

Safeguarding Newsletter October 2022

Dear Parents and Carers,

Following the summer holidays, we have sadly noticed an increase in the number of pupils who have been vaping in their free time and in some cases during the school day. There has been a lot in the media recently about the damage that E cigarettes/Vapes are doing to our young people and so I take the opportunity in the first safeguarding newsletter of the term to talk about vaping. Please talk to your child or young person about it and if you are aware that they are vaping and wish to stop, let us know and we can help.

Vaping and Smoking on site are against school rules and there are consequences if pupils are found doing either on site, but we also want to make sure that children are aware of the impact smoking and vaping can have on their health and wellbeing.

What are vapes?

- A vape or e-cigarette is a battery powered device that converts liquid nicotine into an aerosol (or vapour). They work by heating a liquid (called an e-liquid) that typically contains nicotine, propylene glycol, vegetable glycerine, and flavourings.
- There are different types of vapes that allow the user to choose the strength and flavour.

What is the prevalence for young people?

- Smoking prevalence was 6% in 2022 (compared with 7% in 2020)
- Vaping prevalence was 9% in 2022 (compared with 5% in 2020)
- 11% of 11–15-year-olds have tried vaping, compared to 29% of 16–17-year-olds. Among 18-year-olds 41% report having tried an e-cigarette.

Why do young people vape?

- INFLUENCE OF FAMILY MEMBERS
- AVAILABILITY OF DIFFERENT FLAVOURS: no bad smell, sweet flavours, large choice
- BELIEF THAT IT'S LESS DANGEROUS THAN SMOKING
- LOW COST: some 'puff bars' only £4.00
- NORMALISATION via social media, number of shops, etc.

Where do young people get them?

- 47% from shops, 43% being given them, the rest online or on the street market.

Vaping and the law

- It is illegal to sell nicotine based vapes to those under 18. Maximum £2,500 fine. Those purchasing vaping products for those under 18 can be prosecuted in same way as buying alcohol for under 18's. While it's illegal to sell vapes and vaping products to under 18's – it's not illegal for minors to own or use vapes.

How can you spot an illegal vape?

- The tank size is over 2ml.
- The nicotine strength is over 20mg/ml (or 2%).
- They have over 600 puffs.
- The refill bottle is over 10ml.

Health and vaping

- There is more nicotine in a vape than in a cigarette. Nicotine is not a cause of death; however, it is highly addictive. The maximum level of nicotine in one vape is 20mg (in 2ml vape) this is the equivalent to 20 cigarettes (1 cigarette has 1mg of nicotine).
- To become addicted to nicotine the daily intake is 5mg, 5 cigarettes. Teenage brains are still developing and taking addictive substances like nicotine can change the brain – affecting concentration, impulse control and likelihood of other addictions.
- Formaldehyde and Acetaldehyde are both chemicals found in vapes. These are industrial chemicals.
- Some vapes tested have found traces of metals like Mercury, Nickel and Lead. Children using them could be inhaling more than twice the daily safe amount of lead, and nine times the safe amount of nickel.
- Vaping increase gum disease, damages tooth enamel and causes cavities.
- Vapes also include sugar which makes the sweet flavours.
- Short term effects include coughing, headaches, dizziness and sore throats. The long-term effects are unknown.

Environmental Impact

- 1.5 million single use vapes are thrown away in the UK each year, this is 2 vapes a second.

- Each vape contains a lithium battery. In the UK 10 tonnes of lithium batteries from vapes are disposed of each year.

For more information visit: [Vapes | FRANK \(talktofrank.com\)](#)

2/3

Antibullying week – 13th - 17th November 2023

We worked with the Antibullying alliance last academic year and over the summer were awarded the Bronze Award in recognition of our work towards preventing and managing any incidents of bullying in school. We continue to work this year towards gaining the Gold Award. Antibullying week this year is November 13th- 17th and we will be running a range of activities across school and care and will write to you with more detail next term.

In the meantime, if you would like to look at antibullying resources, please see the links below:

[Anti-Bullying Week \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk)

[Parents and Carers \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk)

If you have any safeguarding queries or concerns or want to discuss anything in this newsletter, please contact safeguarding@maryhare.org.uk

Emma Kennett

A handwritten signature in black ink, appearing to read 'E Kennett', with a stylized, cursive script.

Vice Principal Pastoral and DSL

34720701

