

## VAPING



We have now reached a 'pivotal stage' in addressing this 'epidemic rise' in Vaping in schools. I know how hard schools are working to resolve and curtail Vaping in your schools but given that the 'core issue of Vaping' is **NICOTINE ADDICTION** then it makes sense that we focus our efforts on not only identifying students whom are addicted (of which they are many) and put in place strategies on how we resolve this whilst providing students the reassurance that the support and help is available.

*Pic left* – is a selection of Vapes handed in to me during a Year 8 presentation at a state School I recently visited. This is a typical response I find on the back of having delivered a 'no nonsense factual' presentation on Vaping to the Students. In essence the aim is to 'empower' the students to hand in their vapes while providing them the reassurance that the schools will not take any disciplinary action and support them in their recovery in beating the Nicotine Addiction.

Many schools (with some careful planning) can either during the visit or after hold a 'Vaping Amnesty' – thus providing the students the opportunity to hand them in on the back of the information they have just received. At the same time students would be encouraged to speak to a member of staff (or nominated staff) in order to start the ball rolling on options for dealing with the Nicotine Addiction side of things.



*Pic left* – This is what was handed in at a Boarding School after a day spent with the students and good planning by staff for the 'Vape Amnesty to take place'. Great response.

It's a formula that seems to be working and more importantly supporting your students and reducing the impact and use of vapes on site.

If the root cause of this **Vaping Epidemic is not resolved (ie – Nicotine Addiction)** then Students will continue to find ways to use their Vapes on site and thus increase their addiction and put themselves at significant risk to a range of Health Issues that we are already surfacing with those that have been regularly using these devices.

The general advice in respect of supporting and helping students resolve their Nicotine Addiction is to look at the **Nicotine Replacement Therapy (Treatment) Option (NRT)**.

**NRT** is available [on prescription from a doctor or NHS stop smoking service \(AGED 12 AND ABOVE\)](#). It's available as:

- **Skin patches** (this is the preferred option Doctors would normally consider).
- Chewing gum (this would not really be an option for schools to support)
- Inhalators (which look like plastic cigarettes) – again not something that schools are going to allow.
- Tablets, oral strips and lozenges
- Nasal and mouth spray

For further information see <https://www.nhs.uk/conditions/stop-smoking-treatments/>

I have spent the last 2 years totally focussed on this subject, travelling extensively around the country speaking to students and various keynote events providing information and facts surrounding Vaping with a hope that it will empower teenagers in particular to make a conscious decision to get off Vapes and I have seen first-hand the impact that has had and is having. We must not give up on this, and I urge schools to keep the momentum going in order that we address these Vaping issues.

We are waiting for a Government announcement which will give more details about the 'banning' of disposable vapes' which without doubt have been at the centre of this epidemic rise in teenage use.

If you have an opportunity in your busy schedules there is a really good [documentary about VAPING](#) that you could show to the Students.

If you access **BBC iplayer** and type in '**panorama teenage vaping**' it should pop up. 40 minutes long which takes you into the very heart and reality of teenage vaping. Highly recommended.

Dave Parvin – Drugs Sense UK.