RISEDALE SCHOOL
Headteacher: Mrs L Greenwood - BA (Dunelm), NPQH
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Monday, 9th November 2026

Dear parent/carer,

SUBJECT: Safeguarding Pupils from the Dangers of Vaping

This week, pupil assemblies are being held for all year groups on vaping. These assemblies are being led by Mrs Moore, our Senior Safeguarding Lead and DSL.

Nationally, vaping amongst school-age children and young people is a serious concern. While e-cigarettes were originally marketed to help adult smokers quit, their compact designs, bright packaging, and sweet flavours have made them disproportionately appealing to young people. At Risedale, our primary responsibility is the health, safety, and wellbeing of every pupil. We are writing to share essential information about the risks of vaping, clarify our school policies, and partner with you to protect our young people.

Health Risks

Many young people mistakenly believe that e-cigarettes produce harmless water vapour. In reality, vapes pose several documented health risks:

- **Nicotine Addiction:** The vast majority of e-cigarettes contain nicotine, which is exceptionally addictive. Adolescent brains continue developing until approximately age 25, making teenagers far more susceptible to nicotine addiction, which can impair impulse control, mood regulation, and concentration.
- **Harmful Chemical Inhalation:** Vaping aerosols contain ultrafine particles, heavy metals (such as nickel, tin, and lead), volatile organic compounds, and chemical flavourings linked to respiratory irritation and lung damage.
- **Unregulated & Illegal Products:** A significant number of vapes available online or in local shops are unregulated, exceeding legal nicotine limits or containing harmful illicit substances.

Legalities and School Policy

It is illegal in the UK to sell e-cigarettes to anyone under the age of 18, to buy them if you are under 18, or to buy them for anyone under 18.

We maintain a strict zero-tolerance policy regarding vaping on school grounds, during school trips, and while pupils are travelling to and from school in uniform.

- E-cigarettes, vapes, liquids, and associated paraphernalia are strictly prohibited items.
- Any prohibited items found in a pupil's possession will be confiscated immediately and disposed of safely.
- Consequences for possession, use, or distribution of vapes will be enforced in accordance with our Behaviour Policy, ranging from parental communications and internal sanctions to formal suspensions for serious or repeated offences.

RISEDALE
A family of learners

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Sources of Support and Working Together to Prevent Young People Vaping

The NHS has plenty of information about vaping, and there are lots of sources of online information and support for parents and young people, such as FRANK. We encourage you to have an open, honest, and non-judgmental conversation with your child about vaping. A supportive approach helps young people feel comfortable sharing their experiences and peer pressures.

1. **Ask open-ended questions:** Ask what they know about vaping, whether they see it in their peer groups, and how they feel about it.
2. **Focus on health and tactics:** Discuss how e-cigarette companies deliberately target young consumers through flavourings and social media marketing.
3. **Reinforce boundaries:** Be clear about your expectations regarding health and substance use and look out for signs your child is vaping/has e-cigarettes, confiscating these as necessary. Please do not allow them to bring these into school.

We are actively addressing this topic through our health education curriculum (in PSHCEe/Social Studies), assemblies, and pastoral support framework. If you suspect your child is struggling with nicotine dependence or if you would like advice on how to handle discussions at home, please do not hesitate to contact your child's Form Tutor or Pupil Support Manager.

Thank you for your continued support and partnership in keeping our school community safe and healthy.

Yours sincerely,

Greenwood.

Mrs L Greenwood
Headteacher