GIG CYMRU NHS WALES

ARE YOU VAPE WISE?

HELPA FI I STOPIO - HELP ME QUIT

FEPIO DOETH VAPE WISE

YOUTH INTERVENTION TOOL

NAME:

This document is available in Welsh Cymraeg

BE VAPE WISE

BEFORE YOU GET STARTED!

This tool is here to help you and an adult you trust (like a teacher, youth worker, or health professional) have a chat about vaping – especially if you're using vapes that contain nicotine.

IT'S NOT REALLY MEANT FOR PEOPLE WHO:

- Have never vaped
- Have only tried it once or twice
- Are using vaping to stop smoking

NEED HELP USING THIS TOOL?

There's a guide available online to help adults use this tool with you. **You can find it at: www.helpmequit.wales**

The whole chat usually takes about 10-15 minutes, and it's designed to be easy to follow and judgement-free.

LOOK OUT FOR THE SPEECH BUBBLES!

Whenever you see a speech bubble icon, it's a chance to talk, ask questions, or learn something new. You don't have to go through every part – just the bits that matter to you.

BUYING VAPES SAFELY

In Wales, it is against the law to sell vapes or vape products to anyone under the age of 18. However, if you do vape, it's important to buy your vapes and e-liquids safely.

To stay safe follow these steps:

- Only buy vapes from trusted shops
- Check the label for nicotine strength and health warnings
- Avoid anything unlabelled or suspicious

START HERE

SECTION 1

Let's begin by understanding your recent experiences with smoking and vaping. There are no right or wrong answers – just be honest so we can have a helpful conversation.

1. IN THE PAST 3 MONTHS, HOW OFTEN HAVE YOU SMOKED TOBACCO?

- [ ] Never
- [ ] Once or twice only
- [ ] A few times a month
- [ ] A few times a week
- [ ] Daily/almost daily

2. IN THE PAST 3 MONTHS, HOW OFTEN HAVE YOU VAPED (USED A VAPE OR E-CIGARETTE)?

- [ ] Never
- [ ] Once or twice only
- [ ] A few times a month
- [ ] A few times a week
- [ ] Daily/almost daily

3. HOW OLD WERE YOU WHEN YOU FIRST TRIED A VAPE?

4. SINCE YOU STARTED VAPING, HAS YOUR USE:

- [ ] Increased?
- [ ] Decreased?
- [ ] Stayed the same?

DID YOU KNOW?

If you've never smoked, it's best not to start vaping. Vaping doesn't have any health benefits – unless someone is switching completely from smoking to vaping. However, vaping is not completely safe and the long-term health effects are still unknown.

SECTION 2

AM I ADDICTED TO NICOTINE?

Let's look at some signs that might show if you're becoming addicted to nicotine.

1. TICK ANY THAT APPLY TO YOU:

- [ ] I've tried to stop vaping, but couldn't
- [ ] I feel like I need to vape when I'm stressed
- [ ] I get strong cravings or urges to vape
- [ ] It's hard not to vape in places where I'm not supposed to (like school, work, or at home)
- [ ] I find it hard to concentrate or feel anxious, restless, or grumpy if I haven't vaped in a while
- [ ] I feel stressed if I can't find my vape or if it runs out

WHAT DOES THIS MEAN?

If you ticked yes to any of these, it could be a sign that you're becoming addicted to nicotine. That's okay to talk about – lots of people go through this.

2. WHAT DO YOU THINK ABOUT YOUR ANSWERS?

WRITE YOUR THOUGHTS HERE

SECTION 3

PROS AND CONS

Let's think about what vaping means to you – both the good and the not-so-good parts.

1. IF YOU BUY YOUR VAPES, HOW OFTEN DO YOU GET A NEW ONE OR REFILL IT?

2. HOW MUCH DOES EACH VAPE OR REFILL COST YOU?

£

3. HOW MUCH WOULD THAT BE OVER A YEAR? (you might need a calculator)

£

4. WHAT ELSE COULD YOU DO WITH THAT MONEY?

5. WHAT DO YOU LIKE ABOUT VAPING?

(Examples: "It's fun with friends", "I like the taste", "It helps me relax")

6. WHAT ARE THE NOT-SO-GOOD THINGS ABOUT VAPING?

(Examples: "I can't leave the house without it", "I'm getting in trouble at school")

SECTION 4

TIME FOR CHANGE?

Let's check in with how you're feeling about vaping.

1. ON A SCALE FROM 1 TO 5, HOW WORRIED ARE YOU ABOUT YOUR VAPING?

(1 = Not worried at all, 5 = Very worried)
Tick one:

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

2. HOW WORRIED DO YOU THINK YOUR FAMILY OR FRIENDS ARE ABOUT YOUR VAPING?

(1 = Not worried at all, 5 = Very worried)
Tick one:

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

3. WHAT WOULD YOU LIKE TO DO ABOUT YOUR VAPING?

Tick one:

- ☐ I want to cut back
- ☐ I want to quit
- ☐ I don't want to cut back or quit right now (skip to Section 6)

4. IF YOU WANT TO CUT BACK OR QUIT, HOW CONFIDENT ARE YOU THAT YOU CAN DO IT?

(1 = Not confident, 5 = Very confident)
Tick one:

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

SECTION 5

I WANT TO CUT BACK OR QUIT

CUTTING BACK OR QUITTING CAN BE EASY FOR SOME PEOPLE AND TRICKY FOR OTHERS.

You might feel **grumpy, anxious, or get cravings** – but these feelings usually fade within a couple of weeks.

1. MY GOAL IS TO...

(e.g. "Cut back to 1 vape a month", "Quit by Christmas", "Stop vaping at school")

2. I'M MAKING A CHANGE BECAUSE...

3. PEOPLE WHO COULD SUPPORT ME...

4. THINGS THAT MIGHT MAKE IT TRICKY TO REACH MY GOAL...

(e.g. "I find it hard to say no if a friend offers me a vape", "I vape when I'm stressed")

5. SOME STEPS TO HELP ME REACH MY GOAL ARE...

(Think about how to deal with the tricky bits. Use your support network too.)

OTHER STRATEGIES THAT MIGHT HELP

Tick any you want to try:

☐ 1. THE "3DS" – DELAY, DISTRACT, DEEP BREATHS

DELAY: Wait a few minutes – cravings often pass on their own.

DISTRACT: Do something else like message a friend, go for a walk, listen to music, suck on a lolly or sweet, drink water.

DEEP BREATHS: Breathing slowly can help you stay calm during cravings.

CRAVINGS ARE LIKE POP-UP ADS: ANNOYING! BUT THEY FADE IF YOU IGNORE THEM. GIVE IN ONCE, AND THEY'LL KEEP COMING BACK.

☐ 2. LEARN WAYS TO RELAX

Try apps or videos on relaxation or mindfulness. They can help with stress and improve your mood.

Wellbeing tools - Hapus

☐ 3. REDUCE THE TEMPTATION TO VAPE

- Throw away your vape if you're ready to quit
- Keep it out of reach if you're cutting down
- Leave it at home if you're going somewhere you shouldn't vape (like school)

If that's too hard, you could try Nicotine Replacement Therapy (NRT) to help with cravings.

NICOTINE REPLACEMENT THERAPY (NRT)

NRT like patches, lozenges, gums and sprays can be used to quit vaping from the age of 12 years old. They can be bought over the counter at most pharmacies and supermarkets.

Help Me Quit may also be able to provide you with free NRT if you choose to engage with their expert support.

SUPPORT TO QUIT

Help Me Quit is a free, confidential service that can help you stop smoking or vaping.

You can get: 1-to-1 support by phone or in person. It's friendly, non-judgemental and focused on what you need.

www.helpmequit.wales

SECTION 6

REDUCING HARM

The safest choice is not to vape, as we still don't know the long-term effects. But if you do vape, here are some ways to make it less risky.

For each one, tick whether you think it might work for you:

STRATEGY	YES	NO	MAYBE
Buy Smart – Only buy vapes from trusted shops. Check the label for nicotine strength and health warnings. Avoid anything unlabelled or suspicious.			
Quit Tobacco Smoking – If you smoke, quitting is one of the best things you can do for your health. Contact Help Me Quit for help to stop smoking. Once you're sure you won't go back to smoking, think about quitting vaping too.			
If it tastes bad, stop using it! – A strange taste can mean something's wrong. Replace the coil, wick, or pod and use fresh e-liquid.			
Be aware of your mental health – Nicotine can affect your mood and make anxiety or depression worse. Keep an eye on how you're feeling and access support. www.mind.org.uk			
Set limits on your vaping – Try taking fewer puffs and keeping your vape out of reach between uses.			
Only use vapes as they're meant to be used – Don't tamper with the liquid or device. Tampering can cause harmful reactions or even fires.			

STRATEGY	YES	NO	MAYBE
Take care of your device – Replace worn-out parts, don't mix e-liquids, and only use the charger that came with your vape.			
Avoid using your device dry – Refill before it runs out. Let new coils soak before using to avoid "dry hits" that can be harmful.			
Avoid vaping where it's not allowed – If this is hard, you might be addicted. NRT (like patches or sprays) can help with cravings. You can buy these at most pharmacies or supermarkets.			

MY NEXT STEPS WILL BE...

(Think about how you might start cutting back or trying one of the strategies above. Choose something small and manageable to begin with.)

IT MIGHT ALSO HELP YOU TO...

- ☐ Catch up again to talk about how I'm doing
- ☐ Speak to a doctor or other health professional
- ☐ Visit the **Help Me Quit website** for more support with vaping or smoking

IMPORTANT SAFETY WARNING:

- Keep nicotine liquid away from children and pets. It can be harmful if swallowed or absorbed through the skin.
- Call NHS 111 if you're worried
- Call 999 in an emergency

NOTE FOR PROFESSIONALS

This tool is not a substitute for a full clinical intervention. Please consider **risk, safety, consent, and confidentiality** before starting.

ACKNOWLEDGMENTS

Version 01 – Last updated March 2026.

Vape Wise was originally developed as Vape Check in collaboration with professionals from Queensland's youth alcohol and drug sector and later refined based on feedback from over 100 professionals across relevant fields.

In 2026, the resource was adapted – with permission from Dovetail – for use in Wales, aligning with both UK and Welsh Government policy and regulation.

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Dovetail
supporting the youth alcohol and drug sector in Queensland