



Community Update

Boddington

DISTRICT HIGH SCHOOL

March 2023

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School Star

What's Happening

3 March 2023

Swimming Carnival - Years 3 to 10

8 March 2023

Interschool Swimming Carnival -
Kojonup

9 March 2023

Assembly - C4

13 & 14 March 2023

Kapture Photography

15 March to 24 March 2023

NAPLAN

30 March 2023

Assembly—M2

Correct at time of printing

BDHS POSITIVE BEHAVIOUR EXPECTATIONS



Strive

Do your best.

Considerate

Be caring and mindful of others.

Responsible

Do what is expected and own your actions.

From the Principal

As principal of the school, I have many conversations with students, staff members, parents and people in the community. Through these conversations I have become aware of a recent increase in the number of young people experimenting with vaping. Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes and types of e-liquids, or e-juices, available. Vapes come in many shapes and sizes and can be made to look like everyday items including highlighters, pens or USB memory sticks.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

Vaping facts

- Many vapes contain nicotine making them very addictive.
- The nicotine in 1 vape can equal 50 cigarettes.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.

The laws around selling vapes

It is reported that young people often purchase vapes online, from retail stores or from friends and contacts in the community. However, it is illegal in WA to sell e-cigarette devices and nicotine vaping products to anyone regardless of age, unless they are prescribed by a doctor for smoking cessation purposes and obtained with a prescription from a pharmacy.

THE FACTS ABOUT VAPING

There are many different styles of electronic cigarettes or 'vapes' available. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. **This is not true. Vapes are not safe.** Spotting vapes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of vapes is a first step to help protect young people from the risks of vaping.

COMMON VAPES



In WA e-cigarette devices and their components, whether they contain nicotine or not, cannot be sold by tobacco or general retailers. If you suspect someone is selling vapes or e-cigarettes and their components, you can report it to the Department of Health by emailing TobaccoPolicy@health.wa.gov.au

Talking to young people about vaping

Whether you suspect a young person in your family is vaping or not, take the time to talk to them about vaping and help them understand the risks. Try to start the conversation in a relaxed easy-going way, be patient, and remember your goal is to have a conversation, not deliver a lecture. Importantly, have your facts ready.

VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



HOW BIG IS THE PROBLEM?

As you may be aware, the uptake of vaping by young people is increasing. Research shows that in WA, **13.5% of school students aged 12 to 17 years have tried an e-cigarette.**

Of those who had tried 2 out of 3 (66%) had not used one in the last 30 days. Young people who vape are 3 times as likely to take up smoking cigarettes.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in vapes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



For more information

If you would like more information don't hesitate to contact the school. You can also get the evidence and facts at www.education.wa.edu.au/drug-education

Danielle Roache

Principal

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