

## Quick info

### Dangers...

- Damage/disease to the lungs
- Risk of cancer development
- Weakened immune system
- Susceptibility to substance misuse
- Disrupts brain development

### Harm Reduction Advice

- Only buy licensed nicotine containing products (NCP's)
- Do not use Puff Bars as a form of nicotine replacement therapy (NRT)
- Choose a vape with less nicotine (10mg or less) or NONE at all
- Try not to vape if you're a non-smoker
- Do not buy or sell from/to underage people
- Follow MHRA guidelines for UK regulated products

For more info on Drugs and Alcohol,  
check out...

### The Wrap

'Straight-talking advice for  
young people'

[www.thewrapdhi.org.uk](http://www.thewrapdhi.org.uk)



# Puff Bars

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# Disposable Vapes

Disposable vapes come in a variety of brands, the most popular being, Puff Bars and Elf Bars. They are designed for single use and don't require any re-filling of liquid or charging.

The bright colours, designs and flavours are extremely popular amongst young people and they aren't necessarily aware of the risks associated with vaping.

These products are highly addictive and, because they are fairly new, there is a lack of research on the long term health risks.

Public Health England say that vaping is 95% better than smoking cigarettes **IF YOU ALREADY SMOKE!** Vapes are designed as an alternative to help quit smoking. Therefore, vaping is not recommended for a new time smoker.

It is our aim to educate young people, professionals and parents on what we know about the risks and harms of vaping so they can make safer choices.



## What is in a disposable vape?

The official Puff Bars website says...

*'Puff Bar products may expose you to certain chemicals identified as harmful and/or carcinogenic, including aldehydes, volatile organic compounds, and metals.'*

This means, some of the ingredients could cause cancer and expose you to harmful metals such as nickel, tin and lead. Aldehyde inhalation **can alter breathing patterns by narrowing airway openings (airway constriction)**. It can also damage cells lining the airways, prompting white blood cells to enter the lungs and are generally toxic to the body.

## Nicotine

We know that nicotine is highly addictive and there is roughly the same amount of nicotine in a 5% puff bar as there is in a 20 pack of cigarettes.

Disposable vapes use a form of nicotine called Salt-Nicotine. This is much stronger than normal nicotine and extremely dangerous to the teenage brain

Engaging in harmful and addictive behaviours, such as smoking or taking illicit drugs before the age of 18, gives you a 25% chance of developing an addiction later on in life. Using after the age of 21 gives you just a 4% chance of developing an addiction.

**Young people are far more susceptible to addiction** because their brains are still developing. Synapses connect far quicker in teens than adults, resulting in more effective neural pathways + increased impulsivity and risk taking.

## Other effects of nicotine of the teenage brain are:

- Memory loss
- Interference with learning
- Loss of focus
- Impulse control
- Mental health difficulties
- Susceptibility to substance misuse



## Vaping and the Law

The current UK law says you must be...

- 16 years old to use
- 18 years old to buy

Also, it's illegal...

- for adults to buy (or try to buy) tobacco products or e-cigarettes for someone under 18

All vape products must be notified to the **MHRA** (Medicines and Healthcare Products Regulatory Agency) before they can be legalised in the UK. Puff Bars (and similar) are not currently regulated under the MHRA, which would assume they are currently illegal in the UK.

Other restrictions on vapes and e-cigarettes are detailed below and are designed to ensure they are safe to use.

## Tobacco and related Products Regulations (TRPR) 2020

- Restrict e-cigarette tanks to a capacity of no more than 2ml
- Nicotine strength of no more than 20mg/ml
- Products or their packaging to be child-resistant and tamper evident
- Ban certain ingredients including: colourings, caffeine and taurine
- Include new labelling requirements and warnings
- All e-cigarettes and e-liquids be notified to the **MHRA** before they can be sold

## WARNING

Young people are selling counterfeit products bought off the internet. These are unsafe and could contain some seriously harmful ingredients. These products haven't been regulated so the risks are unknown. To minimise this risk you could...

- Verify the product via the official websites (this doesn't mean they are legal in the UK as the products are most likely regulated through American laws)
- Buy from a licensed shop
- Check the MHRA website for UK regulated products

**WARNING:**  
This product contains nicotine. Nicotine is an addictive chemical.