

17 May 2023

Dear Parents/Carers

Vaping

Vaping is currently very popular among young people, and some of our students at Denefield are no exception. There is clear advice from the National Institute for Health and Care Excellence that vapes should not be used by children or by anyone who is not using them to give up smoking. The short term effects of vaping can include coughing, headaches, dizziness and sore throats. The long term effects are currently unknown.

Vapes commonly contain nicotine, they can be adapted to deliver cannabis and other drugs, and are restricted by law. They can become addictive. It is against the law to sell vapes to anyone under 18 and it is also illegal for adults to buy them for anyone under 18. Despite this, some local businesses in Reading are selling vapes to children and teenagers. Where we find that this is the case, we report the business to Trading Standards, and encourage parents/carers and students to do the same. If you wish to report an incident to Trading Standards or you require advice, please contact the Citizens Advice consumer helpline on 0808 223 1133 or by email using the form at [Reporting to Trading Standards - Citizens Advice](#).

Vapes have a significant impact on the environment. For example, around 1.3 million disposable vapes are thrown away every week in the UK. They contain plastic and batteries which cause chemicals to pollute landfill and waterways.

Like all schools, vaping is not allowed on our school site – by children or adults – and vapes are considered a prohibited item in our policies. We take all incidences of vaping, including providing a vape to another student, very seriously and there are always significant consequences for students who break school rules.

As an example, we recently dealt with an incident involving vaping in toilets where the students involved had no idea what was in a vape that was illegally sold by a business on the Oxford Road. The incident involved an emergency visit to A&E as a precaution, serious consequences for all students involved, a report to Trading Standards and the police.

We recognise the need for regular education at school about vaping, health and the law and are reviewing drugs education aspects of our Success for Life programme.

A fact sheet, produced by Sheffield Local Authority is below for parents/carers who would like to learn more about the issues around vaping. A useful source of information and advice is [Vapes | FRANK \(talktofrank.com\)](#).

Yours sincerely



Mr E Towill MA (Oxon)
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VAPING AND E-CIGARETTES: THE FACTS FOR PARENTS AND CARERS



This leaflet is to support parents and carers to have conversations with their children about vaping.

WHAT IS VAPING?

Vaping is the use of an electronic device to inhale vapour derived from a heated liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which must be no more than 2% or 2mg per ml, as well as small amounts of flavourings and sweeteners.

SMOKING VS VAPING

Smoking is much more harmful than vaping. Tobacco smoke contains carbon monoxide and tar, a sticky soup of around 250 toxic chemicals, 69 of which are known to be carcinogenic, causing disease, disability, and early death.

HOWEVER, VAPES ARE NOT HARMLESS

Short-term effects can include:

- coughing
- headaches
- dizziness, and
- sore throats.

Long-term effects are, as yet, unknown.

WHAT ARE THE CONCERNS WITH VAPING AND CHILDREN AND YOUNG PEOPLE?

Most children and young people don't vape or smoke. However, in 2022 the number of 11-17-year-olds in Great Britain currently using vapes rose to 7% compared to 4% in 2020. Whilst this increase is concerning, it is important to note that most vaping is experimental, with regular vaping mainly confined to children who currently smoke or have done in the past.

The increase in youth vaping has coincided with the arrival on the UK market of a new category of cheap and attractive disposable vapes that have proven particularly popular with children and young people and have been promoted extensively on social media. We are working hard nationally and locally to address these issues.

HOW DO VAPES HELP SMOKERS QUIT?

Like nicotine patches and gum, vapes containing nicotine are a useful aid to quitting as they deal with the cravings smokers get when they try to stop. Nicotine vapes are proven effective and have become the most popular quitting aid for smokers in recent years. However, vapes are not recommended for non-smokers, particularly children.

THE LAW AND VAPING

Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf.

If you know of anyone who does sell vapes or tobacco illegally, you can report them to trading standards through the Citizens Advice online portal:

citizensadvice.org.uk/consumer

Advertising of all tobacco products is illegal, but if you see advertising for vapes that you feel is trying to encourage children and young people to try vaping, you can report it to the Advertising Standards Authority:

asa.org.uk

For more information about vapes and stopping smoking, visit the Smokefree Sheffield website: smokefreesheffield.org

Children and Young people can find out more information on vaping on the FRANK website:

talktofrank.com/drug/vapes

Or read the ASH Briefing: ash.org.uk/uploads/ASH-brief-for-local-authorities-on-youth-vaping.pdf



**OUR ADVICE TO CHILDREN AND YOUNG PEOPLE IS:
DON'T SMOKE? DON'T START TO VAPE.**

HAVING CONVERSATIONS WITH YOUR CHILD ABOUT VAPING?

Find the right moment

when you see someone vaping, walk past a vape shop or see advertisements.

Ask questions what do they think about vaping? Do they know people who vape? Why do they think people vape?

Listen to them learn from them, but also use your knowledge to help them understand the facts and that vapes are not harmless.

Talk about your expectations explain your concerns and tell them why you don't want them to vape or smoke and to make clear that although neither are recommended, smoking is the far greater risk.

Let them know that you care about them

explain that those who knowingly sell vapes to under 18s don't care who they sell to and they are just interested in making money

Talk about the different reasons why children may vape

give examples such as wanting to fit in, curiosity, stress. Talk through effective ways to respond if they ever feel pressured to try it and practise responding together.

If your child is vaping try to understand why they are vaping by asking questions like "What do you enjoy about vaping?" Or "How does vaping make you feel?". Understanding this might help you to understand their needs and discuss other ways to meet those needs.