



CRANBOURNE

Safeguarding

Newsletter

May 2025

Nicotine products: Vaping

Vaping has become increasingly popular among teenagers and young adults. Many young people see vaping as a safer alternative to smoking, but this perception can be misleading. While e-cigarettes don't contain tobacco, they do deliver nicotine, a highly addictive substance. The vaping industry is not well regulated, meaning that some products may contain harmful chemicals or contaminants that haven't been fully tested for safety.



E-cigarettes come in various flavours like fruit, sweets, and mint, which can make them more appealing to young users. Some devices resemble common items, like pens or USB drives, making them easy to hide and difficult to detect. As a result, many parents may not realize their child is using them.

In the UK it is against the law to sell nicotine vaping products to under 18s or for adults to buy them on their behalf.

Risks of vaping for young people:

- **Nicotine addiction** – This can be especially harmful to adolescents. It can alter brain development, affecting attention, learning, mood, and memory.
- **Lung damage** – The chemicals in vapes can cause respiratory damage, leading to issues like chronic cough and shortness of breath.
- **Chemical exposure** – The aerosol produced by vapes often contains harmful substances such as formaldehyde, acetaldehyde and acrolein, which can irritate the respiratory system.
- **Heart health risks** – Nicotine can raise heart rate and blood pressure, putting extra strain on the cardiovascular system. Over time, this can increase the risk of heart disease, stroke and other CV issues.
- **Mental Health risks** – Nicotine affects mood and behaviour. For young people, vaping may lead to increases anxiety, depressions and irritability.

Research on the long-term effects of vaping is still ongoing, but there are growing concerns about the potential for addiction and harm to the body.

What are the signs that my child may be vaping?

Vapes are often small, discreet and easy to hide, therefore identifying vaping devices can be challenging. However, there are several physical, behavioural and environmental indicators that might indicate your child is using a vape:

Physical	Environmental	Behavioural
<ul style="list-style-type: none"> • Frequent coughing • Difficulty breathing • Dry mouth or thirst • Nosebleeds • Red, irritated eyes • Weight loss or decreased appetite 	<ul style="list-style-type: none"> • Sweet or fruity smells • Burnt or chemical smells • Finding vape pens, pods or chargers • Frequent use of tech devices; many devices connect to apps or Bluetooth 	<ul style="list-style-type: none"> • Irritability or mood swings • Increased secrecy • Difficulty concentrating • Hanging out with new friends

Nicotine products: Pouches (sometimes termed 'Snus')

Nicotine pouches (also called snus) are a type of smokeless tobacco product. Popular in Scandinavian countries, we have been made aware that pouch use is now increasing in popularity amongst young people in Basingstoke.

This nicotine product comes in small pouches or loose powder form. The pouches are placed between the upper lip and gum; the moisture is absorbed through the gum, allowing nicotine to enter the bloodstream.

The nicotine levels in the pouches can vary depending on the brand. Again, like vapes, it can come in a variety of flavours such as mint and citrus, making it appealing to young users. This industry is not well regulated.

Risks of nicotine pouch use for young people:

While nicotine pouch use might be considered less harmful than smoking cigarettes, it's not safe. It still carries significant health risks, particularly related to addiction, oral health, and cancer. Short term effects can include dizziness, nausea, increase in heart rate and blood pressure and a dry mouth. Longer term effects include addiction, increase in the risk of oral cancer, pancreatic cancer and oesophageal cancer, gum recession, bad breath & tooth loss, impact on reproductive health and an increase in the risk of anxiety and depression.

What are the signs that my child may be using nicotine pouches?

Again, it can be difficult to spot since pouch use is discreet and does not involve smoking or visible vapour. However, there are several physical, behavioural and environmental indicators that might suggest its use:

Physical	Environmental	Behavioural
<ul style="list-style-type: none"> • Sour or unusual breath • Mouth irritation or sores • Stained teeth or gums • Dry Mouth or increased thirst • Nausea or headaches • Stale smell on clothes; the tobacco can leave a faint odour on clothing 	<ul style="list-style-type: none"> • Increase in spending money • Finding small cans or pouches 	<ul style="list-style-type: none"> • Hanging out with new friends • Secretive behaviours • Irritability or mood swings



How can you support your child?

As a parent/carer, it's crucial to start the conversation with your child about the dangers of nicotine products, such as vaping and nicotine pouches —and encourage open discussions about making healthy choices. The NHS advise that parents/carers share the facts so they are able to make an informed choice and understand about these products and the law.



Visit Talk To Frank for more information, advice and support about drug use.

Please reach out to our school safeguarding team if you would like any more information or support: dsl@cranbourne.hants.sch.uk

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it is something big or small, Childline's trained counsellors are here to help you.



CEOP is a law enforcement agency that helps keep young people safe from sexual abuse & online grooming. You can make a report directly if you are worried about online sexual abuse or something that has happened online which has made you feel unsafe, scared or worried.

YOUNGMINDS



Young Minds is the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels alone with their mental health and all young people get the mental health support they need, when they need it, no matter what.
www.youngminds.org.uk



Nude image of you online?
We can help take it down.



Report Remove is here to help young people under 18 in the UK to confidentially report sexual images & videos of themselves online & remove them from the internet. It is against the law for anyone to share a sexual image or video of someone who is under 18; **Report Remove is safe, easy and free.**

THE MIX



The MIX is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. Whatever issue a young person is facing, **The Mix** is always there for them!
www.themix.org.uk

shout

85258



Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258. Their trained volunteers are there to listen at any time of day or night, & messages won't appear on the phone bill.

WE WILL LISTEN and WE CAN HELP



At Cranbourne every single staff member is responsible for safeguarding. All staff are here to promote the welfare of our students & protect them from harm.

All staff are trained to take the appropriate action and ensure that someone from the safeguarding team follows up to support you with specific assistance and guidance:



Mrs K Reddy
Lead DSL



Mrs K Gare
Deputy DSL



Miss S Conlon
Deputy DSL



Mrs C Ryan
Deputy DSL

We want you to talk to who you feel most comfortable; it could be your form tutor, your Head of House, someone from the DSL team or any other member of staff.



Mrs P Corrigan
Deputy DSL



Mrs C Millett
Deputy DSL



Miss R Alner
Head of House



Mrs T Simpson
Head of House



Mrs J Vaughan
Head of House



Miss S Miller
DDSSL / HOH