



St John Henry Newman
Catholic School

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Dear Parent/Carer

VAPING ADVICE

As a school we have been asked to distribute the following advice/information due to several incidents nationally. There are growing numbers of young people who are experiencing significant effects after using certain types of vapes. Schools locally have confiscated several vapes, some of which are now being tested for illegal drugs such as THC or SPICE.

The legal age to purchase vapes is 18. Only legally sold vapes are regulated, so people who use illegal vapes or refillable vapes are at an increased risk of vaping THC and SPICE either through choice or accidentally.

THC is the main psychoactive compound in cannabis, it is a Class B drug which is why they are illegal to buy, sell or consume in the UK (except where prescribed). Vaping THC products is extremely dangerous for young people, it can lead to an inability to move, breathing difficulties, chest pain, heart palpitations, seizures, extreme anxiety, gastrointestinal issues (vomiting or diarrhoea), acute kidney injury and in some cases a single dose can kill. THC and SPICE are sold in small unlabelled bottles, usually via social media, with efficient delivery schemes via networks of friends.

Schools are working closely together with external agencies to share information and intelligence. If anyone has information about the supply of illicit vapes, contact the police on 101. If your young person uses a refillable vape or you are concerned they are at risk, please: 1) familiarise yourself with useful information on the [drug wise](#) website 2) have a chat with your young person 3) encourage your young person to access the relevant local support services i.e. your GP. There is further information on the Cumberland website here:

[Health and Wellbeing - Stop Smoking | Cumberland Council](#)

If you have any concerns, questions or need support, please do not hesitate to contact me.

Yours faithfully

K Mooney

Kirsten Mooney
Senior Assistant Headteacher (Designated Safeguarding Lead)