

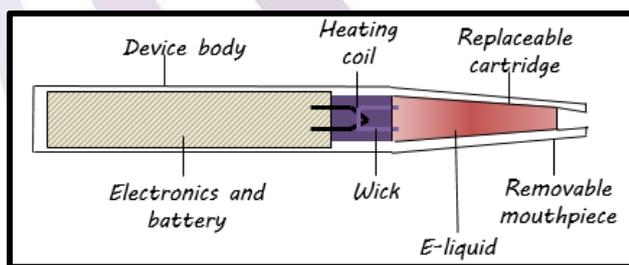
Dear Parents and Carers

During tutor time, students will engage in a PSHE themed activity looking at the issues and dangers around vaping and E-cigarettes. Please find below information that we have compiled, in conjunction with Health Care Professionals, which has formed the basis of these sessions. We hope the information below will be useful for you as parents/carers, should you feel the need to discuss the harms of vaping with your children.

What is vaping?

'Vaping' is the term used for inhaling vapour through an E-Cigarette or other electronic vaping devices. The device operates by heating a pod of liquid that turns into vapour. This liquid usually comes in appealing flavours such as chocolate, strawberry and bubblegum to name a few.

What is inside a vape and what do they look like?



Is vaping addictive?

Vaping puts nicotine into the body. **Nicotine is highly addictive** and can: slow brain development in teens and affect memory, concentration, learning, self-control, attention, and mood. It also increases the risk of other types of addiction later in life (kidshealth.org).

What about vapes that do NOT contain nicotine?

Most vaping products contain nicotine as it is beneficial for vaping companies to have addictive substances in their products. However, even those that don't contain nicotine, still have chemicals in them that irritate the lungs. Furthermore, an analysis from two leading brands discovered harmful chemicals in the liquid pods, one of the chemicals was diethylene, a chemical that is used in anti-freeze! Vaping simply has not been around long enough for scientists to judge the long-term effects."

Can vaping impact those around me?

Many young people unfortunately believe that the "vape cloud" disappears quickly and so does not harm others but research has shown that the aerosol that users inhale will expose not only themselves but also innocent bystanders to the harmful substances contained. This is bad especially if they are near others who are asthmatic as they will be negatively impacting these people, even if it is not intentional.

Is vaping illegal?

Vaping and e-cigarettes come under the same law as smoking. **This law says that it's illegal to sell any tobacco products to someone under 18. It's also illegal for someone else to buy them for you if you are under 18.**

This law exists to prevent young people from getting addicted to nicotine and to protect their health. It isn't technically illegal for you to carry an e-cigarette but if you are caught in public the police can confiscate it from you. They are allowed to do this under the age of 16 in England and Wales.

We would like to be clear that if a student was to bring a vape or e-cigarette onto the school site, the school reserves the right to confiscate these items. Under these circumstances, we will not return the equipment to the respective student and school will keep the item in our possession until a parent/carer collects the item. Alternatively, we can also destroy the product at the parent's request. In addition to the vape being confiscated, the student may also face internal exclusion or suspension for bringing a prohibited item onto school site.

Yours faithfully

Mr M Grove
Assistant Headteacher – Pastoral Culture