

SAFEGUARDING UPDATE

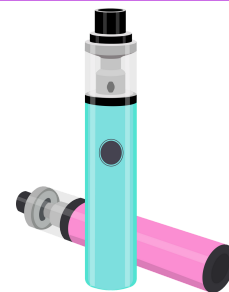
MARCH 2024



ST MARY'S
COLLEGE

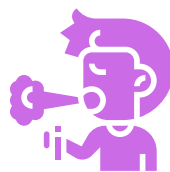
VAPING

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 2 mg per ml, as well as small amounts of flavourings.

What is a vape device?



There are a variety of vape devices (which are also known as e-cigarettes). The names and type of devices keep changing and new ones come on to the market frequently. Below are the main types of vapes currently available:

- vape bars shaped like a highlighter pen (usually single use and disposable but sometimes rechargeable and refillable with e-liquid capsules)
- compact pod devices shaped like a flash drive or pebble (either disposable, or rechargeable and refillable with e-liquid capsules)
- vape pens with a tank you fill with e-liquid, and a replaceable coil and rechargeable battery
- "cigalikes" designed to look like a cigarette (either disposable, or rechargeable and refillable with e-liquid capsules)
- customisable devices with variable power (these are more difficult to use and need more maintenance)

Youth use of disposable vapes

Single use disposable vapes are now the most popular product. Fewer than one in ten current vapers under 18 used disposable vapes in 2020, by 2022 it was over half, with Geek Bar and Elf Bar the most popular brands.





Sources of supply

Despite it being illegal to sell vapes to under 18s, the most common source of supply for underage vapers is shops (47%).

Promotion of vapes

Over half (56%) of 11-17 year olds reported being aware of e-cigarette promotion, most frequently in shops, or online (Tik Tok, then Instagram were the most frequently mentioned sources)

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 the UK using vapes and e-cigarettes rose to 7% compared to 4% in 2020. Regular vaping is 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.

Vapes are not harmless

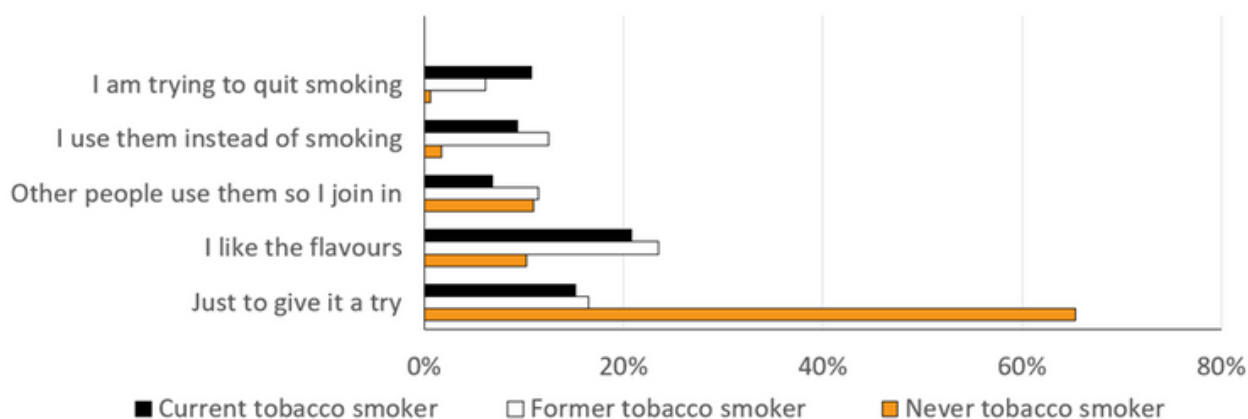
The levels of exposure to cancer causing and other toxicants are extremely low in people who vape compared with those who smoke but there is still some exposure. Short-term effects can include coughing, headaches, dizziness and sore throats. The long-term effects are, as yet, unknown.

The key advice to children and young people is:

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

Why do young people vape?

Reasons for vaping by smoking status





The law on 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.

Those who knowingly sell vapes to under 18s don't care who they sell to, and they are just interested in making money.

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:

www.citizensadvice.org.uk/consumer/



How much nicotine is there in vapes compared to cigarettes?

A packet of cigarettes takes between 160 and 320 puffs to smoke.

Popular disposable vapes, such as Elf Bar and Geek Bar, are said to contain around 600 puffs, but puffs on vapes ARE NOT equivalent to puffs on cigarette.

How does vaping harm the environment ?

- Single-use vapes contain batteries and difficult to recycle plastics.
- Approximately 1.3 million disposable vapes are thrown away every week in the UK: enough to cover 22 football pitches.
- These break down in landfills causing dangerous chemicals to pollute the soil and water.
- These chemicals can cause harm to humans, animals and the environment.



Don't smoke? Don't start to vape



Information on Adulterated Vapes / THC Vapes

There are concerns regarding the increasing availability of vapes which contain cannabis compounds or synthetic cannabinoids.

Vaping THC (the active component of cannabis) is a relatively new and is increasing in prevalence amongst young people under the age of 18

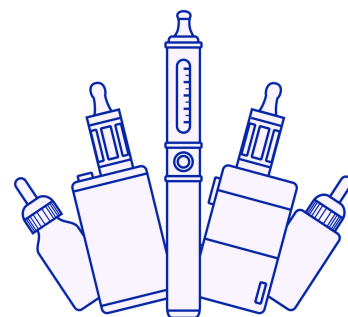
Risks of using 'THC' Vapes

1. Unable to measure the dose or know the strength – presents a higher risk of overdosing.
2. Leave users in incapacitated vulnerable state where assaults/theft can occur.
3. Users can experience episodes of Anxiety/Paranoia.
4. Dependency – if not THC but Spice which is a very physically addictive substance with severe withdrawal effects.
5. Seizures – many young people have been hospitalised.
6. Death – there have been reported cases of deaths related to the use of miss sold 'THC' that actually contains Spice.



Further advice and information:

- www.smokefreesheffield.org
- www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/
- <https://ash.org.uk/uploads/Use-of-e-cigarettes-among-young-people-in-Great-Britain-2022.pdf>
- <https://ash.org.uk/uploads/ASH-guidance-for-school-vaping-policies.pdf>



KEY REMINDERS

- Lanyards must be worn at all times.
- Please ensure you sign in and out of school at all times.
- Do not let visitors follow you into reception behind you as you walk in
- You must lock your computer screen when you walk away from your device



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SM6
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Safeguarding Officer Mrs S Appleyard	Safeguarding Officer Mrs N Gibbon	Safeguarding Officer Miss K Leathley	SM6 Safeguarding Lead Mrs K Lilley	SM6 Safeguarding Officer Mrs R Lenham	SM6 Safeguarding Assistant Miss O Dillon
					

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