

AA1: Agony Aunt



New Message

To

teenteam@agonyaunt.org.uk

Subject

Pressure from friends

I was wondering if you could help me. I'm in S3 and my problem is with my friends group. We have exams coming up in the next few weeks and we are all kinda stressed about them. One of the friends in our group said his mum smokes and that it helps her calm down when she is stressed, so he's taken some of her fags to try and see if it helps him too.

He has shared them out with the group and they are all smoking them now but don't want to. They have started teasing me for not even trying it but I really don't like the way they smell and I know that if my parents find out they will kill me because my nana is quite sick and it's the smoking that is causing it.

I really don't want to smoke but I'm more worried that my friends won't talk to me or include me in stuff if I don't. Maybe if I just have a couple when I'm with them, they would stop slagging me off?

What should I do?

Sam (Edinburgh)

A

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Subject What's the deal with vaping?

It looks like everyone is vaping. There isn't a week that goes by where I don't get asked if I want to buy a vape or to have a puff of someone else's vape - I've even seen a guy vaping during class. They all carry on about how they taste like some kind of fizzy juice or ice-cream but I know they're addictive and don't really want to spend all my money on vapes. I do sometimes feel like the odd one out though.

My brother started smoking when he was in college and he's now switched over to vapes but he seems to be puffing on that thing way more than he did when he was smoking. Is it really good for you? He says it's not doing him any damage and that the stuff in there is safe because it's found in flavoured food products. Surely it's different if you're breathing it into your lungs instead of eating it? Also, I see them littered everywhere, surely they're not good for the environment - another single use plastic to cause more issues!

Some of my friend group vape but luckily I'm not the only one in the group who doesn't want to, so I don't feel the pressure so much from the group. But I feel like everyone is doing it and if it's not bad for me and if I make sure I don't litter, then will it be that bad to start vaping?

Could you please tell me if my brother is right or do vapes actually cause damage?

Ashley (Glasgow)

Send

