spiked or contains other substances.
2. **Only buy safe, regulated vapes, usually found in supermarkets or official shops.**
3. If you've **never had issues with nicotine or addiction, it's best to avoid vaping altogether.**
4. Remember: **Vapes can help people quit smoking, but if you don't smoke, don't start vaping!**

The law: It's illegal to sell vapes or vaping products to anyone under 18. It's also illegal for adults to buy them for anyone under 18.



Since 1st June 2025, it is illegal to sell or supply single-use vapes in England, Wales, and Scotland.

Find out more or get FREE confidential support:
www.aquarius.org.uk

