

SAFEGUARDING AND WELLBEING



The Sutton Academy

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What Parents & Carers Need to Know about

THE DANGERS OF VAPING

Environmental affects

In the UK alone, there are millions of disposable vapes that go into landfills every week. Due to the high numbers of vapes not being recycled, the chemical liquids and batteries are causing a toxic risk to the environment. Vapes are also made out of plastic and metal which are unable to naturally decompose on their own. This is affecting the plants future; therefore, it will also affect young people's future.



What is vaping?

Vaping is inhaling and exhaling vapour that mainly includes nicotine and flavouring. A vape contains this liquid and is heated with a battery that can be thrown away once it runs out.



Packaging

The packaging for vapes have been marketed to attract young people by using bright colours and common flavours. These flavours are often linked to sweets or fizzy drinks that are popular with young people. This allows them to believe these are treats and overlook the harmful effects.

Awareness

Young people are unaware of how harmful vapes can be due to their appearance and the reputation that they have. Vaping has been trending around social media and allowed young people to see this as positive and 'cool'. Young people are unaware that this can lead to an addiction to nicotine.

Addiction

Vapes were developed to help people stop smoking and most vapes do contain nicotine. This can cause addiction as well as affecting the brains development in under 25-year olds. This can lead to lack of attention, weaken pulse control, affect mood and increase addiction into adult hood.

Side effects of Vaping

Mouth and airways

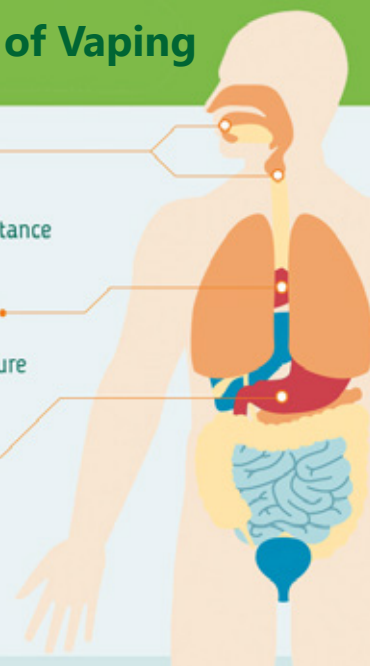
- Irritation
- Cough
- Increased airway resistance

Heart and circulation

- Chest pain
- Increased blood pressure
- Increased heart rate

Stomach

- Vomiting
- Nausea



Lack of Information

There is very little information about the ingredients and harmful chemicals within vape liquids. Some vapes also have traces of nuts which may lead to young people having allergic reactions. Medical warnings are not legally required on their packaging, and vaping brands only have medical disclaimers on their websites.



Ingredients

Research shows that some ingredients in vape liquids contain chemicals that can kill cells within the blood vessels and heart. These ingredients are not identified on packaging as they fall under natural and artificial flavourings. Due to this not being listed, young people are unaware of what the liquids may include, therefore they can't identify any potential risks.

Consequences of vaping

These liquids contain solvents that were created in 2005; therefore, there is insufficient medical evidence to assess the long-term risk that they may cause to the body. There are several health concerns linked to vaping such as tooth decay and gum disease. There are also concerns that vape users may develop asthma, coughing and breathing difficulties.

SAY NO TO VAPING

As always, if your child needs any advice or support please contact the Safeguarding Team or Year Team.

