



# Personal Development: A Guide for Parents/Carers

## In the news: vaping

### Extract from [BBC News article](#)

- The government has said it will introduce a new tax on vaping products. It has already announced plans to ban disposable vapes, to help cut the number of children vaping.
- Nearly 8% of 11-17 year olds vape, according to figures from an online survey of 2,000 children by health charity ASH (Action on Smoking and Health). That's up from 4% in 2020.
- It said 20% have tried vaping, with cheap, brightly-coloured disposable vapes driving up the increase from 14% three years ago.
- Older teenagers are more likely to have tried vaping or be current vapers.
- Vaping is now twice as common as smoking among children.

### What is our school policy?

- Our full drugs policy can be found by [clicking here](#).
- Our behaviour for learning policy can be found by [clicking here](#).

### What support does the school provide?

- Students can seek confidential advice from the school nurse who visits every Thursday between 12:40-2pm at the back of the canteen.
- Students can approach a trusted adult in school who will be able to refer to Change, Grow, Live (CGL) which is a dedicated service in Nottingham supporting young people with issues around addiction including nicotine addiction (vaping).

### I'm worried my child is vaping, what can I do?

It is important to keep talking to your child about vaping and the risks to young people. If you are concerned, there is a lot of support from places such as Talk to Frank and the NHS website contains useful advice.



As this is the first year we have published parent/carer guides for PD, we would like to hear your feedback. Please use this link to share your thoughts: <https://forms.office.com/e/uq6vNnZtTr>

# Year 7: Summer Term 1

## Unit 5: Healthy Living

This unit covers a wide range of topics such as physical and emotional changes during puberty, periods, female genital mutilation (FGM), effects and dangers of caffeine, smoking and vaping. The lessons are designed to build on students' prior learning at primary school and through their science lessons whilst also encouraging them to reflect on their increasing independence.

### Discussion points/questions for home:

- FGM: can your child explain some of the signs that someone may have experienced FGM? Does your child know what to do if they were worried that a friend was a victim of FGM? Does your child understand the law around FGM?
- Periods: can your child explain where they can access free period products at school? Teachers that have a pink circle badge on their lanyard and/or a pink dot on their classroom door have a supply of period products that are available for students to use – no questions asked!
- Caffeine consumption: can your child give examples of food and drinks that contain caffeine? How much caffeine does your child consume on a weekly basis?
- Smoking and vaping: how much does your child know/understand about the differences between smoking and vaping? Does your child know what to do if they are concerned about vaping? Does your child know who to report concerns about vaping to in school?

### Further support:

[Book Trust](#): a list of books that deal with topics related to puberty  
[FORWARD](#): information and support around FGM