

WELCOME TO OUR PARENT SAFEGUARDING NEWSLETTER

MEET THE SAFEGUARDING TEAM



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Over the summer your young person will need to make positive choices to help keep them safe. Over the last few weeks there has been a rise in the national news regarding the awareness of vaping. Please do read the information below and discuss it with your child.

VAPING

How does vaping work?

E-cigarettes (or "vape pens") heat a liquid until it becomes a vapor, which is inhaled. The liquid (called e-liquid or "vape juice") can contain nicotine or [marijuana](#) distillate or oil. E-cigarettes can be refillable or pre-filled with cartridges containing the e-liquid. The pre-filled e-cigarettes (called "Puff Bars") are designed for one-time use. After taking a certain number of "puffs," the user throws the device away.

What are the health risks of vaping?

The health risks of vaping include:

- **addiction:** E-cigarettes contain [nicotine](#), a drug that's highly addictive. You don't have to vape every day to get addicted.
- **anxiety and depression:** Nicotine makes [anxiety](#) and [depression](#) worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- **becoming a smoker:** Young people who vape are more likely to start smoking regular (tobacco) [cigarettes](#) and may be more likely to develop other addictions in the future.
- **impotence:** There is some evidence that vaping can cause sexual dysfunction in men.
- **sleep problems**
- **exposure to cancer-causing chemicals**
- **chronic bronchitis**
- **lung damage** that can be life-threatening

Other health effects are possible that we don't yet know about. Vaping hasn't been around that long, so its health risks aren't all known.



How do I know if my child is vaping?

Start by asking your child in a non-judgmental, concerned way if they have tried vaping. You want to encourage conversation, not shut it down. Even if you don't think your kids vape, talk about it with them anyway so they know it's unhealthy.

Signs of vaping include:

- new health issues such as coughing or wheezing
- e-cigarette supplies, like cartridges or other suspicious looking items
- new smells (some flavorings are banned, but others are in nicotine and marijuana vapes — so parents might notice fruity or sweet scents)

What should I do if my child vapes?

Your child will need your help and support to quit. Help them find the motivation to stop vaping. You might want to talk about:

- wanting to be the best, healthiest version of themselves
- not wanting to be addicted
- avoiding health effects including impotence and decreased sports performance
- not wanting to increase anxiety or depression
- saving money
- going against advertising that targets young people

Some people use vaping to curb their appetite, but there's no proof that vaping helps with weight loss. If you think this is why your child vapes, talk to them about healthier ways to stay at a healthy weight or lose weight.

How can children quit vaping?

For those who want to quit, it can help to:

- Decide why they want to quit and write it down or put it in their phone. They can look at the reason(s) when they feel the urge to vape.
- Pick a day to stop vaping. They can put it on the calendar and tell supportive friends and family that they're quitting on that day.
- For some people, chewing sugar-free gum or lollipops can help distract them from cravings.
- Get rid of all vaping supplies.
- Download tools (such as apps and texting programs) to their phone that can help with cravings and give encouragement while they're trying to stop vaping. Truth Initiative's [This Is Quitting](#) texting program, for example, can help young people quit vaping. [Smokefree.gov](#) also offers free apps and other tools that can help someone trying to quit smoking or vaping.
- Understand withdrawal. Nicotine addiction leads to very strong cravings for nicotine, especially in the first few days after stopping. It also can lead to headaches; feeling tired, cranky, angry, or depressed; trouble concentrating or sleeping; hunger; and restlessness. These problems get better over the following days and weeks.

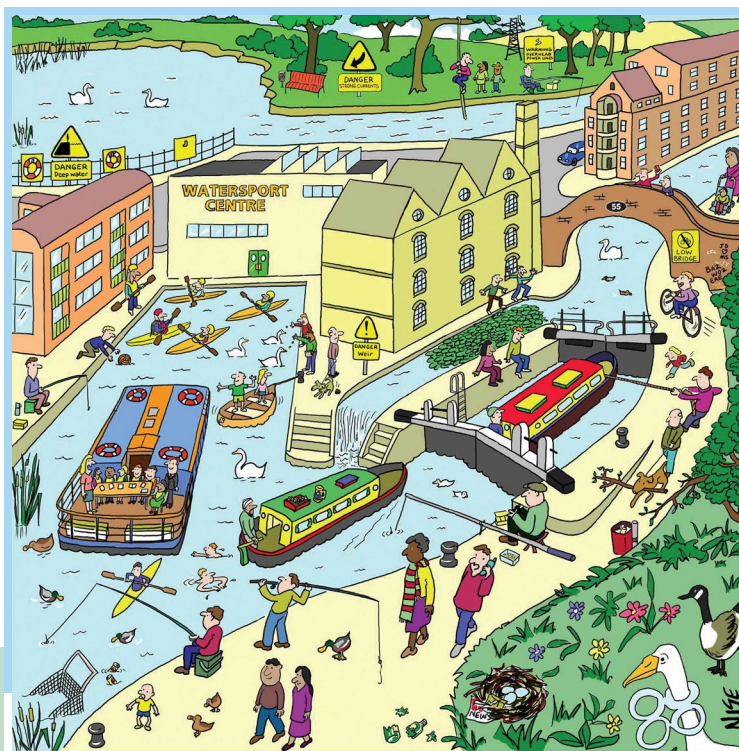
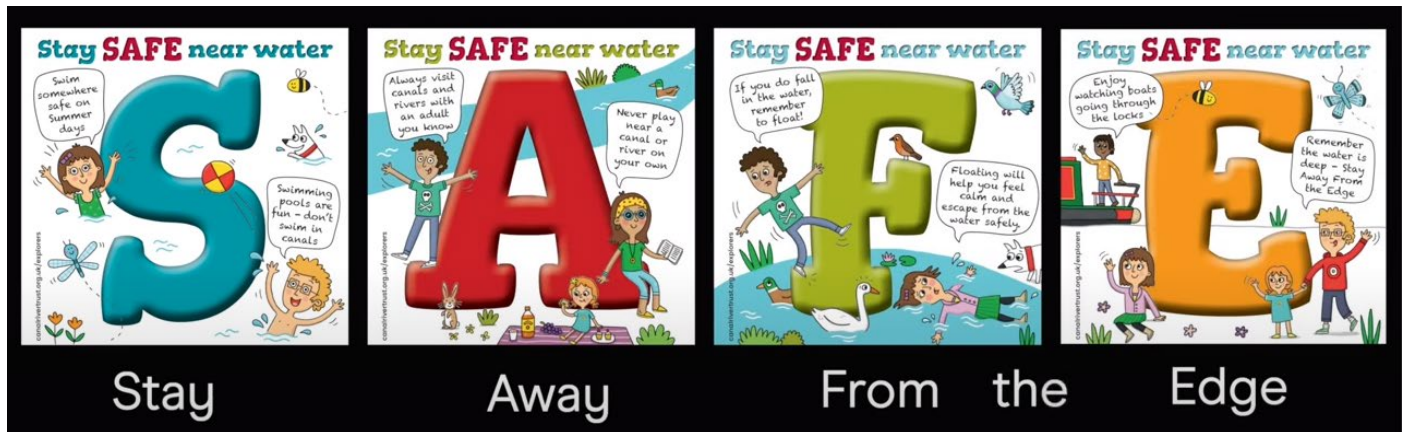
RIVER SAFETY

There were 277 accidental drownings in the UK in 2021.
62% of these happened at inland waters and 83% of these were male.

These are scary statistics. It is important to make confident safe choices around water all year round, so that this doesn't happen to your child.

Water may look safe, especially a familiar stretch of water local to Oakham, but poor decisions around it can create a dangerous situation. Please share this video with them www.youtube.com/watch?v=2_I3SV2wKr4

Leicestershire Fire & Rescue Service have also put together a 20 minute Water Safety video in light of the summer approaching. https://www.canva.com/design/DAFls1QhxEO/wCoZjm9RjbyY49mWlgtSBQg/view?utm_content=DAFls1QhxEO&utm_campaign=designshare&utm_medium=link&utm_source=recording_view



Explorers



Can you spot the dangers?

canalrivertrust.org.uk/explorers

Always remember to stay **SAFE** near water - Stay Away From the Edge.

@CRTEExplorers Canal & River Trust - Explorers

RAILWAY SAFETY

Trespassing on the railway network is a major issue for Network Rail and the wider rail industry.

People fail to understand the danger they put themselves, and others, in when they make the choice to stray onto the rail network unauthorised.

Traditionally seasonal – there are spikes at key times throughout the year, with higher incidents taking place during British Summer Time. With that has come an increase in the number of deaths, injuries and delays on the rail network.

You Vs. Train – Harrison's Story <https://www.youtube.com/watch?v=pVVvjFqHOUE>

