

DAV PUBLIC SCHOOL
BRS NAGAR, LUDHIANA

Dear Parents
Greetings!

This circular is to share a serious concern regarding vaping that is exposing the lives of the young learners to great risk and calls for urgent attention and action by the school authorities and parents. The school is issuing this advisory in order to safe guard the students from this disturbing trend that has serious implications.

E-cigarettes, also known as electronic cigarettes or vapes, are devices that heat a liquid to produce an aerosol, or vapor, that users inhale. The liquid usually contains nicotine, flavorings, and other chemicals. While these are often marketed as a safer alternative to traditional cigarettes, these still pose significant health risks being habit forming, particularly for the young people.

I. The health risks associated with E-cigarettes include-

Nicotine Addiction: Nicotine is a dangerous and highly addictive chemical, it can cause an increase in blood pressure, heart rate, flow of blood to the heart and narrowing or hardening of the arterial walls, which may in turn lead to a heart attack.

Chemical Exposure: The aerosol from e-cigarettes can contain harmful substances, including heavy metals like lead, volatile organic compounds, and cancer-causing agents.

Lung Damage: There have been reports of severe lung injuries associated with vaping, sometimes leading to hospitalization and further complications.

Gateway to Traditional Smoking: Young people who use e-cigarettes are more likely to make transition to traditional cigarettes, further increasing their risk of serious health issues.

II. Parents should be aware of the signs that their child might be using e-cigarettes so beware of-

Unfamiliar Devices: E-cigarettes come in various forms, including USB sticks, pens, and larger mod devices.

Smell: While e-cigarettes produce lesser odour than the traditional cigarettes, they still have distinctive smells from flavourings.

Behavioural Changes: Increased secrecy, irritability, staying closed doors or spending more time with new friends might indicate vaping.

III. In order to prevent use of vapes by the children the parents must-

- Talk to their children about the risks of e-cigarettes. The parents must educate them to make them understand that while vaping might seem less harmful than smoking, it still poses significant health risks. Vaping sends dopamine to brain that gives pleasure and enhances mood. Regular vaping makes brain addictive to this stimulant and does not derive pleasure from any other source.
- Avoid using tobacco or e-cigarettes yourself in front of your children. Children are more likely to use these products if they see their parents using them.
- Establish a ‘no-smoking’ and ‘no-vaping’ rule in your homes and cars to reinforce the message that these behaviors are not acceptable.
- Promote engagement in sports, hobbies, and other activities that do not involve smoking or vaping.

IV. If you discover that your child is using e-cigarettes then-

- Approach the situation calmly. Gather as much information as you can about e-cigarettes to have an informed discussion.
- Talk to your child about their vaping habit without judgment. Listen to their reasons and concerns, and discuss the health risks involved.
- Consider seeking help from healthcare providers or counselors, who can offer support and resources to help your child quit vaping.

By staying informed and maintaining open communication with your children, you can help protect them from the risks associated with e-cigarettes.

The school is regularly counselling the students about its harmful effects, searching their bags at random for confiscating the vape and informing the parents. In order to protect the physical health of our students and to make them morally strong, we have adopted a ‘no tolerance’ policy towards it and deal with such cases with utmost priority. Let us work in close association to save our next generation from this menace that has serious social, emotional and health implications.

Look forward to your support in tackling this menace.

With warm regards

(J.K. Sidhu)
Principal