
Vaping

Vaping is similar to smoking. When someone vapes, they use a small device to breathe in a liquid. The device is called an e-cigarette. The e-cigarette heats up the liquid and turns it into vapour.

What is the liquid made of?

The liquid inside an e-cigarette is called e-liquid or vaping juice. Often, vaping juice has flavouring. It might taste like fruit or candy.

Vaping juice has chemicals that help keep your throat cool when you breathe in the vapour. They make vaping more comfortable.

Sometimes, vaping juice has nicotine. Nicotine is the addictive chemical found in cigarettes.

Why do people vape?

Some people start vaping when they want to stop smoking. They use vaping juice with nicotine. The e-cigarette helps them smoke without breathing in tar from cigarettes. The flavouring in the vaping juice helps the smoke smell better to others.

But many people who vape have never smoked cigarettes before. Some people vape because they like to breathe out the vapour, or they like the flavours of vaping juice.



This is an e-cigarette with vaping juice inside it.

Is vaping dangerous?

Right now, scientists are studying the effects of vaping. Most scientists believe that the chemicals in vaping juice can hurt your lungs or heart. Also, it is hard to control how much nicotine you breathe in when you use an e-cigarette.

If you want to vape, you should be careful. Vaping juice with nicotine can be addictive. Also, scientists still don't know much about vaping. It might be more dangerous than they think.

Submitted by Felisha Chuter • Photo: Horst Winkler/Pixabay