



Vaping resources for schools and parents



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In response to rising concern about the use of vapes (e-cigarettes) among children and young people, we have produced a range of educational resources for both schools and parents/carers.

Letter and leaflet for parents/carers

The attached leaflet has been created to help parents and carers fully understand the impact of vaping. It explains the health risks to children and young people, the law regarding the use of vapes, as well as the environmental impact - especially of disposable vapes.

Schools are asked to share the leaflet with families as soon as possible along with the attached letter from Simon Bryant, the Director of Public Health, which outlines how the Local Authority is tackling this issue.

Educational resources for schools

The educational materials that have been developed specifically for schools include the attached information posters, which can be printed in A3 and A4 size. Schools are encouraged to put up around their buildings – especially where pupils will see them.

Guidance for schools along with a set of slides that should be used to aid classroom discussions about vaping can be found on the [Smokefree me website](#).

We encourage schools to use these materials to help communicate with pupils about the risks associated with vaping.

ATTACHED RESOURCES

Dear Parents/Carers,

Vaping among children and young people - Public Health Information

In July, I wrote to you about the potential risks associated with the underage use of vapes (also known as e-cigarettes). In that letter, I outlined the actions the County Council is taking to help tackle this issue, and the support we want to provide to parents and carers to help them talk with their children about this topic. Today, I am writing to you with a further update.

We have produced a range of information and advice materials that we hope you will find helpful. This includes:

- the enclosed leaflet to help you fully understand the impact of vaping. It explains the health risks to children and young people, the law regarding the use of vapes, as well as the environmental impact - especially of disposable vapes.
- a range of educational materials, developed with schools. This includes information posters and classroom lesson resources. Schools have been encouraged to use these materials to help them communicate with pupils about the risk of vaping.

Youth Vaping letter for parents-HCC.pdf

devices that heat a liquid to create vapours to be inhaled. The liquids often contain addictive nicotine, flavourings and other chemicals. Vapes come in many shapes, sizes, flavours and colours.

IN CHILDREN

Vaping has grown in popularity globally and in the UK. A recent UK survey by ASH (Action for Smoking and Health) found that 21% of 11-17 year olds had tried vaping and this is on the increase. Local school surveys also show a sharp rise with age, from year 7 to year 13. Whilst surveys show that most children don't vape, this is likely an underestimation. The main reasons that

CURRENT ADVICE ON VAPING

Vapes should not be used by children or adults who do not currently smoke. People who currently smoke are encouraged to swap to vapes. Vapes are a quitting aid that reduces the harms of tobacco smoking.

Smoking carries far greater health risks than vaping. It is the biggest cause of illness and death in the UK. Tobacco smoke contains nicotine, tar, carbon monoxide, arsenic and many other toxic chemicals. However, vaping is not risk free.

RISKS OF VAPING IN CHILDREN

Vaping Resources Booklet for parents

KNOW WHAT'S IN A VAPE?

Some vapes are full of **toxic chemicals, ew!**

They're not just sweet flavours, they're filled with some seriously sketchy stuff and could **really damage your body...**

... **GROSS!**

Vaping Resources Poster HCC-1

IT'S TOTALLY ILLEGAL?

It's totally **illegal** for anyone to sell vapes to you if you're **under 18**, did you know that?

You also **can't** ask someone older to buy them for you, that's **illegal** too! Hmm, **risky business!**

... **NOT WORTH IT RIGHT?**

Vaping Resources Poster HCC-2

MOUCHT AFFECTS YOUR HEALTH?

Vaping can make you feel **seriously rubbish**, less than ideal!

Dizziness, sleep problems, super-fast heart beat... are the common side effects. But by the way, there are way more!

... **FWWW!**

Vaping Resources Poster HCC-3

BAD FOR THE ENVIRONMENT!

Do you realise how much single-use vapes seriously **damage the planet?**

They add to **plastic pollution, e-waste**, and even **toxic waste**. Awks!

... **SO NOT COOL!**

Vaping Resources Poster HCC-4

AFFECTS YOUR BRAIN!

Yep, really! Because **your brain is developing** until about age 25, the **nicotine** in vapes can really affect this.

Vaping can make your **mood** bad and your **concentration** too.

... **EKK SCARY!**

Vaping Resources Poster HCC-5

