

## Engagement with Parents, Carers and Guardians on Young People's Vaping & Smoking

Aberdeenshire  
COUNCIL

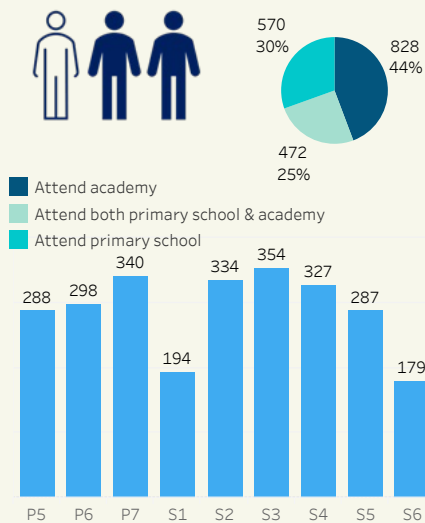


Aberdeenshire  
Health & Social Care  
Partnership



## INFOGRAPHIC

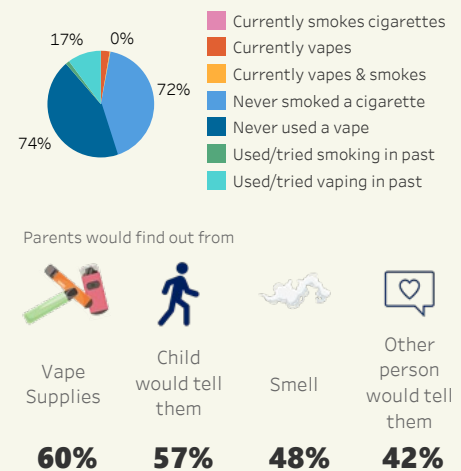
### Demographics of parents' children



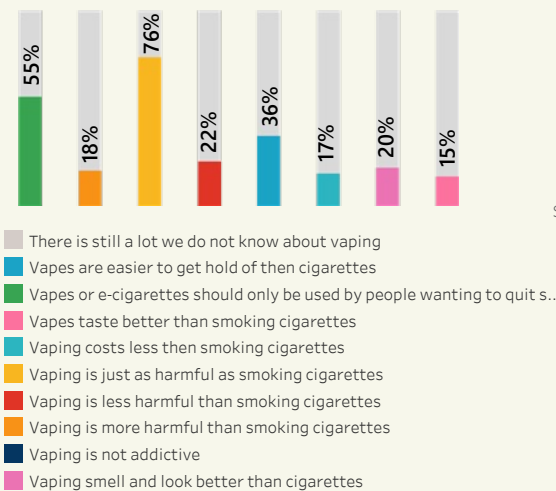
### Parental Concerns



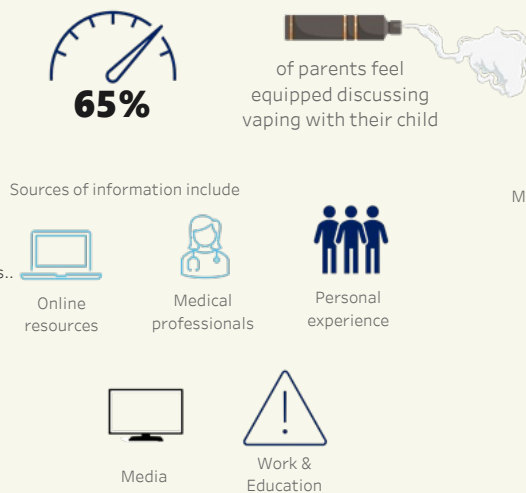
### Awareness & Detection



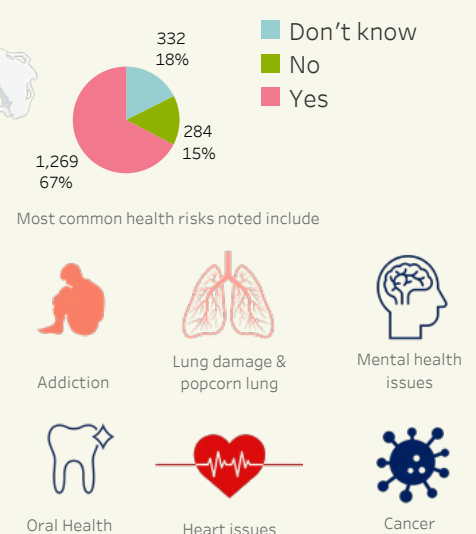
### Perceptions



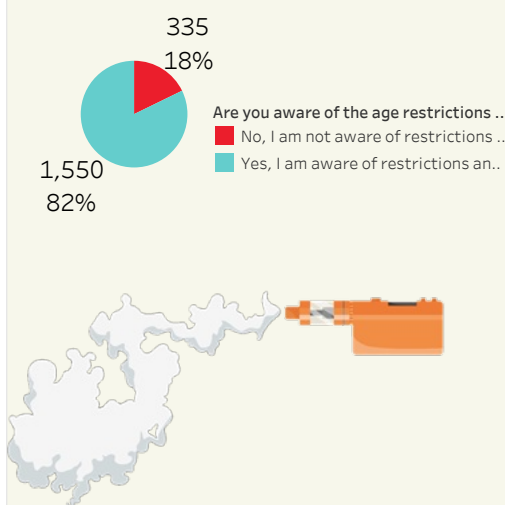
### Knowledge & Information



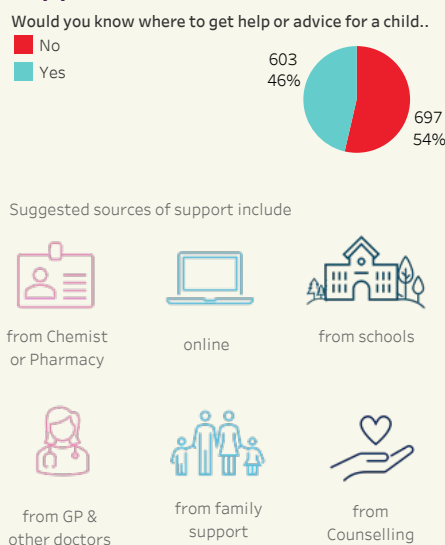
### Health Risks Awareness



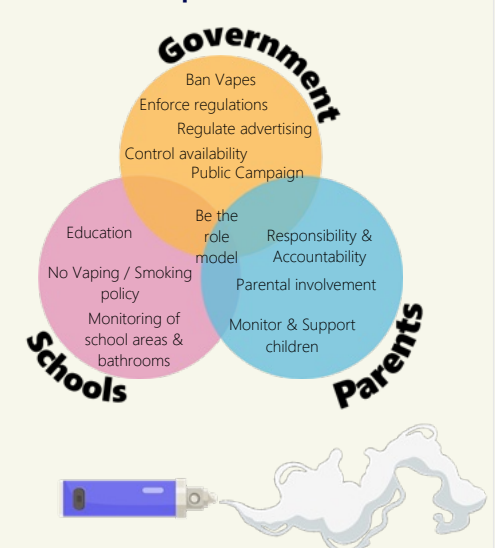
### Restrictions Awareness



### Support & Resources



### Roles & Responsibilities



### Executive Summary

The survey, conducted across Aberdeenshire, presents findings from 1885 parents, whose children attend primary schools, academies or both school types, to understand parental views on vaping and smoking among young people. The survey reveals a complex landscape regarding youth vaping, parental views and knowledge on the issue. However, persistent misconceptions and the ease of obtaining vapes highlight the need for targeted interventions at primary schools, academies and the wider community across Aberdeenshire, including across localities. A comprehensive approach, involving government regulation, educational initiatives targeting young people and parents, parental involvement and community support, is essential to tackle the vaping issue among young people effectively.

Introduction

In partnership, Aberdeenshire Council, Aberdeenshire Health and Social Care Partnership and NHS Grampian are applying a 'Whole School Approach' to gathering information to address the rising concerns around young people vaping in primary and secondary education in Aberdeenshire. This work has been rolled out in 3 stages -

Stage 1, June - September 2023 - Primary and Academy school staff

Stage 2, February - May 2024 - Academy Pupils

Stage 3, March - July 2024 - Engagement with Parents, Carer's and Guardians

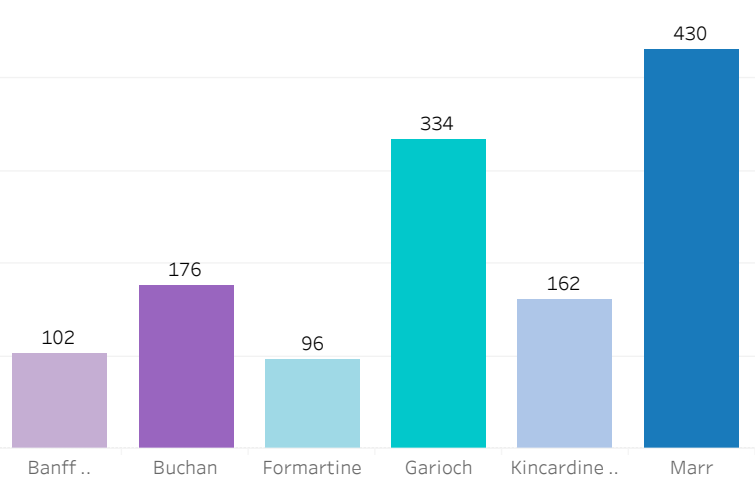
This survey was part of the Stage 3 Engagement work with parents, carer's and guardians who have a school age child/children P5 up attending Aberdeenshire primary or secondary schools.

This data will also support the development of initiatives and programs relating to tobacco/smoking and vaping, monitor and measure effectiveness of strategies, and determine which areas should take priority.

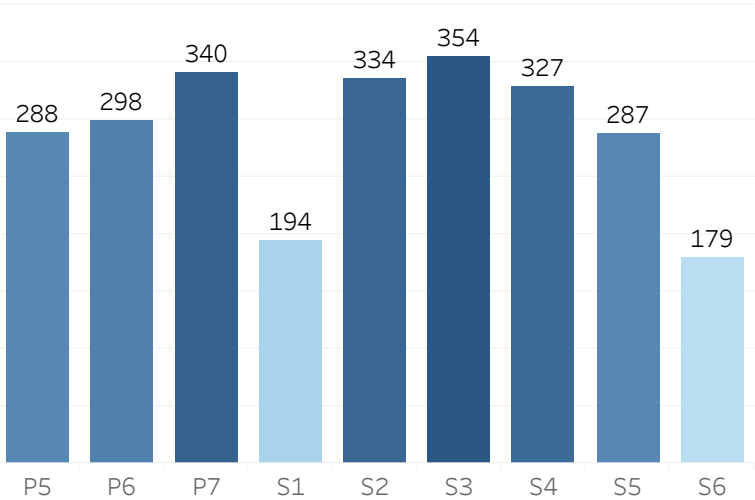
Demographic Analysis

1,885 parents responded, whose children go to 17 academies and 108 primary schools.

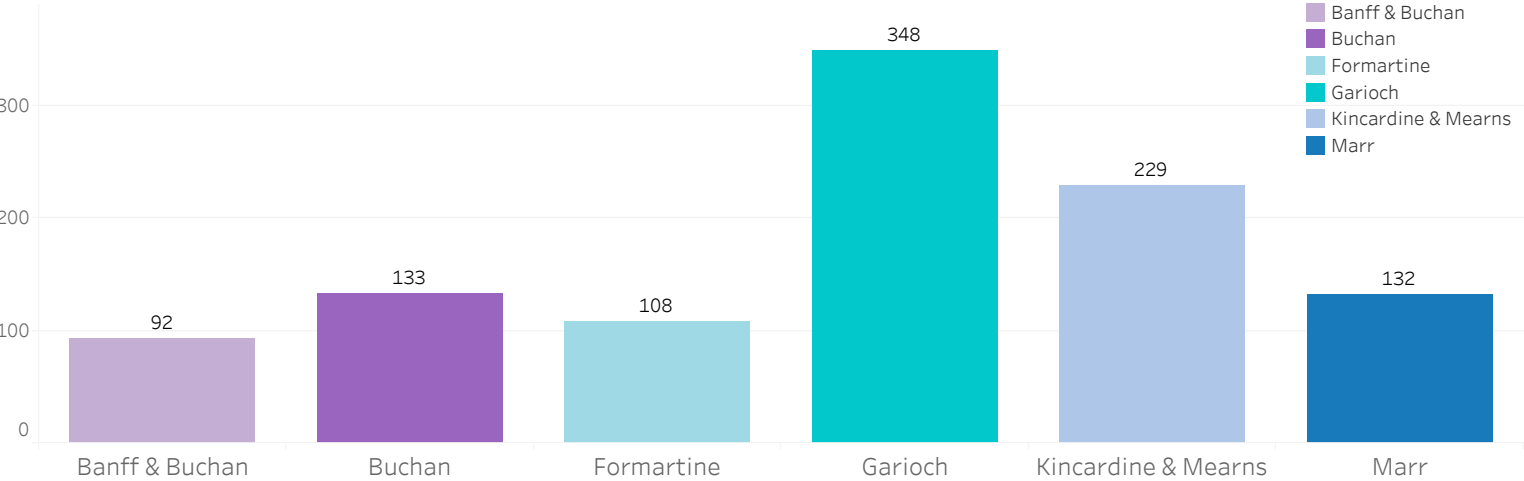
Number of parents whose children go to academies in Aberdeenshire



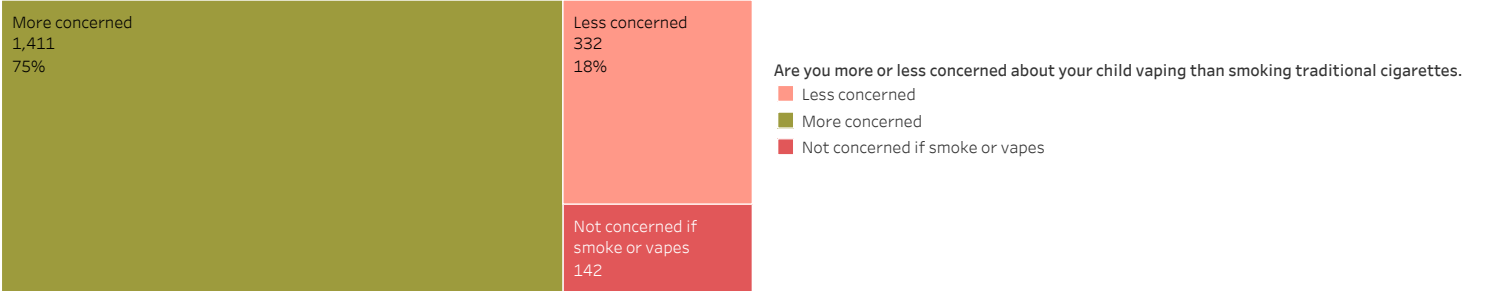
Which year children are currently in



Parents whose children go to Primary Schools in Aberdeenshire



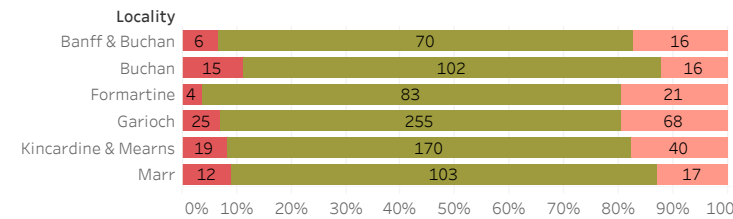
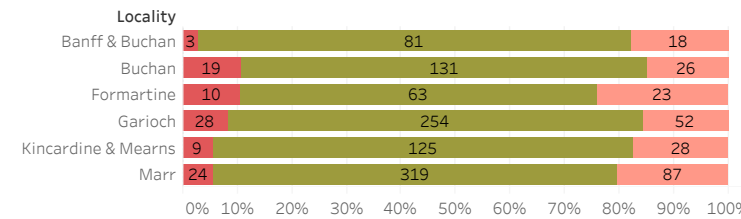
Parental Concerns about Vaping vs Smoking



Parents whose children attend academies



Parents whose children attend primary schools



Parents detailed their reasoning behind their answers to the following themes:

**1. Equal Concern:**  
Many parents expressed equal concern for both vaping and smoking, indicating a general worry about any form of substance use: "I am concerned about both equally."

**2. Marketing and Availability:**  
Some parents are worried about the aggressive marketing strategies used for vaping products and their easy availability, "Vaping has overtaken cigarettes and is marketed heavily."

**3. Peer Pressure:**  
Concerns were raised about peer influence and social pressure leading children to try vaping or smoking, "Worried about peer pressure."

**4. Parental Influence and Communication:**  
Participants who believe that their parenting style, open dialogue, and education about the risks will deter their children from vaping or smoking, "Genuinely believe they will try neither as we have an open dialogue."

**5. Health Risks:**  
Concerns about the known and unknown health risks associated with both vaping and smoking. This includes worries about immediate and long-term health consequences, "Both are a risk to health, I have concerns for their long-term impact."

**6. Lack of Information or Knowledge:**  
Some parents highlighted the lack of sufficient information and scientific research on the long-term effects of vaping, "We don't know enough about long-term damage from vaping."

**7. Addiction Potential:**  
Concerns about the addictive nature of both vaping and smoking, with specific mentions of nicotine dependence, "I'm equally concerned about both. Cigarettes are known for addiction and so are vapes."

**8. Perception and Misconceptions:**  
Concerns about the misconception that vaping is less harmful than smoking and the general perception that vaping is safer, "Apparently the health effects are not as bad as smoking."

**9. Behavioural Concerns:**  
Concerns related to the behaviour changes that may accompany vaping or smoking, such as secretive behaviour or rebellious attitudes, "My concern would be that smoking vapes would turn into a rebellious habit."

**10. Social Acceptance and Trendiness:**  
Worries that vaping is becoming more socially acceptable and trendy among young people, making it more attractive was highlighted by parents, "It seems to be more popular and more 'socially acceptable' among teens." ... "I feel that vaping is glamorized as a fashionable alternative to smoking."

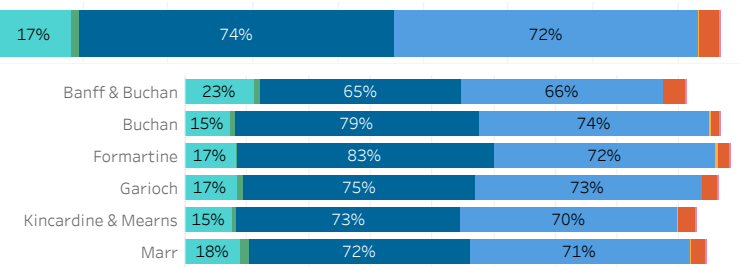


Awareness & Detection of Vaping and Smoking

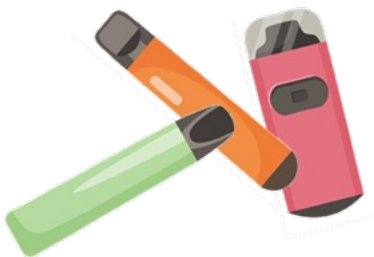
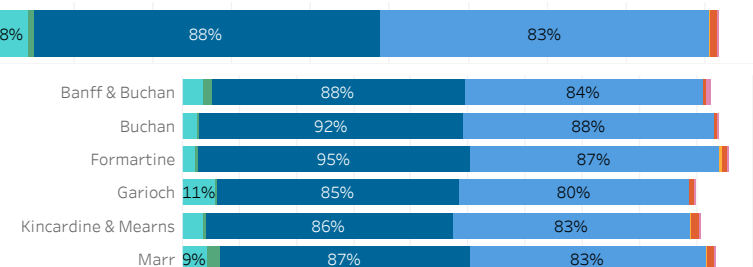
Aware whether child vapes or smokes cigarettes



Parents whose children attend academies



Parents whose children attend primary schools

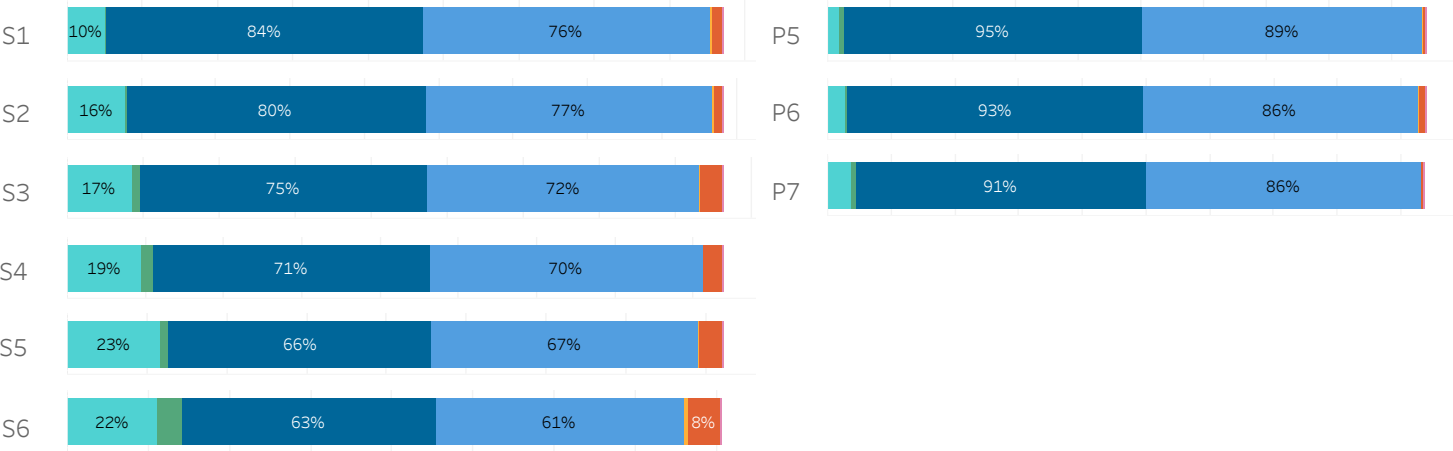


- Currently smokes cigarettes
- Currently vapes
- Currently vapes & smokes
- Never smoked a cigarette
- Never used a vape
- Used/trying smoking in past
- Used/trying vaping in past

3% of parents responded that their children currently vaped. 12% reported their children had vaped in the past and 2% reported had smoked in the past. 80% reported their child had never vaped and 77% had never smoked.

17% of parents with children who attend academies reported their children used to vape, where Banff & Buchan has the highest out of the localities of 23%. This suggests a significant turnover were some young people experiment with vaping but do not continue in the long term. 4% of parents whose children attend academies report their child currently vapes.

The data indicates that although the majority of parents reported their child does not currently vape or smoke, almost 1 in 6 parents reported their child used to vape, with a variation in school type and regional variations.



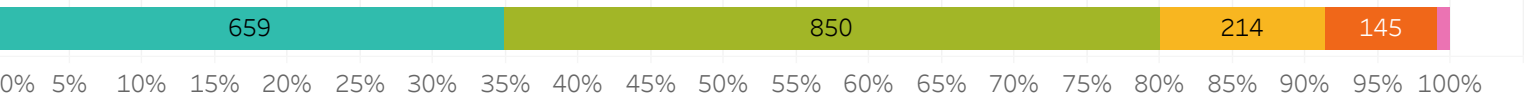
When comparing what year the child attends, 95% of parents with a child in P5 reported their children had never used a vape before. This decreases with age, in which 63% of those with a child in S6 had never used a vape before. A similar pattern is seen when reporting they know their child has tried vaping, which increases from 4% when they have a child in P5 to 23% in S5.

Summary

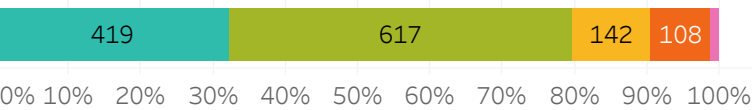
The majority of parents reported they were aware their child had not tried vaping or smoking. While vaping appears to not be a prevalent long-term habit among most children, there is a significant level of experimentation as children grow older, from 1 in 20 parents with a child in P5 to a quarter of parents with a child in S5. There are variations between localities and variations between parents of children attending academies and primary schools, suggested a need for targeted interventions.

Awareness & Detection of Vaping and Smoking

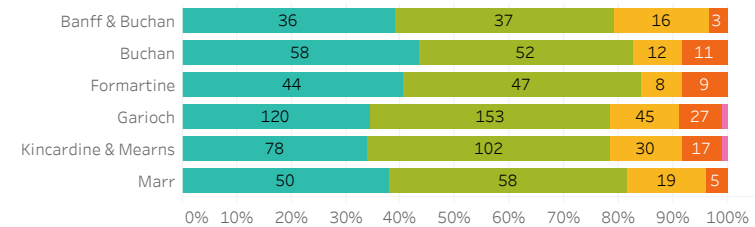
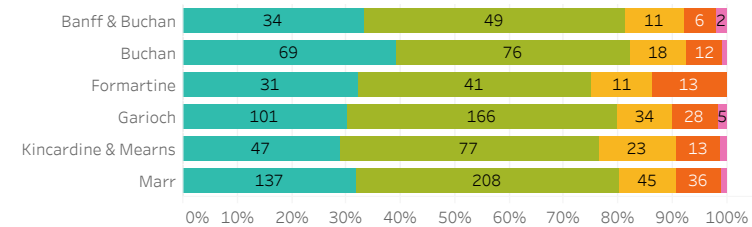
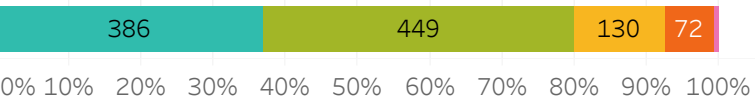
Would you know your child was vaping



Parents whose children attend academies



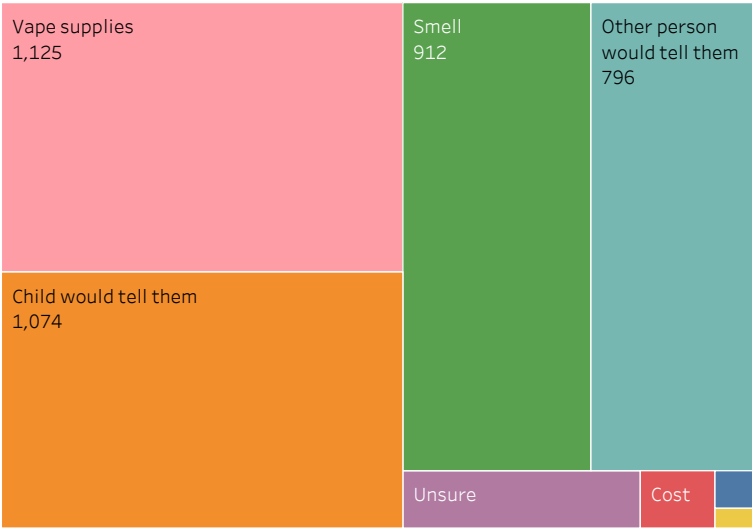
Parents whose children attend primary schools



35% of parents reported they were confident (answering definitely yes) they would know that their child was vaping, with 45% reporting they would probably know. 9% of parents reported that they were doubtful they would find out their child was vaping.

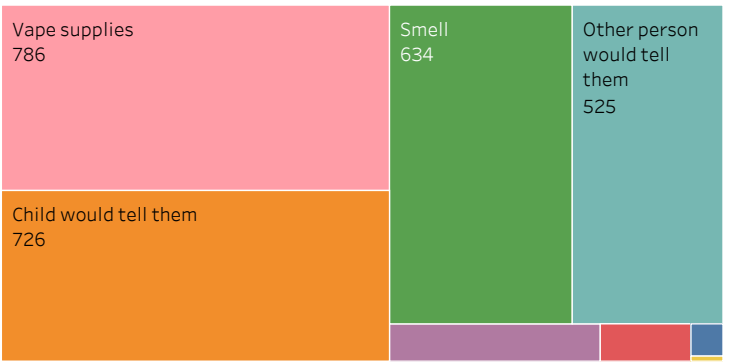
- Would you know if your..
- Definitely not
  - Probably not
  - Maybe
  - Probably yes
  - Definitely yes

How would you know your child was vaping or smoking

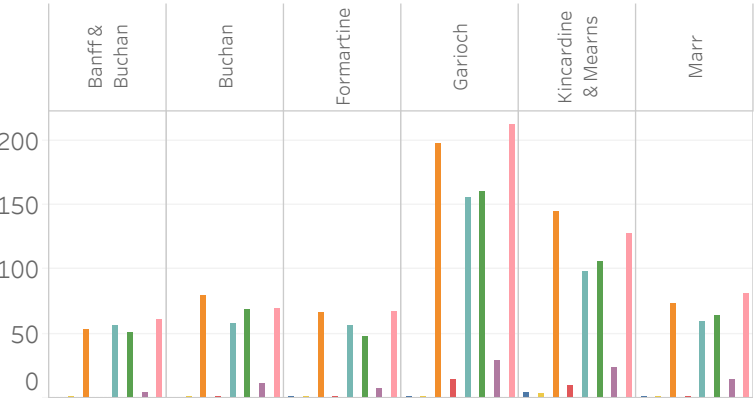
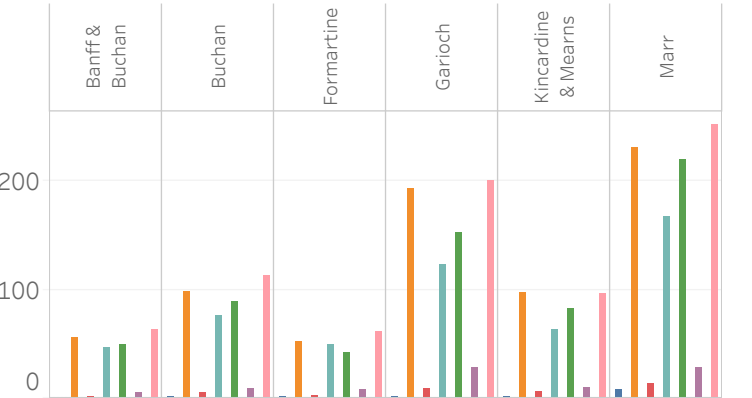
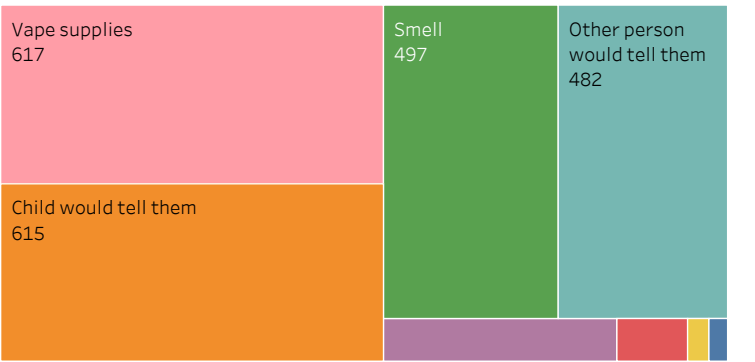


60% of parents reported they would know their child was vaping from vape supplies. 57% believed their child would tell them, with 48% saying they would know from the smell. 42% would find out their child was vaping from someone else telling them, including their other children. 2% say they would find out from the extra spending their child would be making, with 1% noting they would know from their child's behaviour. 0.4% reported their child of primary school age was supervised so would not have the opportunity to vape. 8% reported they would not be sure.

Parents whose children attend academies



Parents whose children attend primary schools





Approval & Perceptions of Vaping

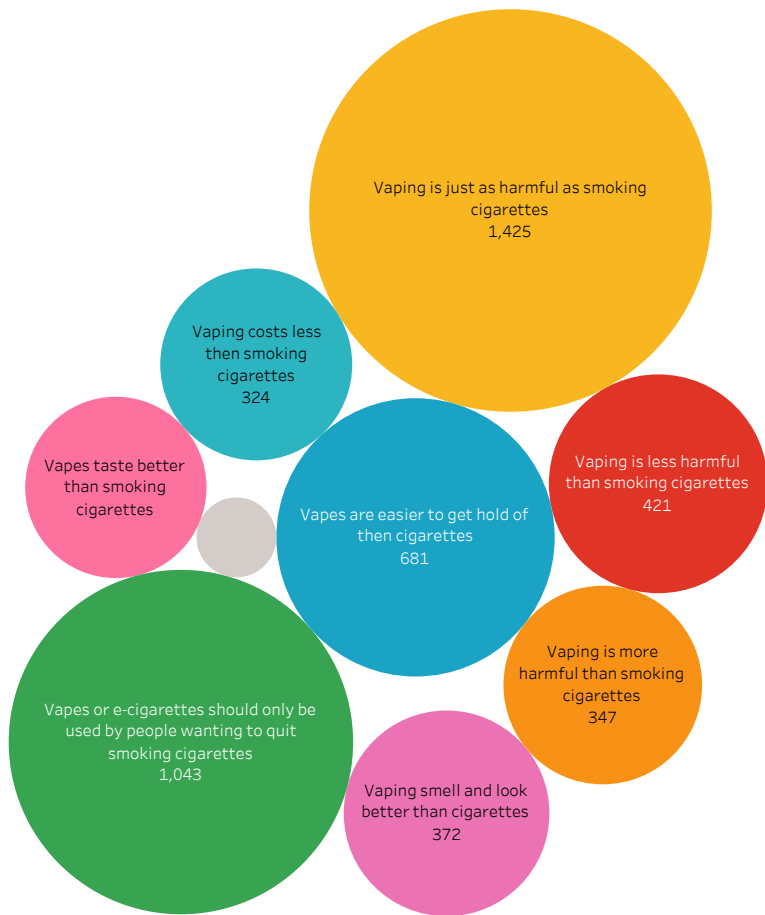
Do you approve of young people who have never smoked, used vapes or e-cigarettes?



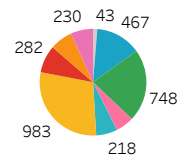
81% of respondents reported they disapprove of young people who have never smoked, used vapes or e-cigarettes. This may be because they believe vaping could be a rite of passage for teenagers or, if from a smoking/vaping household, that vaping is part of growing up. It is could also be that participants were confused with the wording of the question because this does not match with the themes in the rest of the questionnaire.

How do you feel about vaping compared with cigarette smoking?

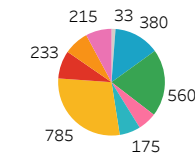
- There is still a lot we do not know about vaping
- Vapes are easier to get hold of then cigarettes
- Vapes or e-cigarettes should only be used by people wanting to quit smoking cigarettes
- Vapes taste better than smoking cigarettes
- Vaping costs less then smoking cigarettes
- Vaping is just as harmful as smoking cigarettes
- Vaping is less harmful than smoking cigarettes
- Vaping is more harmful than smoking cigarettes
- Vaping is not addictive
- Vaping smell and look better than cigarettes



Parents whose children attend academies



Parents whose children attend primary schools



Banff & Buchan



Buchan



Formartine



Garioch



Kincardine & Mearns



Marr



76% of participants felt that vaping is just as harmful as smoking cigarettes. 55% feel that vapes should only be used by people wanting to quit smoking. 18% felt that vaping was more harmful than smoking cigarettes.

There is a belief among parents that vapes are easier to obtain and potentially cheaper than cigarettes, potentially contributing to the accessibility and attractiveness of vaping to young people. 36% believe that vapes are easier to get hold of than cigarettes, with 17% believing that vaping costs less than smoking. 1 in 5 parents felt that vaping smelt and looked better than cigarettes, with 15% believing it tastes better than smoking. These sensory factors may influence some people’s preferences for vaping or smoking.

22% feel that vaping is less harmful than smoking cigarettes.

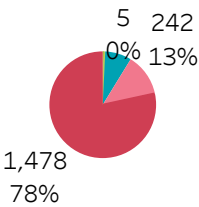
3% noted that there is still a lot of unknowns regarding vaping. 0% believe that vaping is not addictive, suggesting a general consensus on the addictive potential of vaping.

This pattern is seen across school types and localities.

Summary

In summary, parents have substantial concerns about the health impacts of vaping, with more than half of respondents believing that vapes should only be used as a smoking cessation aid rather than a recreational activity. There a mixed views on the potential harm vaping could cause. The consistency of these patterns across academies and primary school parents and localities suggest these views are widely held.

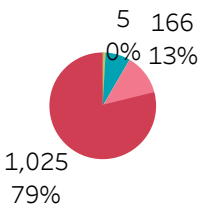
Views on Smoking



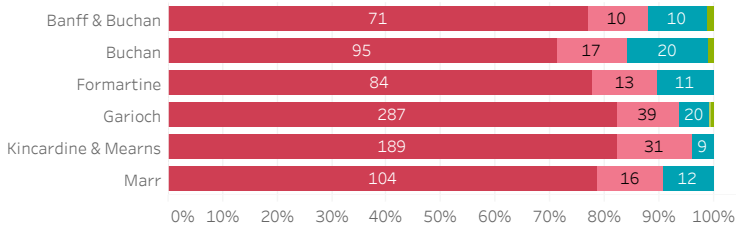
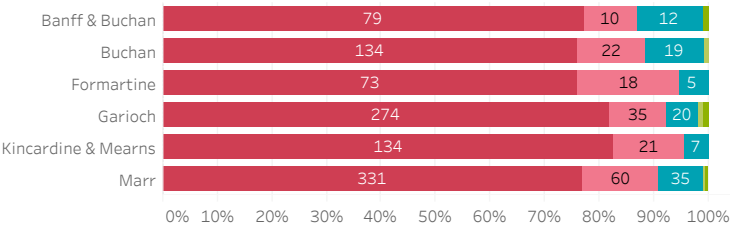
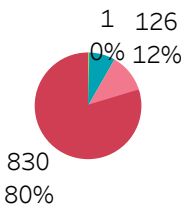
How do you view cigarette smoking?

- Strongly approve
- Somewhat approve
- Neither approve nor disapprove
- Somewhat disapprove
- Strongly disapprove

Parents whose children attend academies



Parents whose children attend primary schools



Views on cigarette smoking are overwhelming negative, with 92% of parents disapproving, 78% strongly disapproving. When comparing those with children attending academies or primary schools, views are similar. Kincardine & Mearns shows the highest disapproval, with 96% disapproving.

When comparing academies, The Gordons Schools show the lowest strong disapproval, with 71% of parents strongly disapproving of smoking.

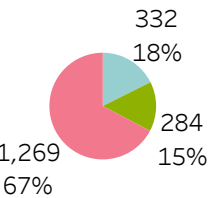
Summary

In summary, there is strong and widespread disapproval of cigarette smoking among parents, with minor variations by locality and school type. This suggest that parents are largely united in their views on smoking, which can be leveraged in public health campaigns and school education programs. The consensus provides a solid foundation for ongoing and future pubic health efforts to reduce smoking rates and protect children’s health.

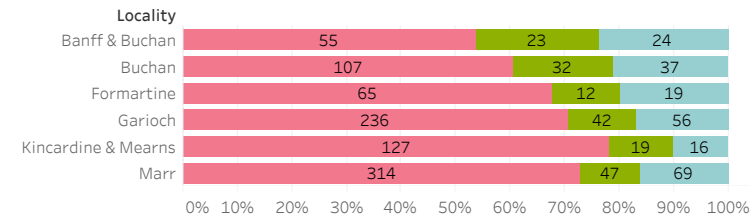
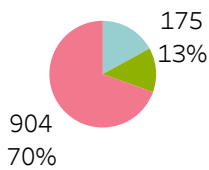


Parental Knowledge & Information Sources

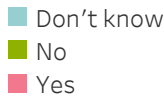
Health risks



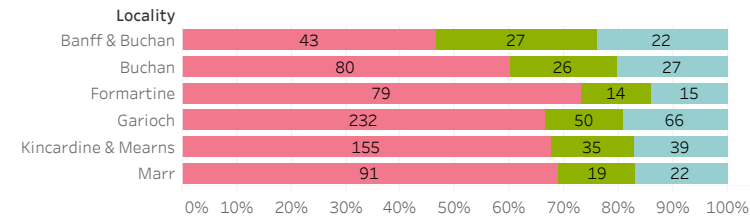
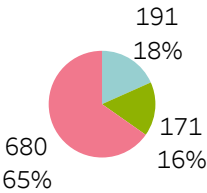
Parents whose children attend academies



Are you aware of possible health risks?



Parents whose children attend primary schools



67% of parents reported they were aware of health risks involved with using vapes. This increased to 70% of parents with children attending academies, decreasing to 65% of parents with children attending primary schools.

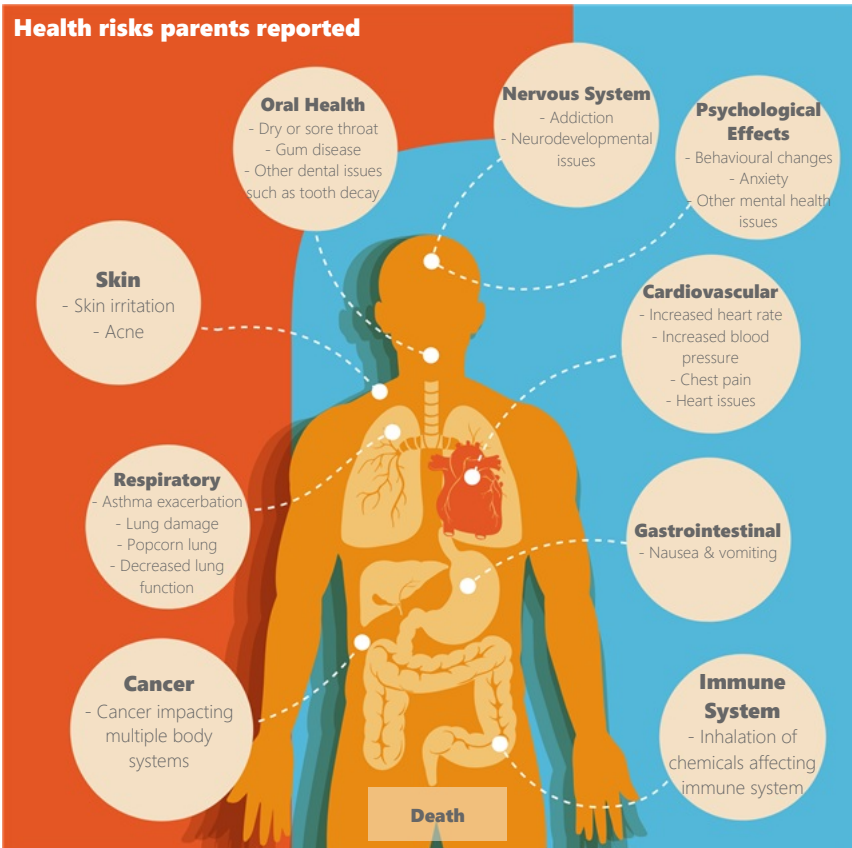
Banff & Buchan has the lowest level of awareness of health risks, where less than half of parents reported knowing of health risks. Kincardine & Mearns has the highest level of awareness, where only 16% of parents were not aware of health risks.

What health risks are you aware of

The majority of responses (549) included lung issues, such as damage to lungs, e-cigarette or vaping product use-associated lung injury (EVALI) and difficulty breathing. 115 parents noted "popcorn lung" a condition related to vaping, reflecting some awareness of more detailed health risks.

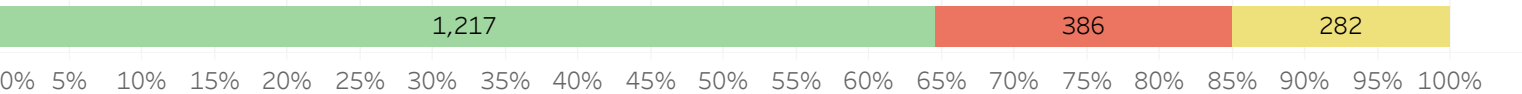
158 parents noted addiction, both nicotine and addiction in general as a well recognised risk of vaping. 42 parents compared the risks of vaping to cigarette smoking.

To summarise, parents have a partial understanding of the health risks associated with vaping, primarily focusing on addiction and lung-related issues. Their responses do not consistently cover all known health impacts, indicating that there is a gap in their knowledge regarding the full spectrum of potential health risks of vaping. This suggests a need for more comprehensive educational efforts to ensure parents are fully informed about the dangers associated with young people vaping. A number of participants noted health effects were "same as cigarettes?" suggesting there is some uncertainty of their understanding rather than confidence in their knowledge.

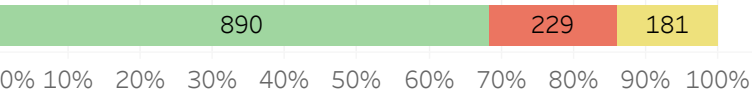


Parental Knowledge & Information Sources

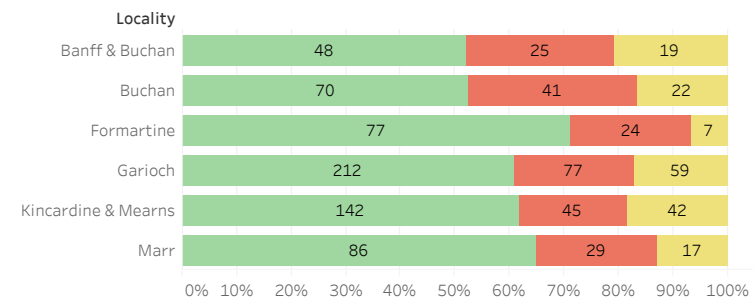
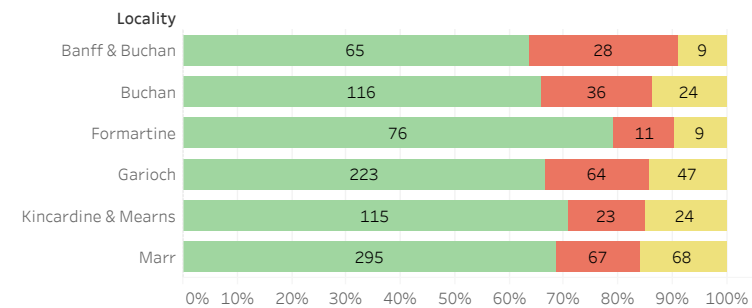
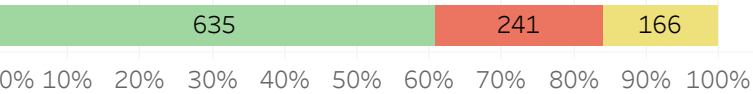
Do you feel you are equipped to have a conversation about vaping with your child?



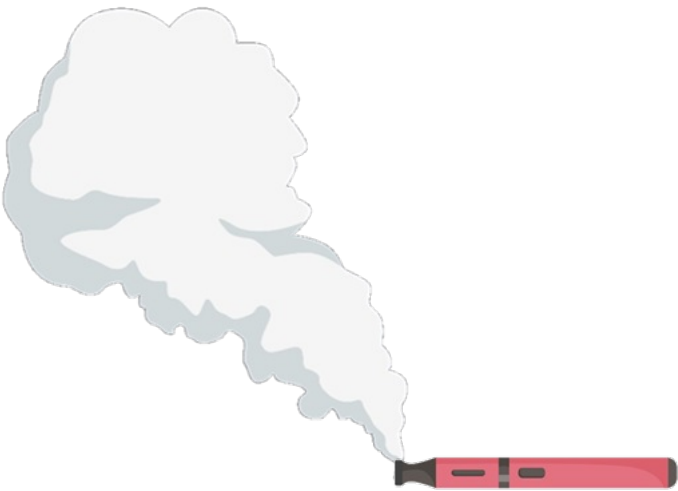
Parents whose children attend academies



Parents whose children attend primary schools



- Maybe
- No ( Go to Q12)
- Yes



65% of parents reported they felt equipped to have a conversation with their child regarding vaping and smoking. This increases to 68% of parents with children in academies, and decreases to 61% of parents with children in primary schools.

27% of Banff & Buchan parents reported they did not feel equipped to have a conversation with their child about vaping, the highest out of any of the localities. The lowest proportion of parents that were not aware of restrictions was 17% in Formartine, Kincardine & Mearns and Marr, equivalent to 1 in 6 parents.

The data indicates that although the majority of parents feel they are equipped to have a conversation about vaping with their children, 1 in 5 parents do not feel equipped, with significant variations between localities and some variations between parents of children of academy age and of primary school age.

Overall these findings highlight a need for better information dissemination across different regions and school types for parents, young people and the wider community to feel fully equipped to discuss vaping.

For those that reported where they sourced their information about vaping, the responses have been categorised into the below themes:

1. Online Resources

This was the most common source of information in which 782 parents noting they would look online for signposting, suggesting a heavy reliance on the internet, including sites such as NHS or the BBC. The overwhelming reliance on online resources emphasises the importance of accurate and accessible digital health information.

2. Medical professionals

340 responses indicated seeking information from GPs, pharmacists and other medical professionals.

3. Personal experience

133 parents noted they sourced information from previous personal use of vapes or cigarettes and information from friends and family experiences. This would influence perceptions and behaviours. Others also noted knowledge from word of mouth.

4. Media

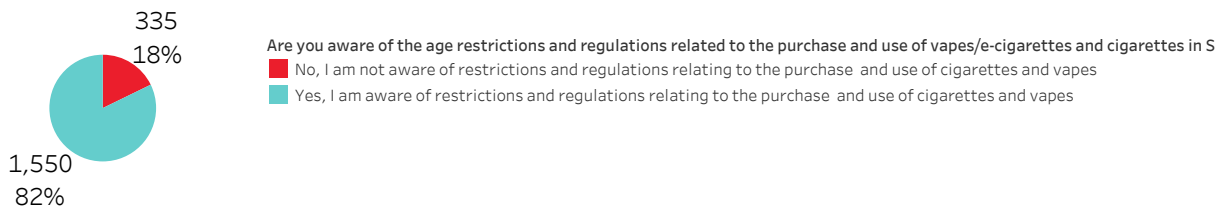
143 parents noted they sourced information from the media. General media sources, TV and the news were the main sources of information. This highlights that the media play a critical role in disseminating information about vaping.

5. Work and Education

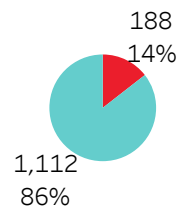
Information from their professional knowledge or from work and education, such as health science and work in the police, has also been highlighted.

Regulatory Awareness

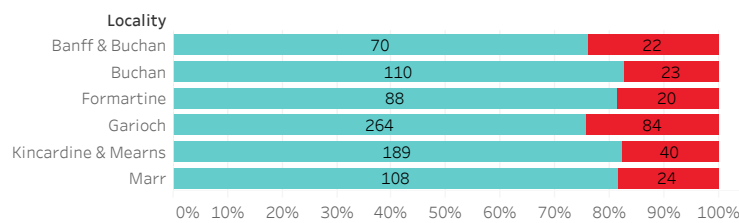
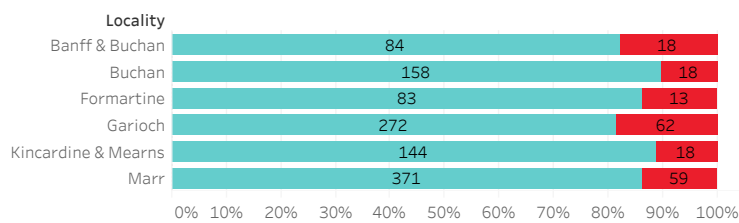
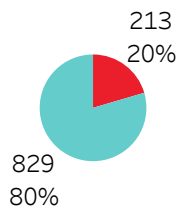
Awareness of age restrictions



Parents whose children attend academies



Parents whose children attend primary schools

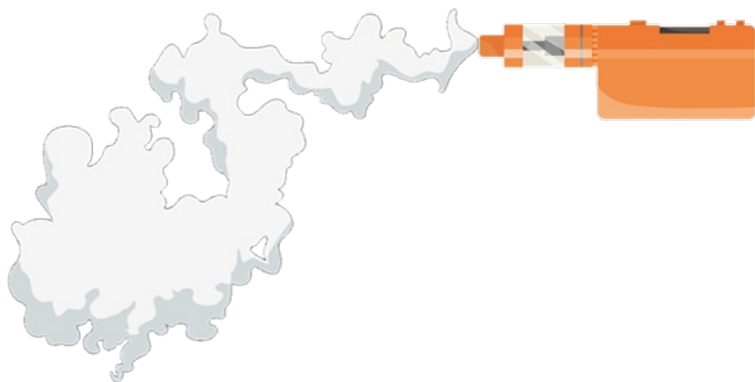


**82%** of parents reported they were aware of restrictions relating to the purchase and use of vapes and cigarettes. This increases to **86%** of parents with children in academies, but decreases to **80%** of parents with children in primary schools.

**21%** of Banff & Buchan and Garioch parents stated they were not aware of restrictions relating to the purchase and use of vapes, the highest out of any of the localities. The lowest proportion of parents that were not aware of restrictions was **13%** in Buchan.

The data suggest a high level of awareness among parents about restrictions relating to the purchase and use of vapes, with a variation in school type but significant regional variations.

Overall these findings highlight a need for better information dissemination across different regions and school types for parents, young people and the wider community to be aware of restrictions.

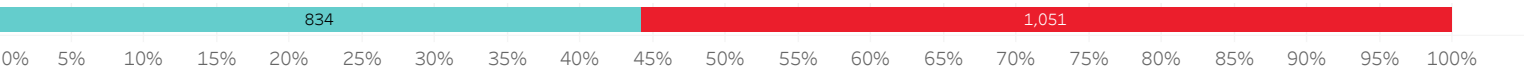


Summary

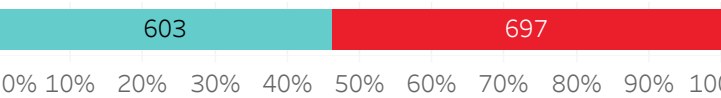
While the majority of parents are aware of restrictions, there are noticeable variations depending on the type of school their children attend and the locality. This data suggests a need for improved communication about restrictions, particularly in areas with lower awareness and primary schools. It is important to engage schools to spread awareness among parents and develop region-specific strategies to address the gaps in awareness, ensuring all communities have access to accurate information about vape and cigarette restrictions. This will help ensure all parents are well-informed, contributing to better compliance with restrictions and healthier behaviours among young people.

Support & Resources for Quitting

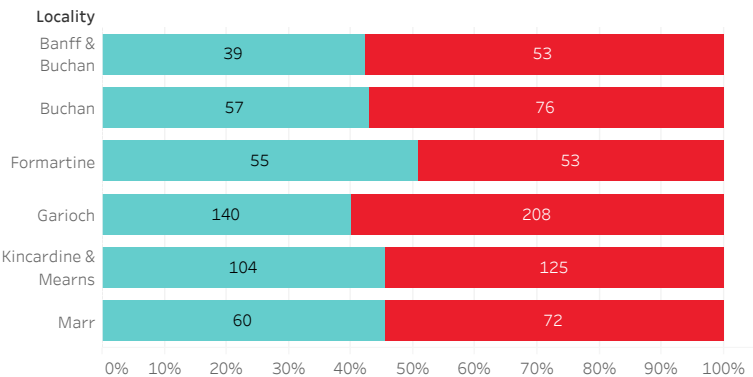
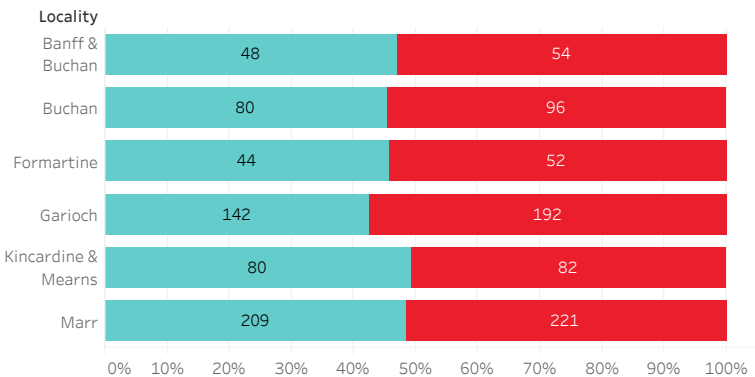
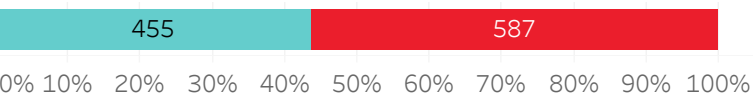
Would you know where to get help for a child to quit vaping or smoking



Parents whose children attend academies



Parents whose children attend primary schools



Would you know where to get help or advice for a child/young person to quit vaping or smoking?

No

Yes

56% reported they did not know where to seek advice or support if their child was trying to quit vaping or smoking.

54% of parents with children in academies reported they did not know where to seek advice or support if their child was trying to quit vaping or smoking compared to 56% of parents with children in primaries.

59% of Garioch parents stated they would not know where to seek advice and support, the highest out of any of the localities. The lowest proportion of parents that did not know where to seek support was 51% in Formartine.

The data demonstrates a significant lack of awareness among parents about where to seek advice or support for helping their children, with a slight variation in school type but significant regional variations.

Overall these findings highlight a need for better information dissemination and support systems across different regions and school types to help their children quit vaping or smoking.



What help or support would you advise for a child trying to quit vaping or smoking

The responses have been categorised into the below themes:

1. Chemist/Pharmacist

123 parents mentioned seeking help from chemists or pharmacists, indicating the initial reliance on medical professionals for accessible over-the-counter solutions and advice.

2. Online services

This was the most common response, with 156 parents noting this was the main place to seek support. The prominence of online services suggests a preference for digital resources, including websites, forums and telehealth options for support and information.

3. School Support

Schools are noted as crucial environments for providing support, with 112 suggesting this as somewhere to seek support, with teachers and educational programs playing a significant role in intervention and prevention.

4. Doctor/GP

Medical professionals such as GPs and other doctors are trusted sources for more formal medical advice and potentially prescriptions or referrals to specialised services.

5. Family Support

25 suggested family support, recognised for its importance in providing a supportive environment and encouraging open discussions about quitting.

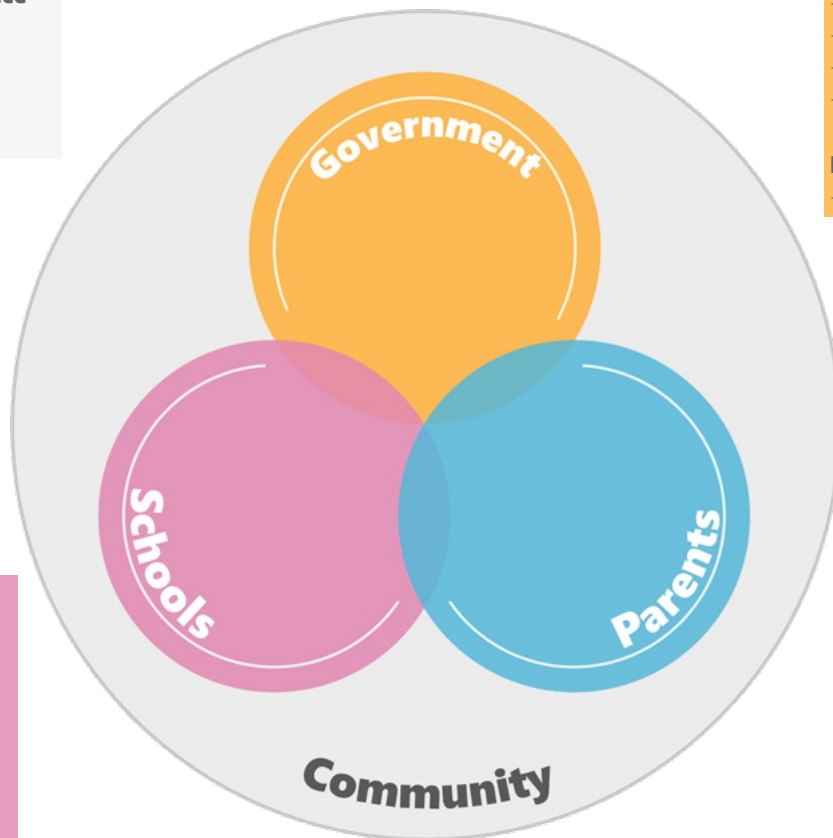
6. Counselling

Counselling services highlight the need for mental health support and professional psychological help in quitting vaping or smoking.

## Roles & Responsibilities

**Community & Peer Influence**  
- Role Models

**Accessibility**  
- Availability in Community



**Regulation & Legislation**  
- Ban or Restrict Vapes  
- Enforce regulations  
- Availability Control  
- Advertising Regulations

**Education & Awareness**  
- Public Campaigns

**Education & Awareness**  
- School Education Programs

**Monitoring Supervision**  
- School Monitoring of recreational areas & bathrooms

**Regulation & Legislation**  
- No Vaping/Smoking Policy

**Education & Awareness**  
- Parental Involvement

**Parental Responsibilities**  
- Responsibility & Accountability

**Parental Control**  
- Monitoring & Support

Suggested roles and responsibilities have been split into the below themes:

### Government Role

#### 1. Regulation and Legislation - Ban or Restrict Vapes

There is a strong call for banning or significantly restricting the availability of vapes, with some suggesting making them prescription-only, "Vapes need to be banned or much less accessible."... "Government should make vapes prescription only."

#### 2. Regulation and Legislation - Regulation Enforcement

Some parents highlighted the need for the government to enforce existing regulations more strictly: "Government should regulate it the same way they regulate tobacco."... "Ensure compliance with laws through regular inspections and penalties for violations"

#### 3. Regulation and Legislation - Availability Control

Some responses suggest that the government should make vapes less accessible, either by limiting where they can be sold or making them more expensive, "Make access prohibitive - expensive, unavailable in many places."

#### 4. Regulation and Legislation - Advertising Regulations

Calls for stronger regulations on advertising to reduce the appeal of vaping: "The government play a big part in limiting the advertising of products and legislating against use of these products"... "Need to strongly advertise the negative effects."

#### 5. Education and Awareness - Public Campaigns

Parents highlighted a need for public campaigns similar to anti-smoking campaigns to raise awareness about the dangers of vaping to all individuals, beyond young people: "A campaign like the dangers of smoking ones should be launched."... "Launch nationwide campaigns to educate the public, especially youth, about the dangers of vaping and smoking"... "More awareness of the cold hard facts."

### Parental Role

#### 6. Education and Awareness - Parental Involvement

There is a significant focus on involving parents in the education process and making them aware of their role in preventing vaping, "Parents need to get in young. Vaping is not a harmless habit."... "Have open and honest conversations with their children about these risks and the importance of making healthy choices."... "It's the role of parents and teachers to educate them of the risks of vaping/smoking"

#### 7. Parental Responsibilities - Responsibility and Accountability

Emphasising the primary role of parents in preventing vaping through responsible parenting and accountability was also suggested: "Parents are the first who have responsibilities."... "How any parent could stand by and do nothing when their child vapes is beyond me."

#### 8. Parental Control - Monitoring and Support

Emphasis on parents monitoring their children's behaviour and controlling their access to money to prevent purchasing vapes, "Parents monitoring their children's access to money."... "As parents - Not giving the children money to buy vapes."... "Being approachable for them if they are having difficulty through peer pressure"... "provide support and resources if their child is already vaping or smoking, including seeking professional help if necessary" ... "Be aware of their children's activities and social circles" ... "ultimately parents need to have the initial conversation"

## **Roles & Responsibilities**

### **Schools Role**

#### **9. Education and Awareness - School Programs**

Schools are seen as important in educating students about the dangers of vaping through structured curriculum; "Educating our children on the dangers."..."Education in schools on the dangers of vaping."..."schools should be highlighting the negatives, how unhealthy and bad for you pumping unknown chemicals into your body is. Showing what addiction looks like and how it WILL ruin your life."

#### **10. Monitoring and Supervision - School Monitoring**

Policing at schools, including patrols of toilets and outdoor areas, to prevent vaping was also suggested: "Policing at school, patrols of toilets and recreational areas."..."better patrolling of schools during breaks and toilet monitors"..."Bathrooms should be alarmed/monitored at all times as well as outdoor areas"

#### **11. Regulation and Legislation -No Vaping/Smoking Policy**

Parents also suggested for schools to have a no vaping and no smoking policy on school grounds, to prevent vaping: "schools should have a no vape/no smoking policy in place within the school buildings & premises and anybody caught breaching these policies should be firmly dealt with."

### **Community Role**

#### **12. Community and Peer Influence - Role Models**

Parents highlighting the importance of having non-smoking/vaping role models, both as parents and in the wider community, and the influence they have on young people: "As a non-smoker & non-vaper, keep being that example."..."Set a positive example by not smoking"

#### **13. Accessibility Issues - Availability in Community**

Parents raised concerns about the general availability and access to vapes within communities: "It should not be so easy for children to buy these products."

### **Collaborative Approach**

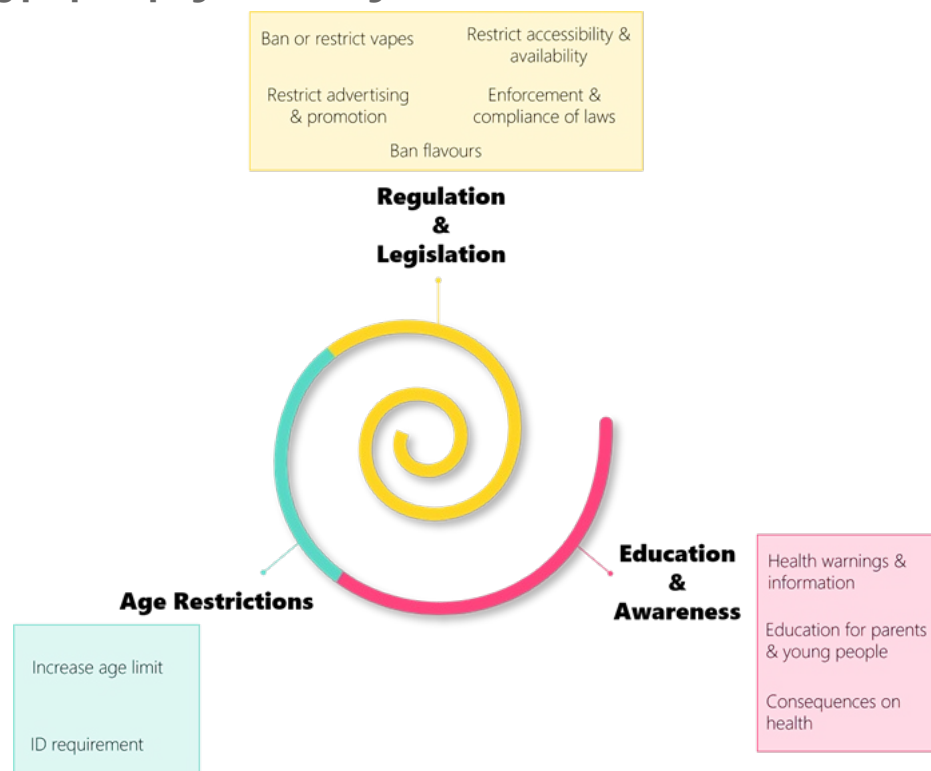
#### **14. Joint Responsibility - Collaborative Effort**

Overall, there is an parents emphasised that preventing vaping requires a collaborative effort from government, schools, and parents, "Joint responsibility." "By working together, the government, schools, and parents can create a comprehensive and effective strategy to prevent and reduce vaping and smoking among young people."

### **Summary**

In summary, the suggested roles and responsibilities emphasise the need for stringent government regulation, proactive parental involvement, educational initiatives in schools, a positive community influence, and a collaborative approach across the wider community to effectively address the vaping issues amongst young people.

## Prevention of young people vaping and smoking



Parents suggested the following preventative measures:

### Regulation and Legislation - Ban or Restrict Vapes

Many parents believe that a ban on selling vaping products, with 563 suggesting an outright ban or banning disposable vapes could be effective: "A ban on vapes except for those trying to quit smoking"... "Ban it entirely or at least for anyone under 25"

### Regulation and Legislation - Accessibility and Availability Control

Parents suggested making it more difficult and expensive to obtain vaping products: "Make it harder to buy"... "Restrict access"... "make it expensive and make harsher punishments for selling to minors"

### Regulation and Legislation - Advertising and Promotion Regulations

Calls for stronger regulations on advertising to reduce the appeal of vaping were also suggested by parents: "stop promoting it, stop making it look pretty and attractive"... "a viral campaign making it unacceptable/uncool"

### Regulation and Legislation - Enforcement and Compliance

It was suggested that existing laws are not enforced rigorously, leading to continued access by underage along with calls for stricter policies at schools and stronger legal penalties for violations: "increase funding for enforcement agencies, conduct regular compliance checks and impose severe penalties for violations"... "stricter rules and stronger punishment at school"... "larger fines for shops selling to underage"

### Regulation and Legislation - Ban flavours

Flavours are believed to attract young users, so banning particular appealing flavours was suggested: "policy changes to ban or restrict the sale of flavoured vaping products"

### Age Restrictions - Increase age limit & requirement of ID

There was a consistent call for stronger age restrictions, ensuring that vapes could only be bought with photo ID: "Stronger age restrictions and proof of age"... "implementation of advanced age verification technologies and stricter penalties for non-compliance"

### Education and Branding - Health Warnings and Information

Increasing the visibility and intensity of health warnings is seen as a key measure to deter vaping: "More health warnings"... "promote the health risks they can have"... "Vapes need to be treated like cigarettes. Packaging should be dark colours and have warnings on them, they should be hidden away from sight in shops."

### Education and Awareness - Parents and Young People

There is a significant belief that informed parents and young people would be less likely to engage in vaping, "develop comprehensive education programs targeting both demographics, possibly through school curricula and community workshops"

### Education and Awareness - Consequences Education

Awareness of health risks has been suggested: "launch awareness campaigns that highlight the short and long-term impacts of vaping, leveraging social media and other platforms popular among youth"

## Conclusion

The survey reveals a complex landscape regarding youth vaping and parental views and knowledge on the issue. However, persistent misconceptions and the ease of obtaining vapes highlight the need for targeted interventions at primary schools, academies and the wider community across Aberdeenshire, including across localities. A comprehensive approach, involving government regulation, educational initiatives targeting young people and parents, parental involvement and community support, is essential to tackle the vaping issue among young people effectively.