



Lindsworth School

The Hidden Dangers of Vaping: A Guide for Parents and Carers

At Lindsworth School, we are committed to safeguarding the health and wellbeing of our students, both in and out of the classroom. In the UK, there is a growing concern surrounding the rise of vaping among young people. This newsletter aims to raise awareness about the dangers of vaping and provide practical advice for supporting your child if they are vaping or at risk of starting.

What Is Vaping and Why Is It Harmful?

Vaping involves inhaling a vapour produced by an electronic cigarette or similar device. Although often marketed as a safer alternative to smoking, vaping carries significant risks, especially for young people, see below:

- E-cigarettes often contain nicotine, which is highly addictive and can affect brain development in teenagers.
- The vapours contain harmful chemicals (those similar to what's in rat poison) that can damage the lungs over time.
- Long-term effects are still largely unknown due to vaping's recent emergence.
- Studies suggest that young people who vape are more likely to start smoking traditional cigarettes later.
- Many teens believe vaping is harmless, often influenced by peers, social media and flavoured e-liquids designed to appeal to young users.





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Recognising the Signs of Vaping

If you're concerned your child might be vaping, look out for these signs:

- Sweet or fruity odours not linked to food;
- Unusual devices, chargers or cartridges among their belongings;
- Increased thirst or nosebleeds (common side effects);
- Changes in behaviour, such as secrecy or increased irritability.

How to Support Your Child

- Approach the topic calmly and without judgement. Ask open-ended questions like, *"What do you know about vaping?"* or *"Have you seen friends vaping?"* This can help your child feel comfortable discussing the issue.
- Share reliable information about the dangers of vaping. Acknowledge any misconceptions they may have heard, and encourage critical thinking.
- Discuss your family's stance on vaping. Establish clear, consistent boundaries while explaining the reasoning behind them.
- Avoid using e-cigarettes/ vapes yourself and model healthy lifestyle choices.
- If your child is vaping, avoid reacting with anger. Instead, focus on understanding why they started and help them explore strategies to quit.
- If necessary, reach out for additional support. School staff, healthcare professionals, or local support services can provide resources tailored to young people.

Where to Find Help

- **NHS Quit Smoking Services:** Offers advice and tools for quitting both smoking and vaping.
- **YoungMinds:** Provides mental health support and advice for young people.
- **Lindsworth School's Pastoral Team:** we are here to support your family with any concerns. Please don't hesitate to contact us directly for guidance.

Together, we can help our young people make healthier, more informed choices. Thank you for your ongoing support in creating a safe and nurturing environment for all students at Lindsworth School.

