



Vapes and e-cigarettes

It is a common misconception that smoking vapes or e-cigarettes is a safer alternative to smoking.

Please be mindful that THC oil (active component in cannabis) is able to be added to some vapes and e-cigarettes which poses an additional risk to young people, and is illegal.

Please find more information about the risks of vaping [here](#).



Cannabis edibles

There have been deaths in the local area recently as a result of people eating cannabis edibles, also known as gummies.

Please see resources about the risks of cannabis edibles
[Cannabis Edibles Info](#)
[Cannabis Edibles Poster](#)
[Edibles Information on Safety](#)



E-safety

In a recent national survey 40% of young people reported to speaking with strangers online.

Please see resources [here](#) and [here](#) which you can use to support you keeping your child safe online.

Inappropriate content such as pornography is easily accessible online, please be aware of what your child has access to.

Please see information [here](#) on adding parental controls.

You can also limit access to social media and streaming services, a list of resources to support this is [here](#).



Mental Health

1 in 4 people in the UK will experience a mental health problem each year.

Please see [resources](#) you can use to support your child's mental health.



Any concerns about the safety of your child?

Please contact safeguarding@lister.newham.sch.uk