


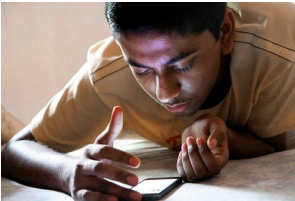


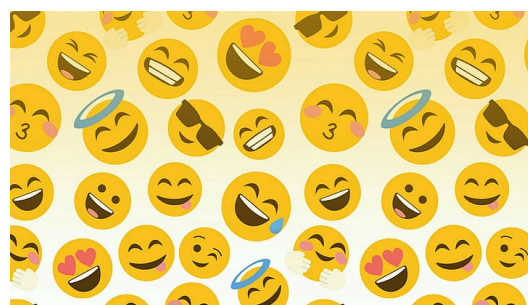
# School Nursing How to quit or reduce vaping

## School Nursing Service: Stop Vaping Support

	<p><b>Why have I been sent this letter?</b>          You want to reduce or quit vaping, using e-cigarettes or other nicotine products</p>
	<p><b>What can I do about this?</b>          You can try the advice and information included. Use the information to give up or reduce your dependence on vaping or e-cigarettes</p>
	<p><b>How long will I need to do this?</b>          Giving up vaping is difficult, this may take a long time. Following this plan will help. Cravings are hardest in the first 28 days, after this they are likely to get easier to manage.</p>
	<p><b>What happens next?</b>          Look through this resource and try the suggestions made.          If you have any questions or queries, call the school nurses on <b>0300 123 6661</b>.          If you are thinking about stopping vaping and want specialist advice call <b>Quitline Southampton 0800 999 1485</b>.</p>





## Contents

Useful Information .....3  
About vapes and how to stay safe.4  
Make your quit plan .....6  
How confident do you feel? .....7  
How to quit with gradual reduction8  
How to stop in one step .....9  
Tip: know your triggers .....10  
Tip: urge surfing .....11  
Tip: distraction techniques.....12  
Tip: mindfulness techniques .....13







## Useful information

	<p><b>FRANK</b></p> <p><a href="https://www.talktofrank.com/drug/vapes">https://www.talktofrank.com/drug/vapes</a></p>
	<p><b>Check if your vape is legal</b></p> <p>To be legally sold in the UK, nicotine containing vapes must:</p> <ul style="list-style-type: none"> <li>• Contain 20 mg/ml or less of nicotine (equivalent to 2% or less)</li> <li>• Not have a capacity of more than 2ml in a single use cartridge</li> <li>• Carry the health warning 'This product contains nicotine which is a highly addictive substance.'</li> <li>• Be notified to the MHRA and listed on its website <a href="https://cms.mhra.gov.uk/ecig-new">https://cms.mhra.gov.uk/ecig-new</a></li> </ul>
	<p><b>Never place your vape in the bin</b></p> <p>Recycle your electricals scheme <a href="https://www.recycleyourelectricals.org.uk/?_gl=1%2A117bftc%2A_up%2AMQ">https://www.recycleyourelectricals.org.uk/?_gl=1%2A117bftc%2A_up%2AMQ</a></p>
	<p><b>Yellow card scheme</b></p> <p>A place to report any bad effects you think are from vaping.</p> <p><a href="https://yellowcard.mhra.gov.uk/">https://yellowcard.mhra.gov.uk/</a></p>

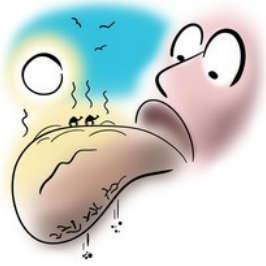


## About vapes and how to stay safe

	<p><b>What is a vape</b></p> <p>Vapes are battery-powered devices that heat a liquid to produce an aerosol that is inhaled.</p>
	<p>The liquid can contain nicotine. Nicotine vaping is recommended by the NHS as a way for <i>adults</i> to stop smoking. But it isn't recommended for non-smokers, especially children and young people under 18.</p>
	<p>Along with nicotine, vaping devices vaporise a chemical mixture to the lungs, containing propylene glycol and other chemicals.</p>
	<p><b>Safety tips</b></p> <p>Switch your vape off when you are not using it.</p>
	<p>If your vape gets very hot, sparks, or starts to smoke, move it away from yourself and others as quickly as possible.</p>
	<p>Empty vapes have been known to cause fires in bins. When your vape is empty, use a 'take-back' service (see link on page 3).</p>

**SAFETY**



## About vapes and how to stay safe cont.

	<p><b>Side effects of vaping</b></p> <ul style="list-style-type: none"> <li>• coughing, dry mouth and throat</li> <li>• mouth and throat irritation</li> <li>• shortness of breath</li> <li>• headaches</li> </ul>
	<p><b>Long term risk</b></p> <p>E-cigarettes are not risk-free. Vaping has not been around for long enough to know the risks of long-term use, however there is evidence to suggest the following risks:</p> <ul style="list-style-type: none"> <li>• Nicotine addiction</li> <li>• Anxiety</li> <li>• Lung damage</li> <li>• Cardiovascular problems</li> <li>• Asthma exacerbation</li> </ul>
	<p><b>Nicotine withdrawal symptoms</b></p> <p>If your vape contains nicotine, you may experience the following:</p> <ul style="list-style-type: none"> <li>• strong urges or cravings to smoke</li> <li>• trouble concentrating</li> <li>• feeling restless</li> <li>• trouble sleeping</li> <li>• being easily upset, feeling irritable, frustrated, angry, feeling anxious, tense, or low in mood</li> </ul>

## Make your quit plan

### How to create your own quit plan

These are the steps to work through:

1. Think about why you want to quit vaping
2. Work out your confidence level
3. Know what challenges to expect and get ready for them with our tips.



Go for it!




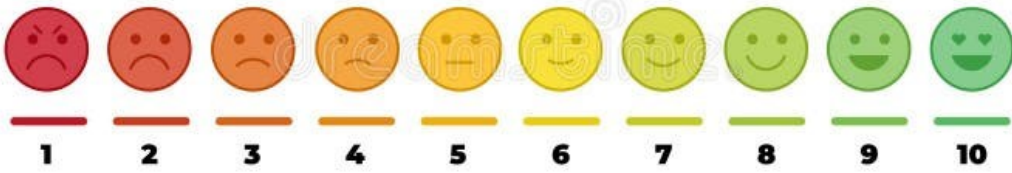

### Think about why you want to quit/reduce vaping

Common reasons why people want to quit vaping (tick which ones are appropriate to you)



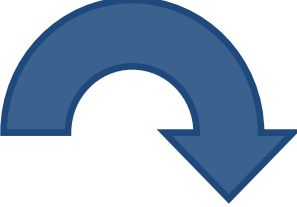


- Its affecting my health
- To feel like myself again
- People who care about me want me to quit
- To save money
- To set a good example
- To take back control
- To have a better future
- To take care of the environment

My own reason.....




## How confident do you feel?

	<p>How confident are you, on a scale of 1-10, you can stay vape free?</p>
	<p>1 = Not at all confident <span style="float: right;">10 = totally confident</span></p>  <p>1 2 3 4 5 6 7 8 9 10</p>
	<p>If you have scored 1-7 then we recommend <b>gradual reduction</b>, see page 8.</p> <p>If you have scored 8-10 then we recommend stopping in <b>one step</b>, see page 9.</p>

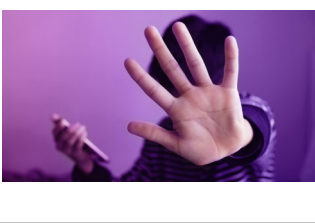



## How to quit with gradual reduction

	<p><b>I will gradually reduce my dependence on vapes by .....</b></p> <p>.....</p> <p>.....</p> <p>.....Or, I can try the ideas below.</p>
	<p><b>Reduce the nicotine strength</b></p> <p>Reduce the nicotine strength of your vape over time.</p> <p>For example: 20mg &gt; 18mg &gt; 12mg &gt; 6mg &gt; 3mg &gt; 0mg</p> <p>Each time you buy a new vape, buy a lower strength</p> <p>I will.....</p>
	<p><b>Use my vape less</b></p> <p>Extending the time between vaping.</p> <p>(You'll likely need distraction techniques for this, see page 12).</p> <p>I will.....</p>
	<p><b>Set some boundaries</b></p> <p>Setting rules for yourself about where or when you DO NOT vape</p> <p>My rules:.....</p>
	<p>To help you quit, you will also need to understand your triggers, urges and cravings, see page 9 and 10.</p>

## How to stop in one step

	<p>If you have scored 8-10, we recommend stopping in one step.</p>
	<p><b>Set a quit date</b></p> <p>Ideally within the next 2 weeks. Try not to pick a date that is stressful, like on a day of a test or a big game.</p> <p>You will also need to understand your triggers, urges and cravings, see page 10 and 11.</p>
	<p>My quit date will be:</p>

## Tip: Know your triggers

	<p>Knowing your triggers can help you to avoid situations where you are more likely to want to vape.</p> <p>Use the chart below to identify your triggers.</p>				
 	<table border="0"> <tr> <td style="vertical-align: top;"> <p><b>Social Situations</b></p> <ul style="list-style-type: none"> <li>• Being offered a new vape flavour</li> <li>• Going to a party</li> <li>•</li> <li>•</li> <li>•</li> </ul> </td> <td style="vertical-align: top;"> <p><b>Nicotine Withdrawal</b></p> <ul style="list-style-type: none"> <li>• Feeling irritable if I haven't vaped in a while</li> <li>• Feeling strong cravings to vape</li> <li>•</li> <li>•</li> <li>•</li> </ul> </td> </tr> <tr> <td style="vertical-align: top;"> <p><b>Routine Situations</b></p> <ul style="list-style-type: none"> <li>• Being on my phone</li> <li>• Down time or in-between activities</li> <li>•</li> <li>•</li> <li>•</li> </ul> </td> <td style="vertical-align: top;"> <p><b>My Emotions</b></p> <ul style="list-style-type: none"> <li>• Angry</li> <li>• Anxious</li> <li>•</li> <li>•</li> <li>•</li> </ul> </td> </tr> </table>	<p><b>Social Situations</b></p> <ul style="list-style-type: none"> <li>• Being offered a new vape flavour</li> <li>• Going to a party</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<p><b>Nicotine Withdrawal</b></p> <ul style="list-style-type: none"> <li>• Feeling irritable if I haven't vaped in a while</li> <li>• Feeling strong cravings to vape</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<p><b>Routine Situations</b></p> <ul style="list-style-type: none"> <li>• Being on my phone</li> <li>• Down time or in-between activities</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<p><b>My Emotions</b></p> <ul style="list-style-type: none"> <li>• Angry</li> <li>• Anxious</li> <li>•</li> <li>•</li> <li>•</li> </ul>
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	<p>My plan is</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>				

## Tip: Urge surfing

Urge surfing is a way of managing your cravings, rather than give in to your craving you will learn to ride it out, like a surfer riding a wave.

Use distraction techniques to help you ride the wave, see page 12.

**PEAK:** the urge will feel more intense, it often feels like the urge will not go away without giving in




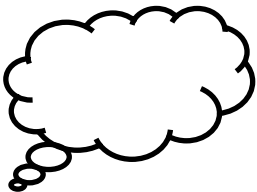
**RISE:** the Urge increases, this can happen suddenly or may happen over time

**TRIGGER:** An Urge is triggered by a person, place or feeling







**FALL:** The intensity of the urge reduces and eventually goes away

## Tip: Distraction techniques

	<p>Physical activity, exercise, sports</p>
	<p>Talking to someone</p>
	<p>Breathing exercise– mindfulness (see page 13)</p>
  	<p>Hobbies or things you enjoy doing.</p> <p>My hobbies:</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
	<p>Changing your scenery</p> <p>I could.....</p>
	<p>Here is space for your own ideas to distract yourself from the urge to vape:</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>

## Tip: Mindfulness techniques

	<p>Mindfulness can give young people tools to build self-esteem, manage stress, and deal with challenges.</p>
	<p>You can use mindfulness to help you ride the wave of a craving or urge to vape. You can also use it as a stress management technique instead of your vape.</p>
	<p>Mindfulness is paying attention to what is happening in the present moment. It may be what you are feeling, hearing, or anything else you notice.</p> <p>There's no special place of calm you have to reach and it's not about clearing your mind.</p>
	<p>Mindfulness is a skill you can learn, but it takes practice!</p>
	<p><b>Use these QR codes to link to these websites and find the technique that is right for you.</b></p>

**Young Minds**



**Derbyshire**

**Teen Health**



**Anna Freud**



**No Limits**

