



3 March 2021

Dear Parents and Carers,

Re: Vaping - e-cigarettes and vaping devices.

Unfortunately, we have a small number of students who have made unacceptable choices about vaping. Ulladulla High School students are NOT permitted to smoke e-cigarettes or use vaping devices, in or near school premises. There are serious consequences for any student smoking an e-cigarette/vaping and also those in association with students who may be vaping.

The school will be undertaking an education program with all students to communicate the health risks and the unintended negative consequences to a students' overall wellbeing.

Why are they unsafe/risky/dangerous/?

E-cigarette liquid is made up of different chemicals.

These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavourings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

The attached flyer provides information for parents to have a conversation with your child about the risks and the seriousness of vaping for student wellbeing and health.

You may think your teenager vaping is no big deal. I mean, how much harm can they really do? Here's some scary facts provided by the Cancer Council NSW about vaping and teenagers.

The facts:

- Vapes (e-cigarettes) aren't just air, they contain toxic chemicals that can damage the lungs.
- Kids who vape are more likely to smoke.
- It is illegal for any vape to be sold to teenagers under 18 years of age.
- Vapes that contain nicotine are illegal in Australia.
- Vaping is easy to hide because it doesn't smell like cigarette smoke.

Why do kids vape?

- Vapes come in many different flavours.
- Many vapes do contain nicotine and are addictive.
- They are small and discreet – easy to hide from adults.
- Teens try vaping to fit in with their friends.
- Disposable vapes only cost \$15.

Find out more: <https://www.cancercouncil.com.au/wp-content/uploads/2020/09/Cancer-Council-NSW-Factsheet-e-cigarettes-Sep2020.pdf>

The school will deal with any students using e-cigarettes and vaping devices very seriously through our discipline policy. The wellbeing and health of our students is of the upmost importance.

Your support in this matter is appreciated.

Sincerely,



Denise Lofts
Principal



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KNOW THE FACTS. TALK TO YOUR KIDS.

Find out more: www.cancercouncil.com.au or scan the QR code

