Balfron High School

Vaping /E-cigarettes

Video from an educational source

<http://headsup.scholastic.com/students/video-electronic-cigarettes>

Our PT PS are looking for suitable resources and tasks for use in the PSE programme.

Key points:

* It seems that this is a massive increase in the number of young people who are vaping
* In Balfron, there have been high instances of boys using vapes
* You should be over 18 to buy a vape
* Vapes and e-cigs were designed to help smokers stop smoking cigaettes
* Like smoking, there is a no vaping rule on campus for everyone
* Young people who vape often have never smoked cigarettes and are attracted to vaping
* Young people vape with liquid from a variety of sweet flavours/smells
* Most vapes contain nicotine
* Some of our young people who are open about vaping say that they are addicted and that they like the feeling that inhaling gives them on the back of their throat
* We became aware that increasing numbers of boys were vaping in the toilets. This causes a mist in the atmosphere. Young people call this ‘hot boxing’. On one occasion it was so thick that our fire alarm activated.
* Although we do not know for sure what the long term effects of vaping will be, it is likely that it is less dangerous than smoking cigarettes – there are fewer chemicals. However they contain nicotine, propylene glycol (vegetable oil), vegetable glycerol, acetaldehyde, nitrosamines. Other chemicals are related to the flavouring.
* As this is a fairly new phenomenon, we are unsure of the harm that this might cause. We are currently sourcing appropriate materials to use in PSE so that we can educate our young people and encourage them to make good choice

Balfron High School Policy/Approach (Pupils)

* Balfron High Campus is a vaping free zone
* Any person caught vaping on campus will have the vape confiscated. Parents/carers will be contacted. Vapes will only be returned to parents. A verbal warning/reminder will be issued.
* Further instances may result in exclusion.