



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.

Omegle and Lobby are popular apps which allow young people to speak to strangers, as a result of this these apps are unsafe.

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.



Child Criminal Exploitation

Children are vulnerable to being groomed to engage with committing crimes as outlined [here](#).

Further information about risk factors and signs can be found [here](#).