

SAFEGUARDING UPDATE

UPDATES FROM ST. AIDAN'S C OF E HIGH SCHOOL

MAY 2023

As part of our PSHE programme we try to educate students about issues that may face them now and in the future, including vaping. We know that vaping is on the rise amongst young people and the NHS says the long-term health risks of vaping remain unclear. We have recently delivered assemblies addressing the issue of vaping and to support this we have begun the process of installing vape alarms into toilet areas. These send a signal to staff, alerting them to the specific toilet area where a student is vaping. Moving forward additional CCTV will be installed at the entrance to toilet areas so we can identify students entering and leaving. We will have to sanction students who have decided to ignore our expectations so that we can continue to educate students about the dangers of vaping.

How many young people vape?

- A large majority of 11-17 year olds have never tried or are unaware of e-cigarettes (83.8%)
- In 2022, 15.8% of 11-17 year olds had tried vaping, compared to 11.2% in 2021 and 13.9% in 2020
- In 2022, 7.0% of 11-17 year olds were current users, compared to 3.3% in 2021 and 4.1% in 2020

Source: Action on Smoking and Health

<https://ash.org.uk/uploads/Use-of-e-cigarettes-among-young-people-in-Great-Britain-2022.pdf>



Why do people become addicted to vaping?



**SAY NO
TO VAPING**

Reasons to not vape:

- **Money:** vapes are marketed to young people with the aim to get people addicted to nicotine. So they keep buying vapes.
- **Health:** what chemicals are in the vapour? Not enough research has been done into the long term effects.
- **Health:** Nicotine is a toxic substance which raises blood pressure.
- **Health:** Nicotine can harm the developing adolescent brain. It can harm the parts of the brain that contain attention, learning and mood.
- **Addiction:** Nicotine is highly addictive and encourages cravings for more nicotine.

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VAPING AND E-CIGARETTES
THE FACTS



MOST CHILDREN AND YOUNG PEOPLE
DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

VAPES ARE NOT HARMLESS. Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to. **DON'T BE DUPED!**

DON'T SMOKE? DON'T START TO VAPE.

smokefreeffield.org
talktofrank.com




Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)



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How parents can approach the topic with their child:

- Find the right moment to have the discussion
- Ask appropriate and relevant questions that your child may have
- Listen to you child
- Talk about your expectations and boundaries
- Let them know you care
- Have knowledge!

An infographic with a blue border and a yellow header. The title is 'HAVING CONVERSATIONS WITH YOUR CHILD ABOUT VAPING?'. It contains eight key points in two columns.

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.