



**Worried about your
child vaping?**

healthwatch
Salford

Vaping has quickly become a growing concern for families nationally. Parents, teachers and health professionals in Salford are raising serious concerns about its impact on health and addiction amongst our children and young people.

In response, Healthwatch Salford launched the well-received 2025 Vape Debate, a major research project gathering the views of parents, young people and school staff across the city. The findings from 1,500 residents have helped build a clearer picture of how vaping amongst young people is affecting families and communities.

This leaflet highlights 2 of the main concerns that parents and guardians shared with us about young people vaping – the nicotine content of vapes, and how to report illegal sales of vapes in Salford

In fact, we found that 93% of parents who took part said they were worried about the number of children and young people vaping.

What's in your child's vapes?

A standard 2ml of e-liquid can be the equivalent to 20 mg of nicotine or 1-2 packs of 20 cigarettes. Our study found that 83% of children/young people who vaped said there was nicotine in their vapes.

"I previously found out my daughter had been vaping. She started complaining about 'funny pains in her chest' – clearly the impact of too much nicotine – the amount of nicotine in vapes is scary. Once she stopped vaping, the pains went away and have never returned." **Anonymous Parent**

Effects of nicotine:

- Affects the cardiovascular system by increasing heart rate and blood pressure.
- Can interfere with brain development, particularly in young people.
- Its addictive nature makes dependence difficult to break once it begins, and young people may move on to smoking.

Our study found that 1 in 5 young people who vape do so in bed in the morning, which is a sign of addiction.

Where do young people get their vapes from, and what can parents do?



Our study found that 30% of children/young people are getting vapes from their local shop, 12% are given them by a parent/guardian/family member.

"I feel like stopping vaping is a lost battle from the parent perspective. Most small shops are selling vapes and liquid to underage kids."

Anonymous Parent

Facts:

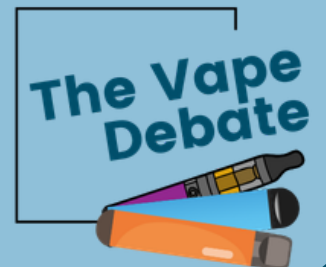
- Trading Standards are very active in Salford. Between 2022 and 2024, Salford was named as the area with the 3rd highest number of illegal vapes seized in the whole of England.
- In 2024/25, Trading Standards undertook test purchases of vapes, and 43% of establishments failed.

Read more about the findings from our Vape Debate

report by visiting our website:

www.healthwatchsalford.co.uk

and search Vape Debate



What can parents do?



If you believe a business is selling illegal vapes, contact Salford

Trading Standards:

Hotline: 0808 223 1133

www.salford.gov.uk/advice-and-support/consumer-advice

More support and advice:

ASH - <https://ash.org.uk/>

Early Break - <https://earlybreak.co.uk/>

Salford Youth Service -

<https://www.salford.gov.uk/children-and-families/youth-services/>

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Contact us: 0161 960 0316

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