



Vapes and Nicotine Pouches

Dear Parents/Carers

I wanted to write to you to help raise your awareness of the prevalence of vapes and other nicotine products such as nicotine pouches.

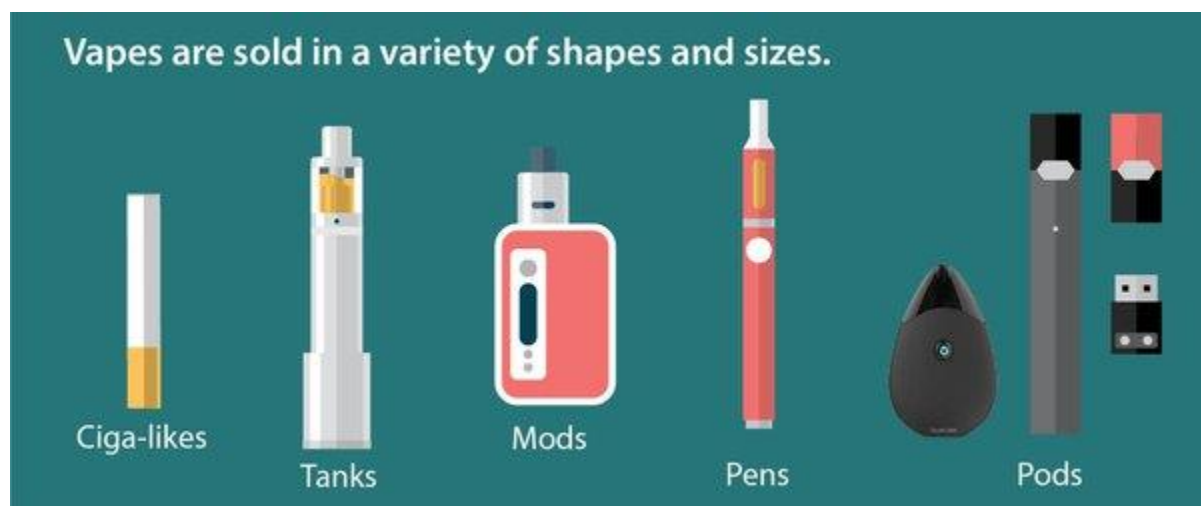
What is a Vape?

A vape is also known as an electronic cigarette (e-cigarette). They work by heating a liquid until it becomes a vapour, which is then inhaled. The vape liquid can contain substances that make it smell and taste fruity or sweet as well as other substances such as nicotine.

Vapes can be reusable. These require charging, usually with a USB charger and refills with cartridges containing the vape liquid.

Vapes can also be disposable, once the vape fluid is used the vape will be thrown away.

Vapes come in lots of different shapes and sizes, some can easily be mistaken for pens or highlighters.



What is a nicotine pouch?

A nicotine pouch is a tobacco free product that are placed between the lip and gum, where they deliver nicotine to users.



Both vapes and nicotine pouches are widely available to buy online or in supermarkets or smaller newsagents.

Under The Children and Families Act 2014 it is illegal to sell certain nicotine inhaling products to persons aged under 18 and for an adult to purchase nicotine inhaling products on behalf of a person aged under 18.

How Common is Vaping?

Data published by NHS Digital in September shows that the proportion of 11–15-year-olds classed as current e-cigarette users increased to 9 per cent in 2021, up from 6 per cent in 2018. ASH (Action on Smoking and Health) report that the number of children admitting to trying vaping has risen to 16% in 2022. As a result, the occurrence of possession of vapes and vaping on school grounds in England has increased.

Important Facts about the Use of Vapes

1. Vaping is not for children. Whilst vaping can help people quit smoking, if you don't smoke don't vape.
2. Vapes often contain nicotine which can be up to 10% of the content of the vape. Nicotine is highly addictive and potentially harmful. Nicotine has been shown to impact brain development.
3. Because vapes often taste and smell fruity this makes them more attractive to young people who also think they are harmless. The long-term effect of vaping is unknown.
4. Parents should be aware that vapes can be used to exploit the most vulnerable children, as is the case with other age restricted products such as tobacco and alcohol.

How would I know if my child was vaping?

Signs of vaping include:

- new health issues such as coughing or wheezing
- vape supplies like cartridges or other suspicious items
- new smells, such as fruity or sweet scents

What to do if you think your child might be vaping?

The following links might be helpful if you are concerned about your son or daughter using vapes.

Action on Smoking and Health

<https://ash.org.uk/resources/view/use-of-e-cigarettes-among-young-people-in-great-britain>

Children First Advice

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/risk-taking-behaviours/>

Kids Health (US Site)

<https://kidshealth.org/en/parents/e-cigarettes.html>

Vapes in School

Our behaviour policy is clear that the possession of vapes or vaping on or off site and in uniform is unacceptable behaviour and therefore if this occurs students involved will be sanctioned.

Ms Thomson has also written to our local MP, Daisy Cooper to express her concern about the availability of vapes and vaping products in local shops.

If you have any concerns, please do contact the relevant member of the pastoral team who will be able to provide you with any further support that you might require.

Yours sincerely,

A handwritten signature in dark ink, appearing to read 'D. Eve', written in a cursive style.

Doug Eve
Deputy Headteacher