***VAPING TOOLKIT LETTER CONTENT FOR SCHOOLS***

This letter is a resource that you can tailor to suit your needs/style and send to parents and carers as deemed necessary/useful. This is in addition to the newsletter content provided. Pleaseinsert the name of your school and other details in the highlighted sections.

Dear parent/carer,

In recent weeks, [example school] has identified students using vapes on school premises or on their way to and from school. There has been a growing concern about the harmful effects vaping has on young people.

The take-up of vaping by young people is increasing. Research has found that 1 in 5 young people have vaped and nearly 80% of them say it is easy to get a vape illegally at a shop or online.

There are many different styles of vapes and they can be difficult to spot. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

**Vaping facts**

* Many vapes contain nicotine making them very addictive
* Vapes contain many toxic chemicals, they just don’t put it on the pack
* Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray
* Vapes can leave young people at increased risk of depression and anxiety
* The nicotine in 1 vape can = 50 cigarettes. Depending on the size of vape and nicotine strength, it can be much higher
* Young people who vape are 3 times more likely to take up smoking cigarettes
* Vape aerosol is not water vapour
* Vaping has been linked to serious lung disease
* Vapes cause long-lasting negative effects on brain development

**What is [example school] doing?**

Smoking and vaping is banned within the grounds of, and within four metres of an entrance to, schools in NSW.

NSW public schools treat vaping the same as smoking cigarettes, as outlined in the Drugs in Schools Policy:

Smoking (including vaping) on school premises, including school buildings, gardens, sports fields and car parks, is prohibited. This includes students, employees, visitors and other people who use school premises, including community groups.

[Example school] follows the procedures within the [*Drugs in Schools Policy*](https://education.nsw.gov.au/policy-library/policies/pd-2002-0040?refid=285776) and the [*Student Discipline in Government Schools Policy*.](https://education.nsw.gov.au/policy-library/policies/pd-2006-0316)

Our teachers have a range of resources to ensure that students know the facts about vaping, but we also need your help. As parents and carers, we ask that you talk to your child about the dangers of vaping so together we can protect the health of our students.

[School to insert any specific activities they are doing e.g. information nights, curriculum based activities if relevant]

**Is your child vaping?**

Signs that your child might have started vaping are the usual symptoms of nicotine addiction such as feeling irritable or anxious. If they are vaping, encourage them to stop and let them know that you are there for support. Stopping can sometimes be hard and they may need advice from a GP or other healthcare professional.

**What can you do as a parent?**

Take the time to talk to your child about vaping and help them understand all of the risks associated with vaping. As vaping is so common, they may see it as a normal thing to do, which is not the case. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from this letter, and, importantly, have your facts ready.

**For more information**

Get the evidence and facts at www.health.nsw.gov.au/vaping