

# How to quit **vaping.**

A guide  
for under  
**18's**



**CHOOSE YOU**

Helping you build healthy habits



Quitting vaping isn't always easy, but we're here to support you with tips and advice to help you break the habit and stay vape-free.



## First, here are **some facts** about vaping



- 1 If you're under 18, vaping isn't a good idea. There are a number of reasons why. Your brain's still developing (it keeps going into your mid-20s), and nicotine can mess with that. It can make it harder to concentrate, remember things, and learn. This means vaping could affect school/college work. Your brain does a lot for you, so it's important to look after it.
- 2 Vaping not only affects health but could also affect things you enjoy, such as physical activities.
- 3 Did you know vapes contain nicotine? Nicotine is highly addictive, which can make quitting hard. Nicotine withdrawal symptoms happen when you've regularly vaped and then stop. Since your body has become used to it, quitting can make you feel uncomfortable for a while. You may feel cranky, restless, tired, or have trouble focusing. Some people get headaches or get the urge to vape again.
- 4 Did you know nicotine can cause anxiety or make it worse? If you are worried about this, please speak to a parent, carer, a trusted adult or a member of staff in school/college.
- 5 Once you quit vaping, it can have a positive impact on your mental health.

- 6 Vapes were invented to help people over 18 years quit smoking by providing an alternative to smoking tobacco. However, vaping is not risk free. It's important to remember vapes are not designed to be used by anyone under 18 years or those over 18 years who don't smoke.



- 7 It's important to understand that it's illegal for an adult to sell or supply a vape or vaping products to anyone under 18 years of age. This applies to family, friends, and strangers.
- 8 Have you heard of illegal vapes? Illegal vapes are products that do not follow regulations, which means they have not been tested. They can have no warning label and contain higher levels of nicotine, which can create more risks of harm. Some of the toxins in illegal vapes contain cadmium, copper, nickel and lead, and some toxins are unknown, so they can contain anything.
- 9 The cost of vapes can quickly add up. Think about how much they cost and think of all the things you can do with the money you'll save if you quit. If you find a cheap vape, it could mean it's illegal and contains horrible toxins.
- 10 Remember, you don't need to vape. There may be times when you feel pressured to try it around certain people, but the decision is yours. You should never feel forced into it; it's ok to not vape.



## Tips and advice



Before we start, if at any point of quitting vaping you feel unwell, please tell your parent or carer and seek medical advice from your GP as soon as possible.

To start you on your journey, here are some tips and advice. Think of this as the start to your plan. If there's anything in this guide you don't understand, that's ok, show it to someone you trust and ask them to explain it to you.

Create a comfortable environment; this will help you prepare and focus on creating your plan. Take time out and give yourself time to plan, take deep breaths and keep your mind open.

Ask yourself, "why is quitting important to me?". Here's where you can get creative, design a 'my quit board', it's the same as a creativity board, but the theme is around you and quitting vaping.

Use the board to showcase your reasons for quitting. You can use colours, pictures, and quotes to capture your ideas. If a board isn't your style, you can use different ideas. Here are some examples, but do what works for you:

- ▶ create a map – in the centre of the map, draw a picture of yourself and write "why is quitting important to me?", write your reasons around yourself
- ▶ sketch or doodle – draw your thoughts. If you want your breathing to get better, draw a pair of lungs. If you want to save money, add up and draw how much money you'll save
- ▶ freewriting – write your reasons without worrying about structure
- ▶ make a list – write your reasons in a list order, like a shopping list
- ▶ word association – write key words that come to mind

There will be some hard moments, and keeping your plan visual will be a helpful reminder and can help you stay focused and motivated.

## Choose your style

Take time to plan your quit journey. Do you want to wean off the vape? Or would you just like to stop? Which one feels better for you?

Weaning off means slowly reducing something rather than quitting all at once. Imagine you're turning down the volume on your music slowly instead of suddenly hitting mute.

If you decide to wean off, you still need to think about a quit date, which is the day you want to completely stop. There should be an end date; this will help you focus and prepare.

## It's a date!

- ▶ pick a day when you'll be busy but not under pressure
- ▶ avoid days when you're likely to be stressed
- ▶ choose a special date, like a birthday
- ▶ circle the date on your calendar

## Think about your mouth and hands

Ask yourself why you vape, is it the hand to mouth action or the flavours? If it's the flavours you can buy chewing gum, hard-boiled sweets or lollipops in the flavours you like. Lollipops and sipping water from a bottle can help with the hand to mouth action.

When vaping, you may hold the device in your hand when you're not using it out of habit. You may find you miss the feeling of holding a vape once you quit. To help with this, have a replacement item ready to keep your hands occupied. If you're unsure what to use, consider options like a stress ball, tangle toy, fidget spinner, or even a pen. Think of something that will work for you.



## Hobbies

This is a great opportunity to start a new hobby, including exercise in your hobbies is a great way to get active. It's about finding what moves you and having fun doing it. Think about what you want to do and add this to your plan.

## Struggling with cravings?

Nicotine replacement therapy (NRT) are products that provide the body with a small amount of nicotine over time so the body can cope with cravings better. It's not a magic cure, and people using these products still have to work hard and be determined to quit.

NRT can be used by those aged 12 and above. If you're between the ages of 12-17 and you feel you would like support with this, you must talk to your legal guardian and speak to your GP, who may be able to prescribe this short term.

You must be over 18 to buy NRT products.

## Don't give up

Slip-ups can happen, but don't let them put you off. Learn from the experience, refocus, and keep going. Every attempt brings you closer to success.

If you're finding the situation hard, reach out and ask for support. Talk to trusted family, friends, or a tutor; having people encouraging you can make a big difference.

Celebrate your progress, at the end of the month, treat yourself with a new book, a fun activity, or something you've been wanting. You could consider donating the money to a charity of your choice.

Quitting vaping can be tough, but with the right plan and mindset, you can do it. Good luck!



## Further information

If you're looking for more information, here are some useful links:



### Everything Ok?

Everything Ok? is a website designed to help you find the help and support you need when you have questions about your thoughts or feelings. For when you're wondering if everything really is ok, or not. [www.everything-ok.co.uk/smoking-vaping](http://www.everything-ok.co.uk/smoking-vaping)

### Talk to Frank

Get real advice, facts, and support about vaping and its effects. Frank is there to help you make informed choices. [www.talktofrank.com/drug/vapes#the-risks](http://www.talktofrank.com/drug/vapes#the-risks)

### Health for Teens

This website is for teenagers covering subjects that promote a healthy body and mind, and how to quit vaping. [www.healthforteens.co.uk/lifestyle/e-cigarettes/e-cigarettes-just-the-facts/](http://www.healthforteens.co.uk/lifestyle/e-cigarettes/e-cigarettes-just-the-facts/)

### Childline

Get help and advice about a wide range of issues, call free on 0800 1111 to talk to a counsellor, send an email or log in for a one to one counsellor chat. [www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/vaping/](http://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/vaping/)



# About Choose You

Choose You is a free local service for people in Bedford Borough, Central Bedfordshire and Milton Keynes, to help build healthy habits. Whether it's quitting smoking, reaching a healthy weight, or simply feeling healthier.

If you or someone you know is looking to quit smoking or stop using tobacco products, we're here to help. You are up to three times more likely to quit if you use a combination of stop-smoking medication with specialist help and support from a local service like Choose You.

Our friendly and experienced advisors can help you overcome the challenges of quitting and support you in building positive, healthy habits. We can also recommend nicotine replacement therapy options to suit individual needs.

We can support anyone who smokes tobacco products who lives or works in Bedford Borough, Central Bedfordshire and Milton Keynes, and wants help to quit. If you'd like to refer yourself to Choose You, or discuss how we can support you to stop smoking, please visit [www.chooseyou.co.uk](http://www.chooseyou.co.uk) or call us on **0800 013 0553**.



For more information, visit:  
**[www.chooseyou.co.uk](http://www.chooseyou.co.uk)**

Working together to improve the health and wellbeing of our communities.

