

Information on Puff bars/Elf bars

Dear Parents

We wish to inform you of a new and illegal nicotine product which has made its way to Denmark and has spread amongst children and young people. Some examples of these products are Puff bars and Elf bars.

In recent times, new nicotine products have been sold in Denmark. These are e-cigarettes that have a sweet flavour and scent making them appealing for children and young people. These products are sold in various places such as social media, for instance TIKTOK and Snapchat, as well as by young people on the peripheral parts of the criminal environment.

Parents have a large influence on their children's knowledge and attitude towards vaping, smoking, and smokeless tobacco. By talking with your children about the various drugs and explaining the negative impact of the products, you lessen the risk of your child starting to smoke, using smokeless tobacco, etc.

As a result, we encourage all parents to have a conversation with their child or young person about Puff bars/Elf bars and similar products containing nicotine.

Do you need help

You can find more information about smoking, vaping, and smokeless tobacco as well as how to speak with your child about drugs here:

- Parent Pamphlet **About Drugs – a Guide for Parents** (This pamphlet is being sent to all parents of 7th-9th graders by the school).
- **Talk about tobacco**, inspiration for parents who desire to talk about smoking with their child.
- **Watch the Nicotine Campaign movie**
- **Watch the nicotine campaign created by the Danish Health Authority**

If you, your child, or a young person need help to stop smoking, vaping, or using smokeless tobacco, you can contact Folkesundhed Aarhus at:

Phone no.: 4012 4543 or read more at: www.slip-fri.dk

The young brains and dependency

Nicotine is a drug, and it is particularly dangerous for the brains of children and young people. In more recent years, more research has come out as to how nicotine damages the young brain because it is a developing brain.

If the young brain is subjected to nicotine over time, there is an increased risk of cognitive interference such as learning disabilities, attention deficits, and an increased risk of anxiety and depression. In addition to how quickly nicotine is addictive, it also has a long-term effect in that it increases the risk of dependency on not just nicotine, but also harder drugs or alcohol.

Furthermore, the liquid from the e-cigarettes enters the lungs.

This liquid contains flavouring which we unfortunately know very little about. What we do know is that it is not healthy for the respiratory system.

Illegal to sell

Puff bars/Elf bars contain nicotine like other e-cigarettes and because of this, they are illegal to sell and market to children and young people under the age of 18. In addition to that, since April 1, 2022, Denmark and the EU have created a general ban on e-cigarettes containing other flavouring than tobacco or menthol.

As such, selling or reselling Puff bars/Elf bars or similar products is punishable by fine.

