



# St Patrick's R.C. High School

**Vaping  
assembly**

**Mr Macafee**



# Prayer for health



Dear God,

Please bless us with good health and strength. Help us to take care of our bodies and mind, and to always be grateful for the gift of life.

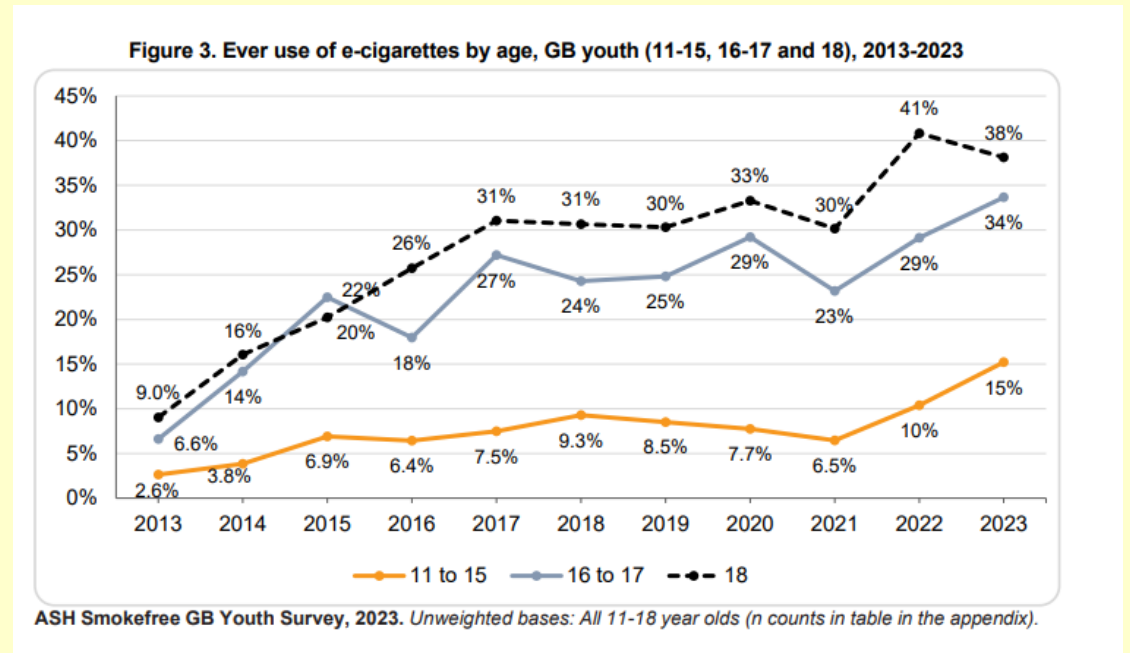
Amen.

# Vaping

Why is there a need to conduct an assembly on vaping?

# National Context

- Vapes were originally introduced to help adults switch from tobacco-based cigarettes to e-cigarettes
- However, it is now being increasingly used by young people across the country
- Despite being 'better' than tobacco-based cigarettes, there are still many health risks associated with vaping



# What are the health risks?

- Vapes contain nicotine which is a highly addictive substance
- It has been proven that nicotine can have damaging effects on both adults and young people. It can:
  - Cause an increase in blood pressure & heart rate
  - Increase the flow of blood to the heart and narrow arteries
  - Contribute to poor brain development, infections, seizures & lung disease



# What are the health risks?

- Many people share vapes amongst groups which increases risk of both addiction and infection
- Long term effects of passive vape smoking unknown





# What are the health risks?

- Short-term effects of vaping include: coughing, headaches, dizziness, sore throats and feeling sick
- Vaping is considered 'safer' than tobacco products but chemicals in vapes are still inhaled and the long term effects on the body are still to be confirmed
- **“We do not know yet what effects they might have in the long-term” –**  
[www.cancerresearchuk.org](http://www.cancerresearchuk.org)



# Vaping put me in hospital - I fear kids could die without urgent crackdown on UK's child e-cig epidemic

- Alex Gittins had to have part of his lung removed after vaping for four months
- The 31-year-old urged Brits to think about the unknown health impact of vaping
- MailOnline Poll: [Should disposable vapes be banned?](#) [Vote here and tell us why](#)

By EMILY STEFARM HEALTH REPORTER FOR MAIL ONLINE

## Vaping nearly killed me, says British teenager

© 12 November 2019

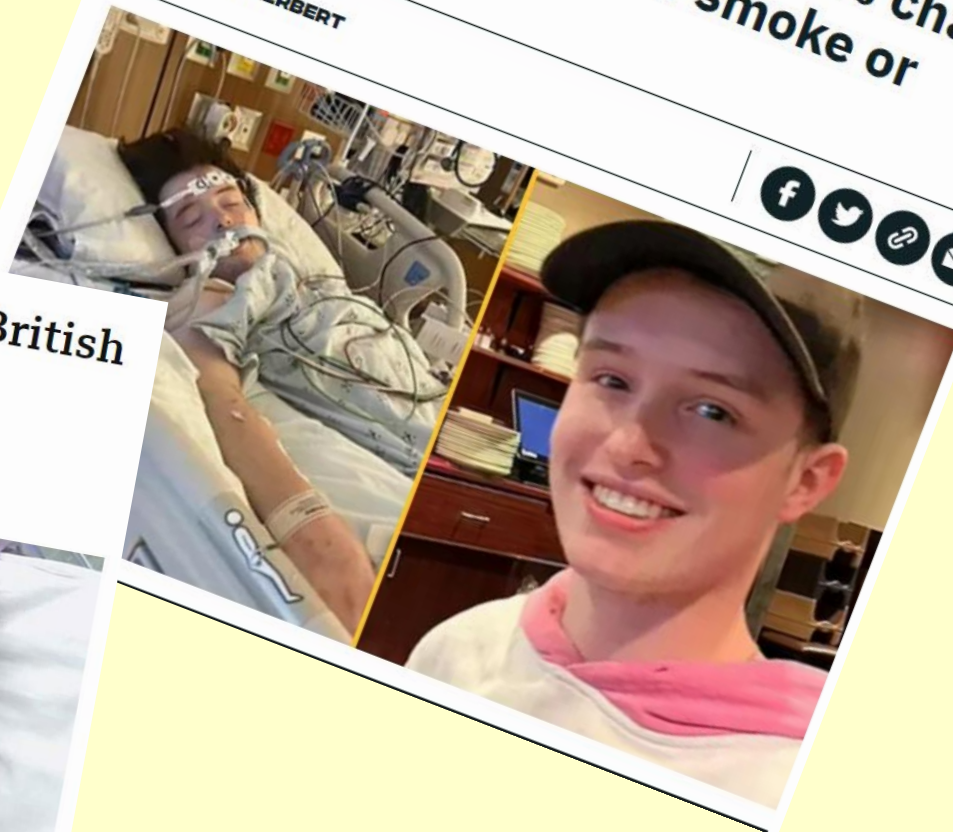


Ewan Fisher: 'Everything just got worse and worse... I nearly lost my life'

By James Gallagher  
Health and science correspondent

## Vaping addict, 22, given 1% chance of survival can never smoke or drink again

by CHARLIE HERBERT





# What does the law say?

- The legal age for vaping is 18 years old
- It is illegal for anybody to be sold any vaping products under 18 years old
- Parents or adults buying for underage children (under 18) can be prosecuted



# What about at St. Patrick's?

- You are not permitted to bring any vaping products into school
- If staff have reason to suspect you have prohibited items – including vapes – you will be searched
- If you refuse to be searched, you risk permanent exclusion from school and it will be taken further



# Consequences of vaping in school

- If you are seen vaping or are in possession of a vape in school you will lose your break and lunch for 5 days
- Parents will be contacted
- Repeat offences will warrant more serious sanctions, such as IE and fixed-term suspensions
- If we suspect illegal substances present within vapes, you risk permanent exclusion
- Support to stop vaping will always be offered



# What are we doing to help tackle the rise in vaping?

- Making sure you are informed – PSHE, assemblies, information sheets etc.
- Weekly nurse drop-ins for support with giving up vaping
- Additional CCTV and smoke alarms being added in communal toilet areas ensuring a 'vape free zone'
- Communication with parents to work together – parent webinar to be arranged





# Summary

- Remember why vapes were introduced - “If you have never smoked, you should not use e-cigarettes” – [www.cancerresearchuk.org](http://www.cancerresearchuk.org)
- Why take a gamble inhaling something we do not know the long-term impacts of (when we already know there are many short-term side-effects!)?
- Vaping is not permitted inside or outside of school
- If you need support in giving up vaping – please see a member of staff