



## NCS Safeguarding and Wellbeing Bulletin

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### Safeguarding and Pastoral Team

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### Welcome to our Parent Safeguarding and Wellbeing Bulletin

In each Newsletter we intend to focus on one safeguarding or wellbeing 'Hot Topic' issue and will share some advice and tips about supporting your child or keeping them safe. We will also signpost some supportive organisations and external agencies.

We are committed to working with all our parents and students, to actively promote the safeguarding, welfare and wellbeing of our young people.

If you have any concerns about your child then please do not hesitate to contact one the Safeguarding Team.

*"We are what we repeatedly do. Excellence, then, is not an act, but a habit."* - Durant





## Hot Topic: Vaping, Shisha and Edibles

### Vaping

#### What is Vaping?

E-cigarettes also known as vapes are devices which heat up a liquid to make a vapour which the user inhales.

#### What do vapes look like?

Vapes come in lots of different shapes, sizes, colours and flavours.



#### How common is vaping?

A number of recent surveys have shown that there has been an increase in the use of vapes amongst young people.

Age	% that used vapes in 2021	% that used vapes in 2022	Reference
11-17 year olds	3.3%	7%	i
18 year olds	11%	15%	ii

#### Why do young people vape?

There is a lot of marketing of e-cigarettes, including on social media. E-cigarettes also come in bright colours and appealing flavours.

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## What are the risks of vaping?

Most vapes contain nicotine which is a highly addictive stimulant drug. Nicotine can harm the development of the adolescent brain as it changes the way that connections are made between nerves. The brain continues to develop until approximately the age of 25. Nicotine can harm the parts of the brain that control attention, learning, mood and impulse control. <sup>iii</sup>

Some disposable vapes (such as an Elf Bar) contain as much nicotine as 50 cigarettes.

As well as nicotine, e-cigarette vapour contains other potentially harmful substances such as

- Ultrafine particles that can be inhaled deep into the lungs
- Flavourings such as diacetyl, a chemical linked to a serious lung disease

Young people who vape have been found to be more likely to suffer from chronic coughing than those who do not vape. <sup>iv</sup>

The long-term effects of vaping are not yet fully known or understood.

## Shisha

### What is shisha?

Shisha is a specially prepared, flavoured tobacco that is heated to produce smoke which bubbles through a bowl of water and into a long hose-like pipe to be breathed in. Shisha pipes have a mouthpiece fitted to inhale the smoke. <sup>v</sup>



### What are the risks of smoking shisha?

Smoking shisha has the same risks as smoking cigarettes. There is a misconception that when the smoke goes through water it makes it less harmful but this is not true. Shisha smoke contains many dangerous substances such as carbon monoxide, toxic chemicals and particles. This means that smoking shisha can cause diseases including:

- Heart and circulatory diseases
- Cancer
- Respiratory infections and conditions

Passive smoking of shisha is also harmful.

Since Shisha contains nicotine, it is highly addictive, just like cigarettes.



## Edibles

### What are edibles?

Edibles are food products with cannabis. Cannabis has two drugs in it. THC is the psychoactive compound in cannabis and can make people feel a range of effects, including feeling 'high'. CBD is the non-psychoactive drug. Any CBD product containing more than 0.2% THC in the UK is illegal.

Cannabis is not legal and is classified as a Class B drug which by law can attract a prison sentence of up to 14 years.<sup>vi</sup>

### What do edibles look like?

There are many forms of edibles, including sweets, gummies and lollipops.

#### Edibles Packaging Examples



### What are the risks of edibles?

The amount of cannabis in these products can vary significantly and there is no quality control of these products.

Taking THC cause paranoia, hallucinations, panic attacks, confusion, delayed reactions, feeling paralysed and even psychosis.<sup>vii</sup>

Edibles are particularly problematic because it takes a while for the drug to be absorbed into the bloodstream. This means that people eating them might think the drug is not working and eat a lot more, resulting in an overdose.

### Why do young people eat edibles?

Packaging the drug into sweets makes them attractive and tasty and the packaging is often deliberately targeted to attract young people.

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## Supportive Organisations

### [How to Quit Vaping | Smokefree Teen](#)

This website has advice for young people about how to quit vaping

### [Drugs and Alcohol | Support For Young People | YoungMinds](#)

Advice for students around

### [Honest information about drugs | FRANK \(talktofrank.com\)](#)

An excellent website with information regarding all types of drugs, and how to get support for drug users.

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## References

- <sup>i</sup> *Use of e-cigarettes among young people in Great Britain* (no date) Action on Smoking and Health. Available at: <https://ash.org.uk/uploads/Use-of-e-cigarettes-among-young-people-in-Great-Britain-2021.pdf> (Accessed: December 12, 2022).
- <sup>ii</sup> Tattan-Birch, H. *et al.* (2022) *Rapid growth in disposable e-cigarette vaping among young adults in Great Britain from 2021 to 2022: A repeat cross-sectional survey*, medRxiv. Cold Spring Harbor Laboratory Press. Available at: <https://www.medrxiv.org/content/10.1101/2022.05.06.22274762v1> (Accessed: December 12, 2022).
- <sup>iii</sup> *Quick facts on the risks of e-cigarettes for kids, teens, and young adults* (2022) Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. Available at: [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html) (Accessed: December 12, 2022).
- <sup>iv</sup> McConnell R;Barrington-Trimis JL;Wang K;Urman R;Hong H;Unger J;Samet J;Leventhal A;Berhane K; (no date) *Electronic cigarette use and respiratory symptoms in adolescents*, *American journal of respiratory and critical care medicine*. U.S. National Library of Medicine. Available at: <https://pubmed.ncbi.nlm.nih.gov/27806211/> (Accessed: December 12, 2022).
- <sup>v</sup> *Shisha* (2021) British Heart Foundation . Available at: <https://www.bhf.org.uk/information-support/risk-factors/smoking/shisha> (Accessed: December 12, 2022).
- <sup>vi</sup> *Edibles: Information for parents & carers* (2021). Surrey Safeguarding Children Partnership. Available at: <https://cdn.catch-22.org.uk/wp-content/uploads/2021/05/SYPSMS-Edibles-Information-for-Parents.pdf> (Accessed: December 12, 2022).
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