

Essex Youth Vaping Survey

Purpose: Example survey questions to support understanding of young people's attitudes towards, and experiences of using, regular cigarettes and e-cigarettes, also called vaping.

This short survey contains a selection of key questions extracted from the original Essex Youth Vaping survey conducted by Essex Public Health in 2023. Demographic questions have been removed to streamline the content and focus on core insights. The purpose of this version is to provide a set of questions that settings can use (adapting as required) to gather local intelligence. Please note that settings will need to undertake their own analysis of survey responses.

If you choose to use the survey, please ensure that **appropriate branching logic** is applied to the questions. This will help respondents avoid answering unnecessary questions and improve the overall flow and accuracy of the data collected.

General experience around vaping

The terms 'vapes' and 'vaping' will be used throughout the survey to refer to the use of e-cigarettes.

1. Other people vaping - Do any of these people that you know vape? (tick all that apply)

My friends

Students at my school

My boyfriend or girlfriend

Other relatives (not my siblings or parents/guardians)

My mother, father or guardian

My brother or sister

No, none of the people I know vape

Other - please tell us who:

2. Think about your circle of friends and people that you know. This could be at school and out of school.

Out of every 10 people your age that you know, how many do you think vape?

0 (none of them) 1 2 3 4 5 6 7 8 9 10 (all of them) Don't know

3. Compared to cigarettes, do you think vapes are more or less harmful to the person using them, or is there no difference?

Less harmful

About the same

More harmful

Don't know

4. For the following question, by 'being promoted', we mean something that tries to increase interest in, or demand for, vapes. It can also include the use of vapes by social media influencers.

In which, if any, of the following places do you ever see vapes being promoted?
(tick all that apply)

In shops
I don't see vapes being promoted anywhere
Websites
Billboards
In newspapers/ magazines
On TV
On public transport other than buses
Social media
On buses
Don't know
Somewhere else - please tell us where:

5. In the last 12 months, have you looked for / come across any information about the health risks of vaping?

*

No
Yes
Don't know

Seeing promotion online

6. **If** You said you have seen vapes being promoted on social media.
In which, if any, of the following places was this?
(tick all that apply)

TikTok
Instagram
Facebook
YouTube
Snapchat
Twitter
Don't remember
Somewhere else - please tell us where:

Information on health risks of vaping

7. **If** You said that in the last 12 months, you have come across any information about the health risks of vaping.
Which of the following situations apply to you?
(tick all that apply)

I have looked for information but I could not find anything useful / reliable
My school spoke to us (e.g. in a class setting) about the health risks
My friends and I spoke about the health risks
My parents/carers and I spoke about the health risks
I looked up information about the health risks on the internet
I looked up information about the health risks in a different way – please tell us where:

Experience of vaping

8. Which ONE of the following most closely describes your experience of vaping? *

- I have never tried vaping, not even a puff or two
- I have only tried vaping once or twice
- I vape sometimes, but no more than once a month
- I vape more than once a month, but less than once a week
- I vape more than once a week but not every day
- I vape every day
- I vaped in the past but no longer do
- Don't want to say

Experience of smoking

9. Which ONE of the following most closely describes your experience of smoking cigarettes? *

- I have never smoked cigarettes, not even a puff or two
- I have only tried smoking cigarettes once or twice
- I smoke sometimes, but no more than once a month
- I smoke more than once a month, but less than once a week
- I smoke more than once a week, but not every day
- I smoke every day
- I smoked in the past but no longer do
- Don't want to say

10. **If**, You said you never tried vaping...

Have you ever been curious about vaping?

- Definitely not
- Probably not
- Probably yes
- Definitely yes
- Don't know

11. If someone you know offered you a vape, would you try it?

- Definitely not
- Probably not
- Probably yes
- Definitely yes
- Don't know

Personal experience of vaping

The following questions are about your personal experience of vaping. If you vaped in the past but no longer do, please tell us how the experience was for you when you did vape.

12. **If you have vaped**, How old were you when you first tried vaping, even if it was only a puff or two?
Take a guess if you don't remember exactly.

10 years and younger

11 years
12 years
13 years
14 years
15 years
16 years
17 years
18 years
Don't want to say

13. If you have vaped, How long have you been vaping for?
(OR How long did you vape for if you have quit since then)?

I only tried it once or twice
One month or less
More than one month, up to 3 months
More than 3 months, up to 6 months
More than 6 months, up to 1 year
More than a year
Can't remember / don't want to say

14. If you have vaped, Where did you get your first vape from?

Given by a brother or sister
Given by a mother or father (or guardian)
Given by a friend
Bought it online
It was given out as a free sample by an e-cigarette company
Took it from someone
Bought it in a shop
Bought it from another person
Can't remember / don't want to say
Some other way – please tell us more:

15. If you have vaped, Which of the following best describes why you vape?
(OR Why did you vape in the past?)
(tick all that apply)

I like the flavours
They are easier to get hold of than regular tobacco cigarettes
Vaping is easier to hide than smoking
Peer pressure
Just to give it a try
They are cheaper than smoking
I enjoy the experience
I am addicted to them
I use them instead of smoking

It helps me deal with stress or anxiety
 I use them in addition to smoking
 I think vaping looks cool
 Vaping may be less harmful to me than smoking
 Don't know
 Other – please tell us more:

16. If you have vaped, Does the vape you use/used MOST OFTEN contain nicotine?

Yes, always
 Yes, sometimes
 No, never
 Don't know

17. If you have vaped, Where do/did you usually get your vapes from?
 (Please tick more than one box if you often get/got vapes from different people or places.)

Newsagent, tobacconist, vape shop or a sweet shop
 Someone else gives them to me
 I buy them from someone at school (not friends)
 Friends give them to me
 Petrol station or garage shop
 Supermarket
 I buy them from friends
 Internet
 Machine
 Other type of shop
 My mother or father (or guardian) gives them to me
 Street markets
 I buy them from someone else (not friends or someone at school)
 My brother or sister gives them to me
 Don't want to say
 I get them in some other way – please tell us more:

18. If you have purchased a vape, In the past 12 months, did any of the following apply to you?

	Yes	No	Not applicable	Don't want to say
I bought a vape (or cartridge, pod, e-liquid) from a shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was refused sale of a vape from a shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Someone else bought me a vape from a shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

19. **If you have vaped,** Are you worried that vaping will damage your health in the future?
(OR Were you worried about this when you vaped?)

Very worried
Moderately worried
A little worried
Not at all worried
Don't know

20. **If you vape,** Would you like to stop vaping?

Not applicable, I have only tried it, or I have quit
No, I want to continue vaping
Yes, I have tried but I still vape
Yes, I would like to stop vaping
Don't know

Personal experience of smoking

21. **If,** You said that you have both tried smoking cigarettes and vaping.
Which one did you try FIRST?

Smoking
Vaping
Don't remember
Don't want to say

22. **If you have tried smoking,** How old were you when you had your first cigarette, even if it was only a puff or two?
Take a guess if you don't remember exactly.

10 years and younger
11 years
12 years
13 years
14 years
15 years
16 years
17 years
18 years
Don't want to say

23. Do you think vaping is less addictive, about the same, or more addictive than smoking regular tobacco cigarettes?

A lot more addictive than cigarettes
A little more addictive than cigarettes
As addictive as cigarettes
A little less addictive than cigarettes
A lot less addictive than cigarettes
Don't know

If You said you vaped in the past but no longer do...

24. Why did you stop vaping?
(tick all that apply)

Started to smoke cigarettes (or other products) instead
Only tried vaping to see what it was like
Cost too much
Concerned about addiction to vaping
Lost interest / didn't enjoy it
Did not like the taste
Did not help me quit smoking
Did not help me cut back on cigarettes
Friend(s) / partner wanted me to stop
Uncomfortable using in public
Parents / family wanted me to stop
Concerned about possible health risks or side-effects
Don't know
Other - please tell us more:

25. Any other comments?

Is there anything you would like to tell us about vaping? You can use this space for any thoughts or to give us more detail on any of the questions asked.