Ready2Comply

TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · HEALTH AND WELLBEING

Clear the Air

The facts about vaping and nicotine

A colourful, ready-to-use direct work pack to help young people make informed choices about vaping and nicotine – and to help you gauge, record and act on risk.

- Ages 11–17
- 1:1 or small groups
- 3–4 sessions
- Editable Word

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Worker's guide

Session plans, the law for staff, SEND and trauma-informed tips, disclosures, escalation and recording

Activity sheets

Vaping facts, why-people-vape spotter, 12 scenario cards, vape-free toolkit, my vaping plan, who to tell

Risk measure

Young person's quiz with scoring key, worker observation checklist, record sheet – plus a certificate

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

The law, product rules and figures in this pack were checked against legislation.gov.uk, GOV.UK, the NHS, ASH and police sources in November 2026 (see Sources, page 21). Vaping law is changing under the Tobacco and Vapes Act 2026 – check which parts are in force.

Ready2Comply is not affiliated with, endorsed by or sponsored by any vape brand or retailer. Elf Bar, Lost Mary and other brand names are trademarks of their owners and are mentioned only because young people use and recognise them.

Vaping: the facts

What's really going on – and what to watch out for

What's a vape?

It heats a liquid into a vapour you breathe in. Most have nicotine.

⚠️ Flavours hide what's in it.

Nicotine

A drug that's highly addictive – it's in the warning on every legal pack.

⚠️ Cravings and mood swings when you can't vape.

The law

You have to be 18 to buy a vape. Adults can't buy one for you.

⚠️ Shops selling to under-18s are breaking the law.

Disposables banned

Single-use vapes have been banned since June 2025.

⚠️ 'Disposables' still on sale are illegal.

Illegal vapes

Fake or illegal vapes can have more nicotine – or drugs like THC or spice.

⚠️ You can't tell by looking.

Flavours & adverts

Bright colours and sweet flavours make vapes look harmless.

⚠️ They're designed to get you hooked.

Money

A vape habit costs a lot every week.

⚠️ 'Free' vapes from older people can turn into a debt.

Vaping vs smoking

Smoking is far more harmful. Vaping isn't risk-free.

⚠️ If you don't smoke, it's best not to vape.

Getting help

Staff, a school nurse or GP can help you cut down or stop.

⚠️ Stopping can take a few tries – that's normal.

Did you know?

Most young people **don't vape**. In 2026, **82%** of 11–17-year-olds had never tried it, and only **6%** vaped now (ASH survey).

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 Just one go

You're at a mate's house. Everyone's passing round an Elf Bar. "Go on, just one go. It's only watermelon." You don't really want to.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

2 No ID needed

You're 14. The shop near school sells you a vape without asking for ID. Your friends say it's the best place to go because "they don't care."

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

3 Free vapes

An older lad keeps giving you free vapes. A few weeks later he says: "You owe me now. Just drop this bag off for me and we're even."

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

4 It's only fruit

Someone sells you a cheap vape that says "0% nicotine". It feels much stronger than normal and makes you dizzy.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

5 She's not waking up

Your friend used a vape someone gave her at the park. Now she's really drowsy and you can't wake her properly. The others say: "Don't call anyone, we'll get in trouble."

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

6 Can't get through lessons

You keep going to the toilets to vape. By the second lesson you can't concentrate and you snap at everyone. You've been late three times this week.

🚩 Red flags? 🤔 What would you do? 🗣️ Who could you tell?

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