

Vaping and Snapchat

2 social habits causing us all some concern...

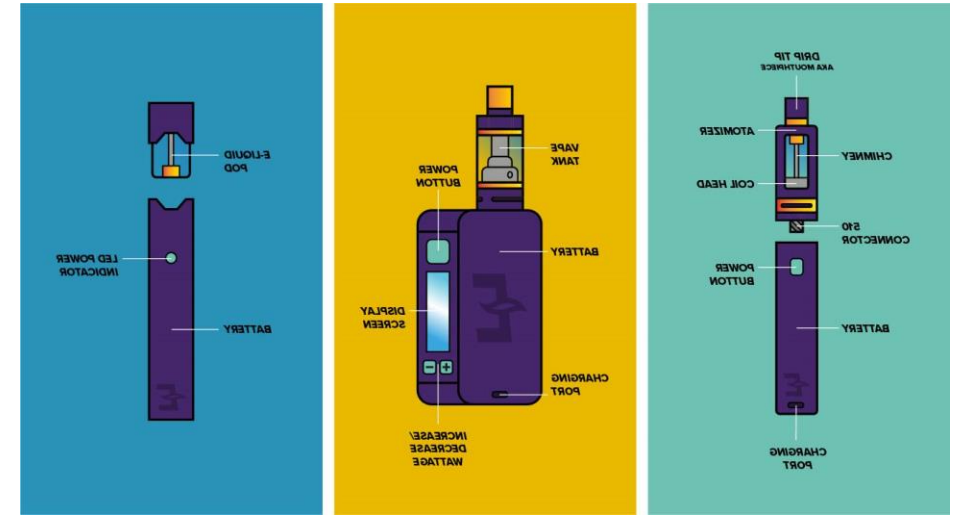
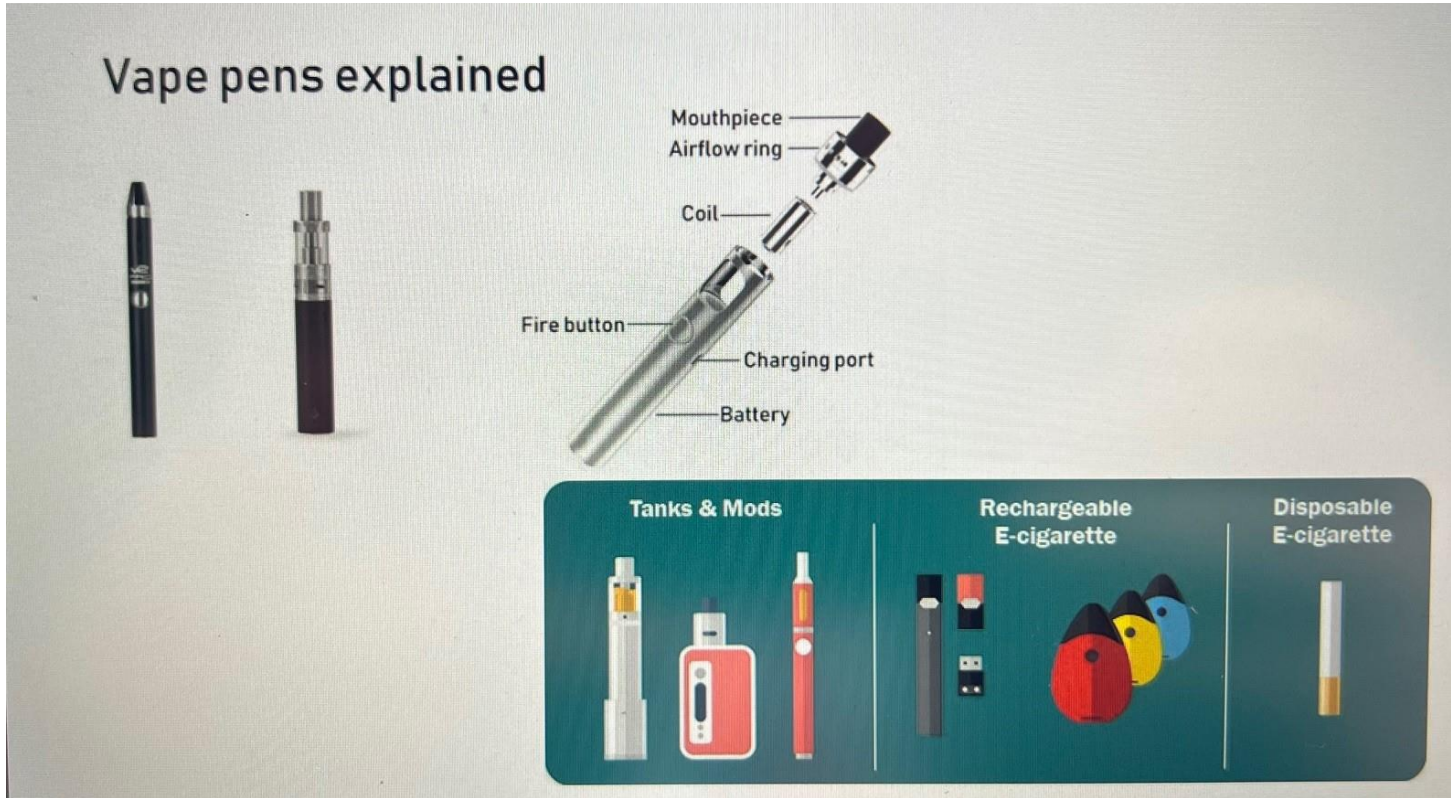


Vaping



Snapchat!

Vapes - heat a liquid to create a chemical vapor/aerosol



Important Considerations: your health...and the environment!





Vaping Facts – Environmental Considerations

- A recent UK study revealed that **68%** of all those who 'vape' use **disposable vapes**.
- An estimated **5 million** disposable vapes are discarded in the UK **every week**.
- With a total of **260 million toxic plastic vapes** being discarded in the UK each year, it is not hard to appreciate the detrimental environmental impact this will have on eco-systems and wildlife.
- **Over a thousand electric cars** could be built with the current number of lithium batteries discarded in the UK **every year!**



DID YOU KNOW?

1,200 electric vehicles

We lose 10 tonnes of lithium each year when 'disposable' single-use vapes are simply thrown away.

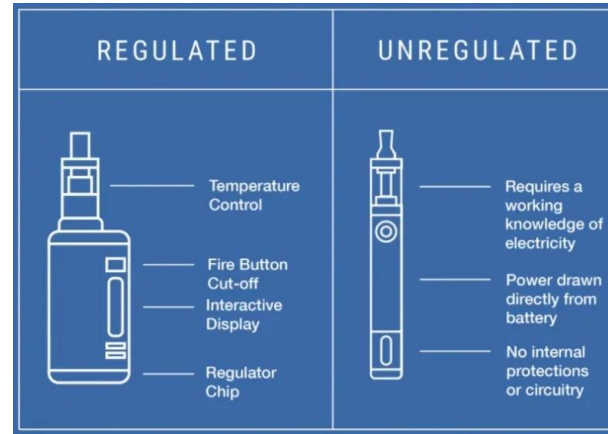
That lithium could make batteries for whole fleets of electric cars.

Materials in single-use vapes thrown away every year could power **1,200 ELECTRIC VEHICLES**



Vaping Facts – Environmental Considerations

Many **fires and personal injuries** are caused by overheating or discarded vape batteries – particularly from ‘fake’ vapes that don’t go through British Safety Standards checks.



What Causes a Vape to Explode?

1. Battery Malfunction
2. Use of Incorrect Charger
3. Mechanical Mod Failure
4. Improper Storage
5. User Error



Vaping Facts – Health Considerations

- Vaping was originally introduced as a healthier alternative for smokers – it was never intended to be a ‘thing’ for non-smokers - because it is far from ‘safe’ but considered a safer alternative to tobacco smoking by health professionals.....

THE EVIDENCE SO FAR SHOWS THAT E-CIGARETTES ARE FAR SAFER THAN SMOKING

-  1 E-cigarettes contain nicotine but **not cancer causing tobacco**
-  2 Nicotine is addictive, but does **not cause cancer**
-  3 **Tobacco** is the biggest cause of preventable death in the UK
 Over **100,000 deaths** per year  = 10,000
-  4 Passively breathing vapour from e-cigarettes is **unlikely to be harmful**
-  5 Growing evidence shows e-cigarettes are helping people to **stop smoking**



LET'S BEAT CANCER SOONER
cruk.org



She switched to be 'healthier'.

Read more 📖



WIDOW ISSUES HEARTBREAKING WARNING AS WIFE DIED AFTER QUITTING SMOKING FOR VAPING

👍👎🗨️ 1.5k

833 comments 415 shares

People have been switching as an alternative to smoking but it could be very dangerous.

Read more 📖



WARNING ISSUED OVER NEW HARMFUL LUNG ILLNESS EVALI CAUSED BY VAPING

Vaping Facts – Health Considerations

- A recent UK survey suggested that 84% of young people do understand the **actual and potential harm** posed by vaping i.e. their carcinogenic and addictive properties - nicotine and the exposure to hard metals like nickel, tin, lead, and mercury as well as flavouring agents/solvents like Diacetyl – which is linked to **mouth and lung disease** – asthma and ‘popcorn lung’ (scarring of the lung tissue).
- Bizarrely, some vape liquids have even been found to contain traces of **nuts** – creating an unexpected risk of allergic reactions or anaphylactic shock!

Saturday 18 March 2023 The Guardian

Jacqueline Gold Ann Summers boss dies aged 62 Page 11

Cutting allergy risks Give peanut products to babies, experts say Page 13

National

Leading doctor warns of lung damage as he raises alarm over rise in teenage vaping

been brought in line with that of cigarettes. He said companies were taking "an insidious and quite disturbing approach" to the marketing of vapes, using sweet flavours and colourful packaging to target children.

This was reflected in research from King's College London and Action on Smoking and Health, which found that removing branding from e-cigarettes could deter teenagers from buying them without reducing their appeal to adults.

John Durrie, director general of the UK Vaping Industry Association, said: "No one under the age of 18 should be using a vape device – that's the regulations. We therefore welcome any credible research that can highlight the long-term health risks of vaping to minors. However, any future policy or regulation needs to concentrate on cutting sources of supply to minors and dealing with the rogue operators, not wholesale bans on the likes of flavours and disposable vapes which play a significant role in helping adult smokers quit."

A Department of Health and Social Care spokesperson said: "We are clear that children should not use vapes and have introduced regulations to prevent them from vaping. The law protects children from vapes through restricting sales to over-18s only."

removing two of the most harmful elements of smoking (tar and carbon monoxide), which makes it a good tool for weaning smokers off cigarettes. However, its long-term health effects remain uncertain.

In recent months, the NHS has been growing louder, with campaigners for tighter rules around the advertising and packaging of vapes. They argue that the rules should mirror those for tobacco, including plain packaging and health warnings.

Last month, England's chief medical officer, Sir Chris Whitty, described the marketing of vapes as "utterly unacceptable".

Rachel de Souza, the children's commissioner for England, told the Guardian that child vaping was one of her priorities for the year ahead, as "we don't yet know enough about the long-term impact this might have on children's physical health".

McKean said it was "staggering" that the regulation of vapes had not

So how dangerous is it?

Vapes work by heating a liquid that typically includes nicotine, glycerine, and flavourings.

Vapes and cigarettes can be similar in nicotine content, though this varies considerably by brand. UK regulations limit nicotine content to 2%, or 20mg/mL in vapes, with e-liquid limited to 2ml in size if they contain nicotine.

This compares with an average of 22mg of nicotine in a cigarette.

Vapes contain fewer toxic chemicals, but nicotine causes cravings, raising blood pressure and spiking adrenaline, increasing risk of a heart attack. A third of vapes sold on the high street are illegal, say Trading Standards, with higher nicotine levels and unknown chemicals. Rachel Hall

He's addicted'

Mother tells how her son got hooked

Clea Skopeliti

When Sarah caught her 13-year-old son vaping in his bedroom last year, he tried a classic teenage line on her: "He said, it's not mine, it's my friend's," recalls the teacher from West Yorkshire. "I said, yeah, pull the other one, it's got bells on."

Liam, who is now 14, first tried vaping with two friends after one of them sneaked a parent's vape. "They'd been watching videos on TikTok showing tricks you can do," says Sarah. "I think they thought it was cool."

Liam is far from alone. Between 2021 and 2022, the number of 11- to 17-year-olds in Britain who vape rose from 3.2% to 7%, according to Action on Smoking and Health. The number who had tried e-cigarettes rose from 11.2% to 15.9%.

A year on, Sarah says her son is "completely addicted". When she first caught him, she "dropped down on him really hard". "We grounded him and took everything off him," she says. He told her he didn't realise it was addictive; he thought he'd be able to stop easily.

But a month later he was caught stealing a vape. She said she was "disgusted", and made him pay the shopkeeper back and write a letter of apology. Feeling "shocked into a corner", Sarah changed tack and bought him a refillable vape; she hopes to help him quit by reducing the strength of the e-liquid.

Liam still vapes daily. He tried to quit in October, announcing one morning that he had smashed up his vape. But when he got home from school that afternoon, he said he'd had "the worst day of his life". "He was just beside himself with craving," says Sarah, adding he had begged her to go buy him a vape.

Names have been changed



Vaping Facts – Health Considerations

- **Nicotine** is the 3rd most addictive substance on the planet!!!
- It is contained in **92% of all vapes** – even those claiming to be nicotine-free.
- Vapes can also be used to deliver the chemicals found in drugs like **Cannabis**.
- Some vapes have been found to contain the drug **Spice** - a highly addictive and very dangerous synthetic cannabinoid, often referred to as the '**Zombie Drug**' because of its worrying effect on users.

Why is vaping MORE addictive than cigarettes?
People take **140 - 300** puffs per day on a vape vs. **8 - 14** per cigarette.

1ml of e-liquid has as much nicotine as **5** packs of cigarettes.

A single puff from a vape sends more nicotine to brain in **10** seconds than an entire cigarette.

CN1CCCC1c2cccnc2

Drugs warning

Young people hospitalised after vaping 'spice'

Reports suggest young people thought they were using cannabis oil but were unknowingly supplied with 'spice'.

Do not use unregulated vaping substances - **they can kill.**



Vaping Facts – Health Considerations

- **Nicotine** produces a massive dump of dopamine (“feel good” hormone) which facilitates addiction – because users wish to repeat that “feel good” surge.
- For the under 25s, this has been clinically proven to have a detrimental affect on **brain development**.
- Ongoing research has found that the chemicals used to make the strawberry and banana flavoured vape juices actually **kill cells in blood vessels and the heart!!**



VOICE OF ADDICTION

Withdrawal symptoms can cause discomfort and may even be painful. With the body wanting to return to feelings of relief and pleasure, addiction will influence one to return to their source of instant relief, even if it's not good for them. This is referred to as the voice of addiction.

"Can I get away with hitting my vape in here?"

"I have to make sure to get more vape juice before I run out."

"I need to take a JUUL break."

HALF-LIFE

The nicotine effects peak after around 2 hours, inviting the onset of withdrawal symptoms (*feeling stressed or anxious, irritability, increased depression, etc.*) as nicotine slowly leaves the blood. This is referred to as nicotine's half-life and can arrive sooner than 2 hours with frequent use.

HITS VAPE

Hitting the vape is when E-liquid, also known as vape juice (containing heavy metals, flavoring, propylene glycol, vegetable glycerin, and other unknown properties), or nicotine salts (allowing for a higher - and more addictive - concentration of nicotine) is electrically heated and aerosolized into vapor to be inhaled by the user.



NICOTINE TRAVELS

When inhaling, nicotine is carried into the lungs by attaching onto vapor droplets, then travels to and communicates with the brain within 7-10 seconds. This is why your vape may give you a more immediate reaction.

ALTERS FRONTAL LOBE

Reaching the "reward center" of the brain, nicotine effects release a rush of dopamine, allowing for one to feel a resemblance of relief and pleasure.

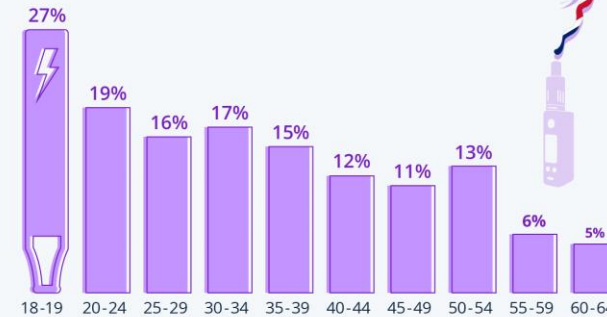
Addiction is a form of learning, making it easier for youth to form addictions. With the brain being in development until around age 25, frequent vaping in youth can lead to long-term cognitive challenges, in addition to being at risk for other health complications.

Vaping Facts – Some UK stats

- 3.7% of 11-18 Year olds admit to vaping regularly.
- 24% of 16-19 year olds admit to having vaped in the last month.
- An estimated 54% of 11-18 year olds state that 'trying it' lead to them habitually using vapes.
- Psychological **'Attachment'** to vapes has become similar to that we see with mobile phones – they are of high personal value and very much **'protected'** by the user.

Vapes Appeal To Younger Consumers in the UK

Share of UK respondents who say they use a vaporizer/vape pen at least occasionally, by age



4,032 UK adults (18-64 y/o) surveyed online Apr. 2022-Mar. 2023
Source: Statista Consumer Insights

>20%

11-17-year-olds
tried vaping

9%

under-15s
tried vaping

1 in 5

15-year-old
girls vape

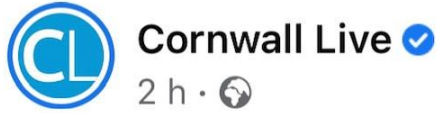


Vaping Facts – Health Considerations

- Vapes are very clearly being **targeted at the young** – fruit flavours, **bright colours** and carefully planned ‘placement’ in shops ... often near sweets!
- Regular use will likely lead to **addiction** and cause ‘**brain-fog**’.
- Tolerance to nicotine can result in ‘**substance use disorder**’.
- Withdrawal symptoms are very likely to be seen in student users – they become **distracted in lessons** and seek to get their ‘fix’ by asking to leave lessons to vape...



Vaping Facts – Health Considerations



Doctors warned Amanda's family she may be in intensive care for three months. She now suffers PTSD. A horrifying warning.



cornwalllive.com

Woman put on life support for eight days thanks to vaping

His addiction ran for 10 months before it started to go drastically wrong.



ladbible.com

Vape addict hospitalised after coughing up three pints of blood

"IT'S *JUST* BUBBLEGUM FLAVOURED *AIR...*"

But it could just link to future heart attacks, strokes and respiratory illness.

super
stressy
- on your -
mind & body



NICOTINE VAPE

The sickest new trend

1 x 20mg/ml vape
= 20 nicotine cigarettes.

NOT SO NICE NOW IS IT?

Don't
Smoke?
Don't
Vape!

Chest
Heart &
Stroke

Warning: Vaping is **bad** for you.

VISIT NICHs.org.uk FOR MORE VAPING FACTS
BASED ON NICOTINE VAPES.

Yesterday I was diagnosed with bronchiolitis obliterans (popcorn lungs) from a chemical found in 39/51 vape juices. It's a incurable condition that in severe cases will require a lung transplant or can kill you. If your smart you'll stop before you've caused permanent damage. #Abbey



Vaping Facts – The Government’s Response

- The Government have recently pledged that YOUR generation will be the first ‘**smoke-free generation**’.
- If legislation is passed, it will become illegal to sell **any** nicotine-based product to anyone born after 1st January 2009 (those currently 15 years old or younger). This includes vapes, tobacco, nicotine patches/sachets.
- The agreed UK **ban on disposable vapes**, the reduction of **colourful packaging** and **flavours** and ban on **targeted youth marketing** is all hoped to reduce the appeal of vaping to young people.



[Home](#) > [Health and social care](#)

News story

Prime Minister to create ‘smokefree generation’ by ending cigarette sales to those born on or after 1 January 2009

Government to introduce historic new law to protect future generations of young people from the harms of smoking.

Vaping Facts – Beaminster School's Response

- **Harsher penalties**: Vaping or being in possession of a vape (or any vape related material) will now result in suspension, rather than isolation.
- **Vape detectors** for toilets are being considered ...
- **Misuse of toilets** will be more closely monitored and bans will be put in place for individuals who are seen to share cubicles or gather to 'socialise' in toilets.

'Hanging-out' in toilets is preventing access for genuine users.

It is also intimidating for some students - who are now asking to leave lessons to go to the toilet, which is obviously impacting on teaching and learning.



Vaping Facts – Beaminster School's response

- **Current CCTV** installations record both images and sound and will be used to identify those misusing our facilities.
- We will carry out **searches** for vapes in bags, lockers, on your person and anywhere on the school grounds.
- If we suspect that you have concealed a vape in undergarments your **parent/carer** will be called to come into school to deal with the matter.



IT IS THE LAW
You must be over 18
to purchase e-cigarettes
and associated liquids
(ID May Be Required)



Social Media – some concerns about Snapchat

Pre internet chat room using
An old version of windows...



There is clearly an appeal and *some* benefit to *some* forms of age-appropriate social media, but.....

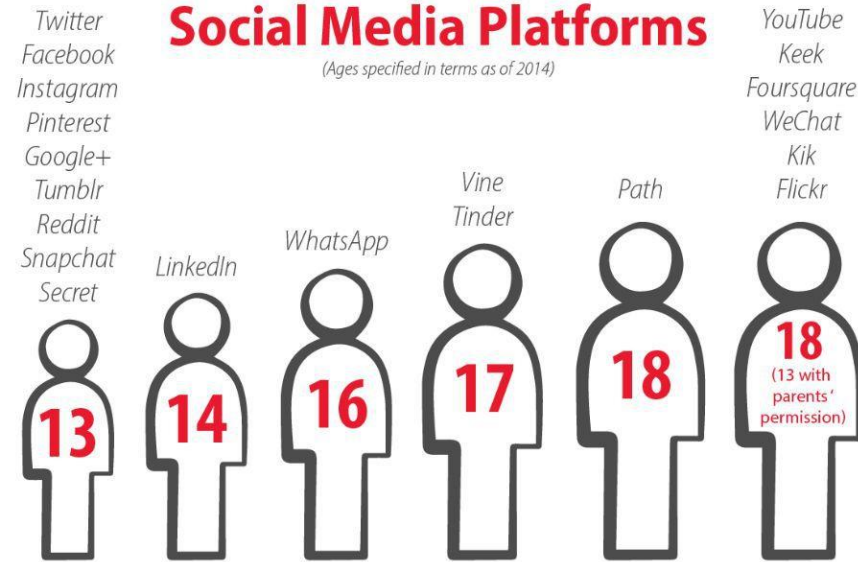


Snapchat Facts

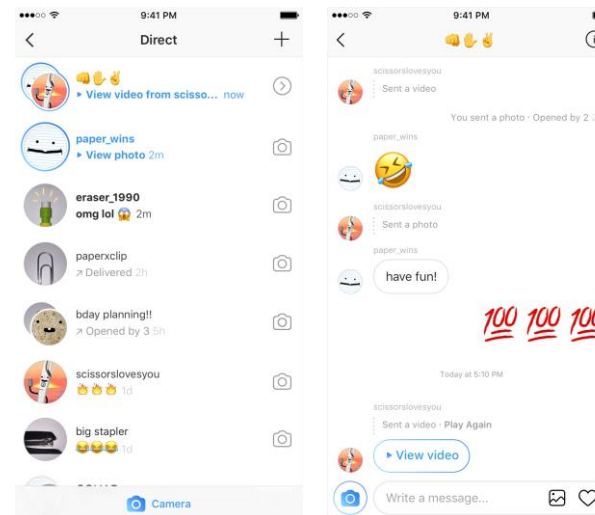
- It is age restricted; **13+**
- **Snapchat is an Instant Messaging platform** – used to send images/videos/texts to all on an individuals friends list.
- **Messages ‘disappear’** 24hrs after they have been opened/viewed.
- Users are notified if a **screenshot** of a message/video/post is take ... but you can easily secretly capture an image or video using another device and then share it undetected!

Age Restrictions for Social Media Platforms

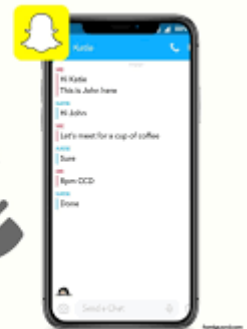
(Ages specified in terms as of 2014)



YouTube
Keek
Foursquare
WeChat
Kik
Flickr



How to Read
Snapchat Messages
Without Opening



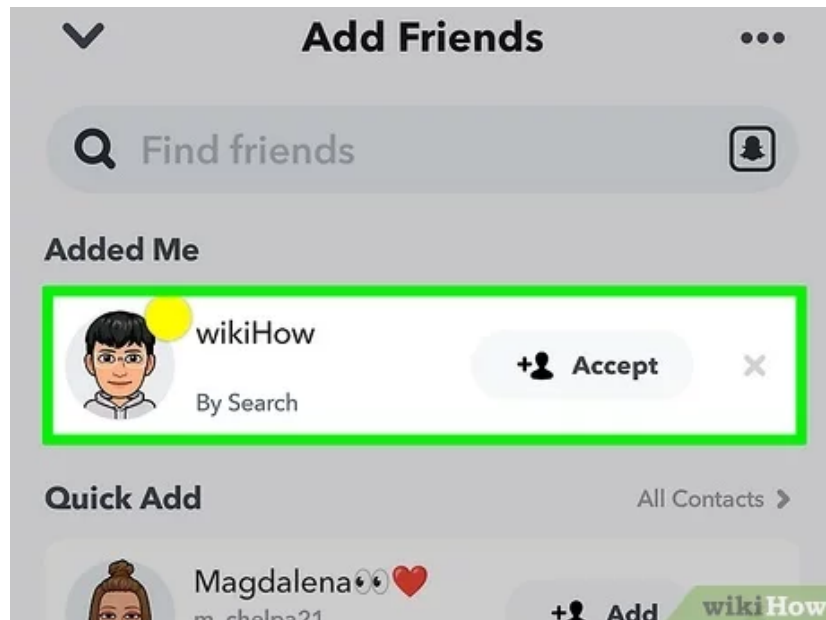
Snapchat Facts

- Along with other forms of social media, Snapchat is widely used by **predatory adults** as these platforms give them all the tools/information they need to be able to **exploit youngsters** for their own gain – **sexually** and/or **financially**.

Students **at our school** have been victims of 'grooming' over Snapchat ... and no doubt there will be others that we are unaware of?

- **'Quick-add'** - allows **recommended 'friends'** to be shown for you to quickly add. Once added, this allows access to your **Story, Snapmap and Spotlight** features – it therefore potentially exposes you to predators!

... it is best to turn this feature off!



Concerns about Snapchat use ...

General misuse

Causing social fall-outs due to inappropriate or unkind posts. This usually involves multiple people and gets brought into school as a major upset and distraction.



Loss of control

EVERYTHING you post you essentially lose control of ... and it can quickly find its way into the public domain.

There is no 100% private/safe way of sharing content on any social media platform.



Concerns about Snapchat use ...

- **Oversharing**: What you share creates a **'database'** or a **'digital footprint'** about you.
- **'My Places'** (check-ins) highlights your frequently visited places. It is safest to enable **'Ghost Mode'** on **'Snapmaps'** or just select the friends you want to have access to this feature – so your location is not publicly displayed. Otherwise it is easy to be **stalked** – particularly with **'real-time location'**.
- Because messages disappear 24hrs after they have been seen, this gives a **false sense of security**.



EVERYTHING
YOU DO
DOESN'T
NEED TO
BE SEEN OR
HEARD!!!!

Hacked | Recent high-profile data breaches

Hackers gained access to **4.6 million** Snapchat user names and phone numbers in December.

Up to 40 million credit- and debit-card accounts used at Target stores were compromised in November and December.

Source: Staff reports
The Wall Street Journal

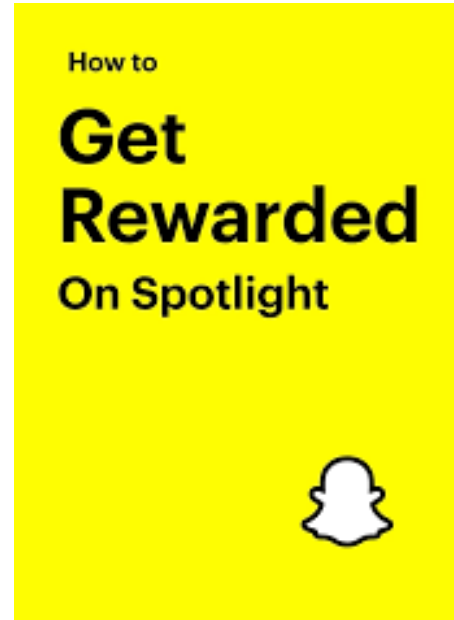
Concerns about Snapchat use ...

- **Connecting with strangers:** Snapchat is **private by default** – keep it that way!
- Enable **‘Friend Check-up’** – to filter out any potential strangers. You will receive an alert about those you have not personally interacted with.
- **Block strangers** – click the 3 dots on their profile and block them – you can state the reason why you have blocked them online – which helps their admin detect individuals that might be a risk to others!



Concerns about Snapchat use ...

- **MY AI Chatbox:** A place for advice and to ask questions. Responses sound like a real person ... but it is NOT and can be biased, inaccurate or misleading. Better to seek advice from humans – friends and family, rather than an AI facility.
- **Excessive use: ‘Priority’ notifications** keep people hooked to constantly check Snapchat. The notifications are displayed even when your phone is on ‘do not disturb’ mode.
- **Streaks** encourage continuous messaging and **‘Spotlight Challenges’** prompt users to produce content in search of prizes and/or online fame.



Concerns about Snapchat use ...

- **Filters** – are designed to entertain or amuse, but the **‘beautify’** or **‘face filter’** features can set **unrealistic body image expectations** and cause unhealthy obsessions with image/looks.
- **Inappropriate content**: #hashtags are defined by the person posting them - so even an innocent search can bring up inappropriate content posted by someone to shock, advertise or encourage further engagement.



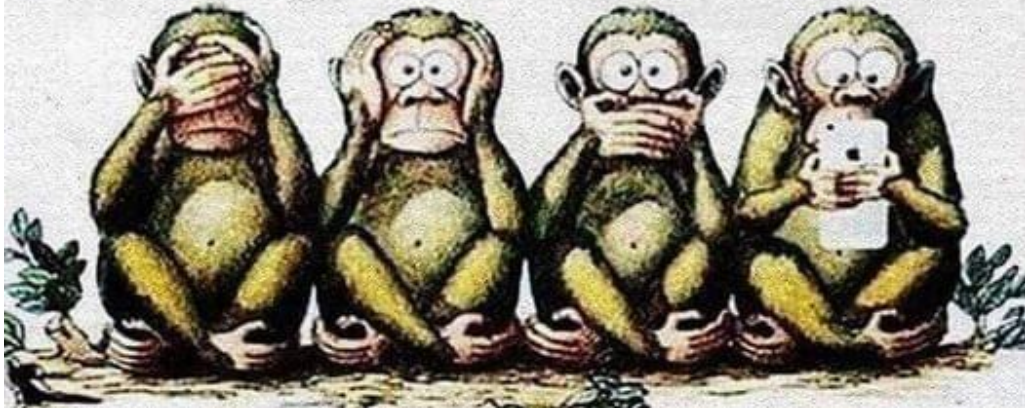
Snapchat App Review

Quick summary: Face filters, disappearing pictures, problematic AI, and much more. What could go wrong?



Live your life 'for real' i.e. outside of your phone!

Finally the fourth ape!
He is the sum of the first
three: He sees nobody, hears
nobody and speaks to nobody.



I finally realized it!



People are prisoners
of their phones.
That's Why they are
called cell phones!