



The dangers of vaping

What is a
vape/e-
cigarette/Juul
/Elf bar etc

Adults have used this to give up smoking.

For people that previously smoked cigarettes this is a better alternative.

However they still have their dangers, especially for adolescents.

Case study

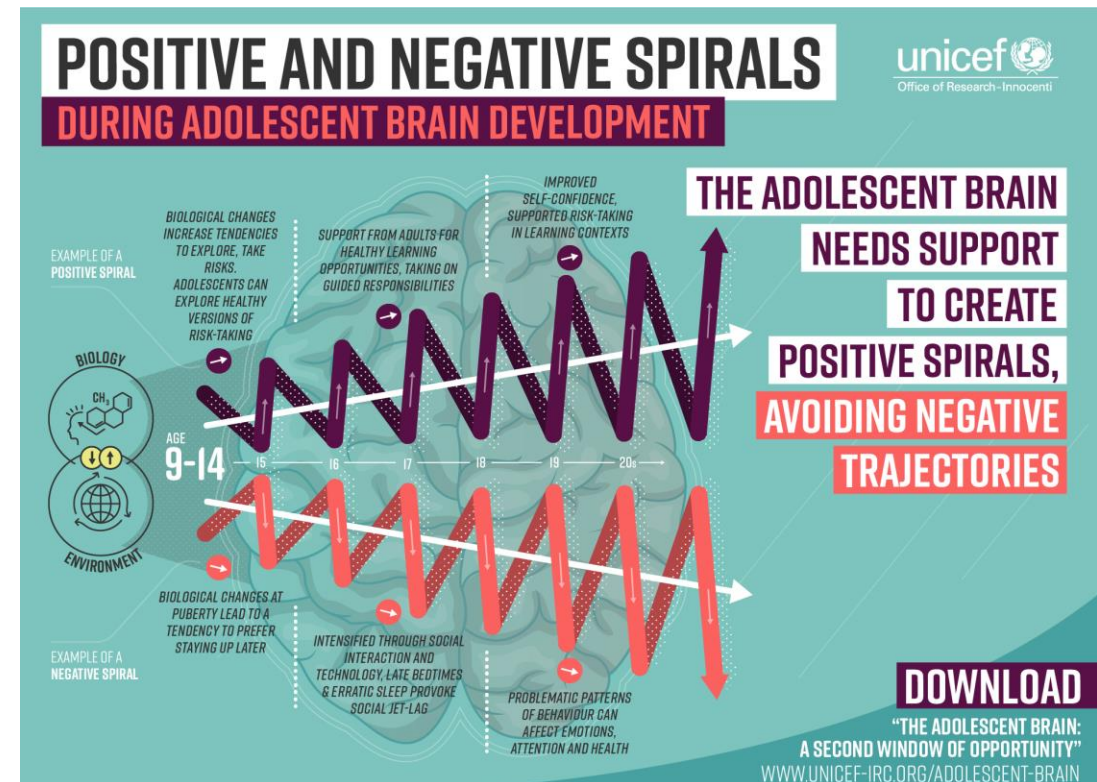
- Lindsey Smith's son was 14 when he bought his first vape. Engrossed in videos of YouTubers making "ghost puffs" with the vapour, he decided he wanted to try it for himself.
- At first he would spend hours trying to copy the strangers online – sitting in his bedroom and practising exhalation techniques to create the ghost-shaped clouds he was seeing on his screen.
- While he started out using watermelon-flavoured vapes with 2% nicotine, purchased from an older boy at school with his £5-a-week pocket money, his friends had obtained illegal devices with up to 12.5% nicotine – more than six times above the legal limit.
- "He started trying stronger and stronger stuff to get a bit of a buzz," said Smith, 42, an exam developer from Cramlington, Northumberland. "Where before he had obsessions like playing *Minecraft*, now it's vaping."



What's the Bottom Line on the Risks of E-cigarettes for Kids, Teens, and Young Adults?

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.¹
- E-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.
- Young brains are more susceptible to addiction.

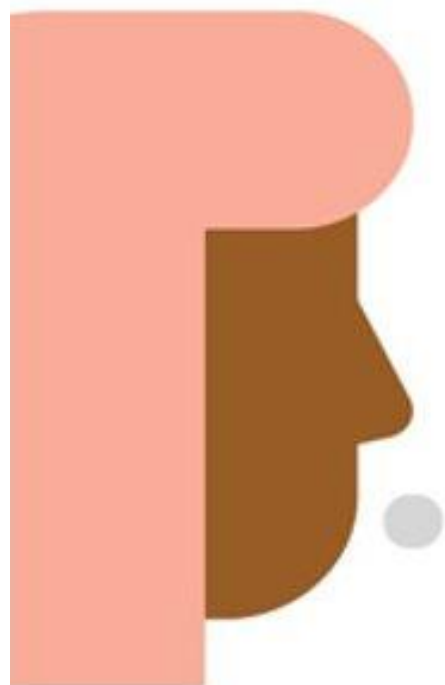
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.



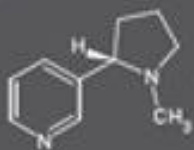
- What Are the Other Risks of E-cigarettes for Kids, Teens, and Young Adults?
- Scientists are still learning about the long-term health effects of e-cigarettes.
- Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavorings may be safe to eat but not to inhale because the gut can process more substances than the lungs.¹
- Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Nationally, approximately 50% of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger.

A graphic illustration on the right side of the slide. It features a dark blue triangular background with a yellow square and a dark green square overlapping it. A white silhouette of a person is walking on a large, yellow, 3D block that spells out the word "RISK" in capital letters. The block is resting on a wooden-textured surface. The overall design is modern and uses a color palette of blue, yellow, green, and brown.

- What Is in E-cigarette Aerosol?
- E-cigarette aerosol is NOT harmless “water vapor.”
- The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:
 - Nicotine
 - Ultrafine particles that can be inhaled deep into the lungs
 - Flavorings such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead¹
- The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances.
- It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.³



VOLATILE
ORGANIC
COMPOUNDS



NICOTINE

ULTRAFINE
PARTICLES



HEAVY METALS SUCH AS
NICKEL, TIN, AND LEAD



FLAVORING SUCH AS DIACETYL,
A CHEMICAL LINKED TO
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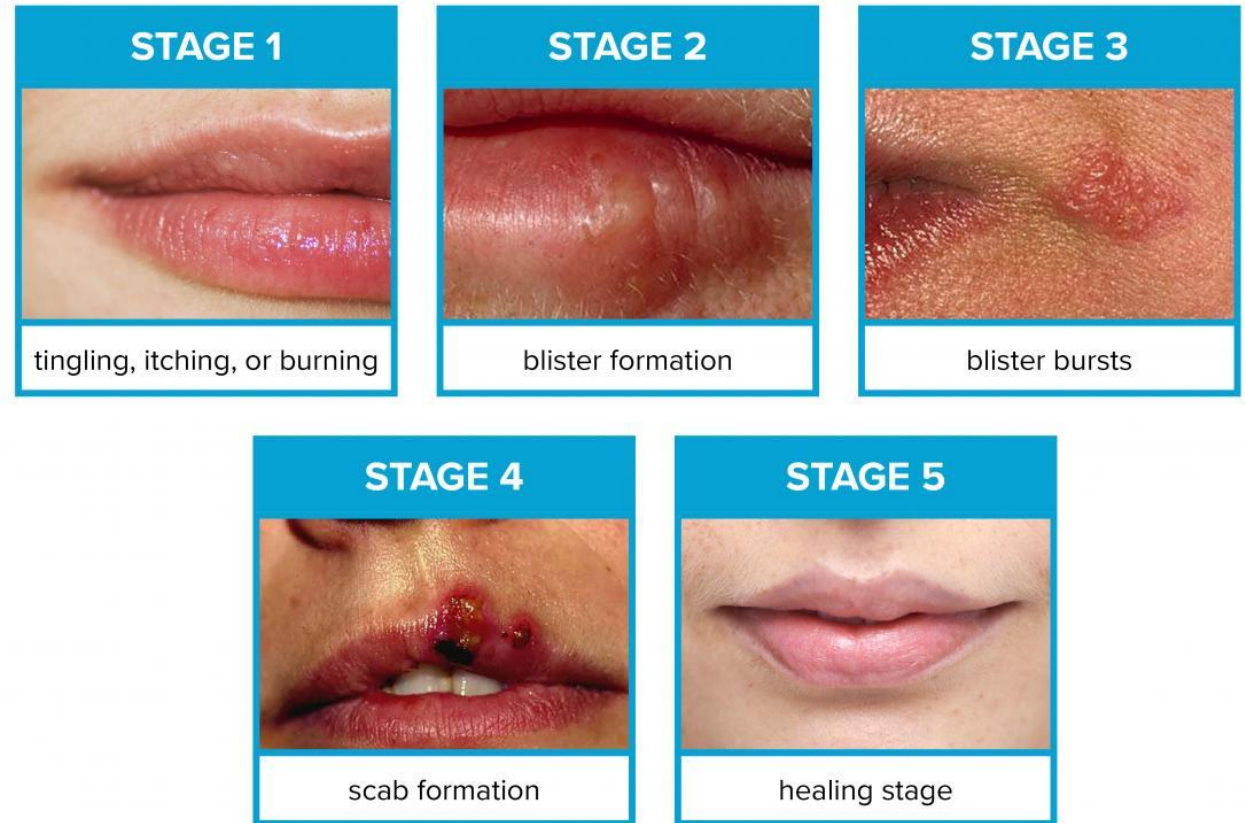
CANCER-CAUSING
CHEMICALS

Herpes/cold sores

- Is a virus that is incurable
- If you share drinks/vapes you can pass this on
- People that have bought second hand vapes have had this result

MEDICALNEWS TODAY

Stages of a Cold Sore



The law. It is illegal!

- You have to be 18 to buy an e-cigarette or vape.
- You are not allowed to smoke anything under the age of 18.
- The rule of law is a British value.
- If you are caught with a vape in school, there will be a sanction and confiscation.
- Some vapes contain illegal liquids and this will be tested with police involvement.
- If you know of a shop that sells vapes to minors, this is an offence and against the law. Report it.



Tudor Grange response

- Spot searches will be taken on any person in the school and parents called.
- If you are found with a vape you will be suspended/TATE. The sanction is increasing.
- If you are found in the toilet with someone else you will be searched and placed in IER.
- If we continue to have concerns a risk assessment may be used to assess the level of risk the pupil poses to the school community.



Discussion

- Vaping a small part of our health
- Discuss as a group how to stay healthy



CHILD LIFE

Healthy Kids, From Head-to-Toe

Brain

- * **Essential nutrients:** DHA, zinc, B vitamins, especially folate, and phosphatidylcholine.
- * **Good foods:** Fish (salmon, tuna, and trout), beef, eggs, chicken, citrus fruits, turkey, nutritional yeast, beets, and Brussels sprouts.
- * **Healthy tip:** Turn up the music. Studies show music helps calm anxiety, enhance attention, and boost the release of endorphins.

Teeth

- * **Essential nutrients:** Vitamins A and C, and calcium.
- * **Good foods:** Cottage cheese, Parmesan cheese, tofu, broccoli, kiwi, and strawberries.
- * **Healthy tip:** Use a toothpaste or toothpaste tablet with xylitol, a natural substance that helps prevent tooth decay.

Muscles

- * **Essential nutrients:** Protein, potassium, magnesium, and iron.
- * **Good foods:** Red meat, bananas, coconut water, dark chocolate, lentils, white beans, and spinach.
- * **Healthy tip:** Ease kids' sprains and strains with topical magnesium (lotion, oil, or bath flakes).

Respiratory Health

- * **Essential nutrients:** Zinc, vitamins A, C, and D, and iron.
- * **Good foods:** Quinoa, pumpkin seeds, edamame, red bell pepper, kefir, and kimchi.
- * **Healthy tip:** Add decongestant essential oils such as eucalyptus and grand fir to a diffuser.

Eyes

- * **Essential nutrients:** Vitamin A, lutein, and zeaxanthin.
- * **Good foods:** Kale, sunflower seeds, chia seeds, papaya, Brazil nuts, and egg yolks.
- * **Healthy tip:** Take kids 5 and up for yearly eye checkups.

Heart

- * **Essential nutrients:** Omega-3s, magnesium, and potassium.
- * **Good foods:** Wild salmon, walnuts, black beans, avocado, watermelon, and potatoes.
- * **Healthy tip:** Take a "quiet time" break—meditation has been shown to promote heart health.

Bones

- * **Essential Nutrients:** Calcium, vitamins D and K, and magnesium.
- * **Good foods:** Dairy products, soy milk, leafy greens, almonds, pumpkin seeds, chicken, and green beans.
- * **Healthy tip:** Whip up a tasty green smoothie—it helps keep calcium in the bones.

Digestive Health

- * **Essential nutrients:** B vitamins, zinc, vitamin C, and magnesium.
- * **Good foods:** Fatty fish, dairy products, leafy greens, meat, nuts and seeds, and dark chocolate.
- * **Healthy tip:** Adopt a non-GMO diet—toxins may trigger digestive issues in kids.