



SCOTTISH BORDERS
NICOTINE PREVENTION

Scottish Borders Nicotine Prevention Toolkit

What's Included In The Toolkit

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Introduction



Safeguarding children's health and wellbeing from the dangers of nicotine and tobacco products (inclusive of e-cigarettes, vapes and cigarettes) is important. This Toolkit supports the opportunity to produce a cohesive approach to nicotine free schools and community settings. This is in line with the United Nations Convention of the Right of Child (UNCRC) (**Article 33**) (see [Appendix 1](#)). This Toolkit will be an opportunity to guide the implementation of this approach.

This Toolkit is aligned with the National Tobacco and Vaping Framework with specific focus on the overarching themes of People, Product and Place. The Toolkit development has been led by NHS Borders and Scottish Borders Nicotine Prevention Working Group. The Toolkit is designed to support anyone working with children, young people and families. It is aimed at providing services, organisations and individuals with the correct knowledge and understanding of the dangers of nicotine products. The Toolkit provides ways to support children, young people and families to access the correct information (**Article 17**), the right support (**Article 24**) and provide services with the tools to implement a nicotine free establishment.

Within this work we are proud to launch the Nicotine Prevention Toolkit across the Scottish Borders. Dr Sohail Bhatti, Director of Public Health said:

I am pleased to approve the Nicotine Prevention Toolkit. This Toolkit sets out a clear vision to inform children, young people, adults and services with the correct nicotine prevention information. This Toolkit will provide robust pathways to support services and clear guidance to promote nicotine free environments. I know this Toolkit will contribute immensely to making a difference to the lives of our children, young people and their families within the Scottish Borders.



National & Local Context



National context

The Scottish Government health and social care vaping evidence briefing January 2024 highlighted the following key findings:

- Vaping products can cause addiction to nicotine
- Vaping can cause health harms in non-smokers to which they would otherwise not be exposed

The Scottish Government's main objectives are to protect public health and prevent nicotine addiction and other known potential health harms deriving from the use of vaping products especially in children, young people and non-smokers [\[1\]](#) [\[2\]](#).

Local context

Nationally and locally there are gaps in the understanding and knowledge around the long-term impacts of nicotine products, specifically vaping. We have an understanding of the health impacts of nicotine products, characteristics as well as the promotional and marketing tactics being used to promote these products. We have anecdotal evidence about local challenges regarding nicotine (including vaping) products and how this is currently impacting young people locally. This evidence has told us that:

- There is increased availability and visibility of nicotine products, particularly vapes locally
- Young people are accessing these products through underage sales, peers and family members, highlighting a need for parental and community education
- Young people are attracted to the colours, flavours and packaging of vapes
- There is a misunderstanding that vaping can help manage anxiety

Local messaging

Scotland has a commitment to become a Tobacco Free Generation by 2034. Alongside smoking there has been national concern over the increased rates of children and young people using Nicotine. Nicotine can be found in both Tobacco and Nicotine Vapour Products (vapes). Although the long-term effects of vaping are not fully understood evidence does suggest they are not harm free and should be carefully regulated.

The Scottish Borders Nicotine Prevention Working Group are committed to a nicotine free generation. This group has developed resources and policy to prevent children and young people from engaging in nicotine products in line with the United Nations Convention on the Rights of the Child specifically Article 33:

'It is illegal to sell vapes to those under the age of 18 years. This age restriction is in place to safeguard young people; therefore, children should be safe from the exposure of these products in certain establishments or environments that are specific to young people'.

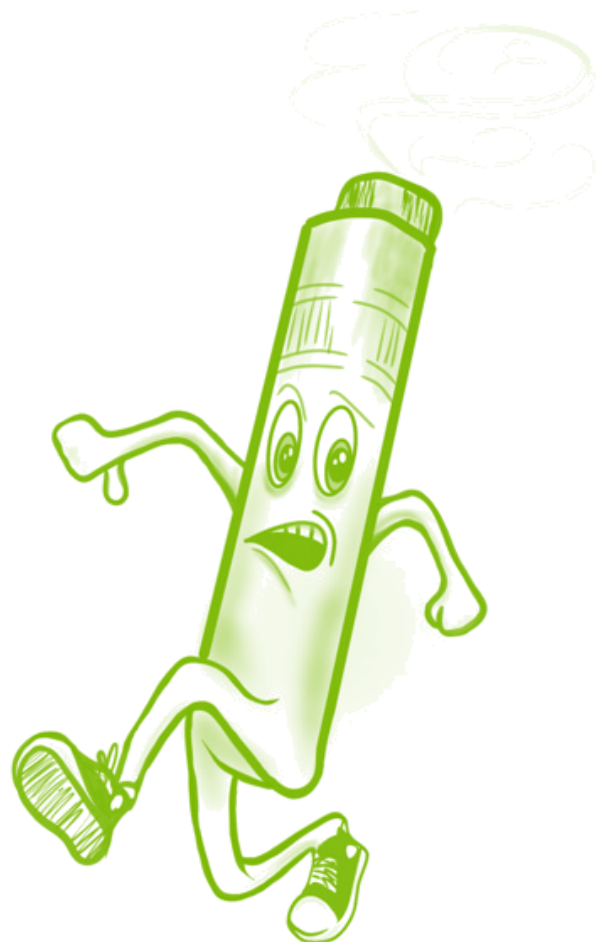


Why Do We Need A Nicotine Prevention Toolkit?

NHS Borders Public Health have identified the use of nicotine and tobacco products amongst young people as a public health concern. All duty bearers have a responsibility to safeguard young people under Scots Law from the harms of nicotine, tobacco and vaping products. For more information on duty bearers please use link: [What are duty bearers?](#)

The Toolkit will contribute to:

- Preventing the initiation of nicotine products in children and young people
- Increasing knowledge and raise awareness of the health impacts
- Creating a healthy environment that can prompt quitting attempts
- Providing early intervention and prevention
- Offering wider support to advocate for the creation of nicotine free generations
- Supporting organisations and communities across Scottish Borders to have the tools and confidence:
 - ⇒ To implement and promote nicotine and tobacco free establishments
 - ⇒ To provide pathways to quit
- Ensuring a consistent and streamlined approach across our area



The United Nations Convention on the Rights of the Child is a human rights treaty that came into force under Scots Law on the 16th of July 2024. It is an internationally binding agreement setting out the rights of children in 54 articles. Articles 1 to 42 talk about your rights – like your right to be safe, to learn, to have a say, and to be treated fairly. Articles 43 to 54 explain how adults, governments, and organisations must work together to protect and respect your rights. UNICEF states that rights are for all children and young people, they do not come with any conditions, cannot be taken away and are all equally important.

The YELL (Youth Engagement Listen to Learn) strategy for the Scottish Borders provides a useful guide to participation and engagement ensuring young people are at the forefront of meaningful decision making to uphold their rights please use link below:
[UNCRC YELL Strategy](#)

What does this mean?

It means we must uphold these rights and promote a proactive culture of accountability for children's rights across public services in Scotland. Children's rights are at the forefront and referred to throughout this Toolkit.



Article 6 - The right to live and grow up well

Evidence tells us that the effect of nicotine harms the emotional and physical health of young people. It is the Government's duty to ensure that children and young people survive and develop healthily. To safeguard children, we must do all we can to remove the risk.



Article 12 - Respect the views of the child

Ensuring the voices of children and young people are heard is paramount. Every child has the right to express their views, feelings and wishes with all matters that affect them. The Toolkit development had a focus on participation and engagement and followed the YELL (Youth Engagement Listen to Learn) strategy.



Article 17 - Access to the correct information

Children and young people are more vulnerable to different forms of marketing and peer pressure. Young people have told us that they are highly influenced by social media platforms and their role models. Therefore, we must take comprehensive measures to ensure our information is accurate and correct.



Article 24 - I have the right to good quality healthcare and information about my health

Every child has the right to the best possible health and healthcare, this includes a healthy environment and suitable services.



Article 33 - Drug use

The legal age for buying nicotine and tobacco products including vapes is 18, this is in line with the legal age of purchasing cigarettes and other tobacco products. It is illegal to sell vapes to those under the age of 18 years. This age restriction is in place to safeguard young people, therefore children should be safe from the exposure of these products in certain establishments or environments that are specific to young people. At times nicotine has been considered as a gateway drug to alcohol and other addictive drugs. It has been known for vapes containing nicotine to have the same effects.



Article 28 - Right to education

A large amount of a young person's childhood is spent in school, therefore it is imperative that we promote a clean, safe and healthy environment. Young people have told us that they do not always feel safe in their school environment. Implementing a nicotine free environment and supporting their understanding of this will attain this goal and uphold this right. This Toolkit will provide ways to promote a nicotine free environment safely.



Article 39 - I have the right to get help and recover

Young people who have encountered trauma, adversity, care experience are more likely to use tobacco products. This Toolkit will highlight pathways to quit and detail support available for young people in Scottish Borders.

Section 1 - Nicotine & Tobacco

What do we mean by nicotine product?

Nicotine is a stimulant drug and is naturally found in the tobacco plant. It is highly addictive. All tobacco products contain nicotine.

Nicotine can be found in smokeless tobacco products, including dip, snuff, snus, chewing tobacco, and most vapes. Cigarettes, e-liquid (the liquid found in vapes). Most disposable vapes contain nicotine [\[3\]](#).

The key facts

Vapes are battery powered portable aerosol devices. They come in variety of shapes and sizes and marketed using brightly coloured packaging and bold flavours.

What's in a vape?

The cloud of vapour that is produced when people smoke a vape contains:

Propylene Glycol (PG) and Vegetable Glycerin (VG) - are alternative carrier fluids which are colourless, odourless and are a slightly sweet liquid. It is generally recognised as safe and is widely used in food, medicine, and cosmetic products. VG is made from plant-based oils, it is a clear, odourless and sweet liquid and it has a consistency similar to syrup.

Nicotine - a stimulant naturally found in the tobacco plant. It is highly addictive. Most vapes and disposable vapes contain nicotine.

Flavourings - Various flavourings are added to the above ingredients to create unique e-liquid flavours. Flavouring chemicals are usually food-grade chemicals, this means they are safe to ingest but it is not known if they are safe to be inhaled.

How does it make you feel?

Nicotine causes the release of dopamine in the brain leading to feelings of satisfaction and pleasure. Regular exposure to nicotine encourages the brain to lower production of dopamine. To increase dopamine levels again temporarily, people smoke, and so the

nicotine addiction cycle starts. The good news is that stopping nicotine can increase dopamine production again.

People who use nicotine regularly build up a tolerance to the immediate short-term effects so after a while you might feel:

- Mild stimulation
- Increased ability to concentrate
- Relaxation

Nicotine activates areas of your brain that are involved in producing feelings of pleasure and reward. If you haven't vaped nicotine before, you might feel one or more of the following effects:

- Dizziness
- Headache
- Racing heart
- Nausea/possible vomiting
- Stomach cramps
- Weakness

Side effects of nicotine

Some of the side effects:

- Coughing
- Dry mouth and throat
- Shortness of breath
- Mouth and throat irritation
- Headaches

Oral health risks factors associated with tobacco and nicotine

- Stained teeth
- Gum disease and tooth loss
- Increased risk of mouth cancer associated with chewing smokeless tobacco
- An increased risk of mouth cancer associated with smoking (around 65% of mouth cancers are associated with smoking) [\[4\]](#) [\[5\]](#)

Addiction to nicotine

- Nicotine is an addictive substance to which you can become dependent, especially if you are using nicotine products regularly
- Giving up nicotine can be difficult because the body has to get used to functioning without it

- Withdrawal symptoms can include cravings, irritability, anxiety, trouble concentrating, headaches and other mental and physical symptoms [\[6\]](#)

Fact sheet

Fact sheet for parents, carers and guardians is available ([see Appendix 2](#)) and links related to other factsheets are available in useful links on page 23.

Nicotine prevention “not a single puff”

Nicotine prevention aims to educate children, young people and families of the dangers of tobacco and nicotine products such as vaping. We aim to support children and young people to become health literate, avoid tobacco and nicotine products, remain tobacco and nicotine free and to be able to provide robust support networks to support children and young people to quit embedding positive behaviour change.

Vaping has increased amongst children and young people. For the purposes of this Toolkit adopting a “not a single puff approach” is essential to the prevention of harm from nicotine products for our children and young people.

The law and the role of Trading Standards

Trading Standards are responsible for enforcing age restricted products legislation, including cigarettes and vapes. Trading Standards have found a wide range of non-compliant vapes on the marketplace locally, some of which could pose a high risk to the health of potential users. Some non-compliant products found across the UK have higher nicotine levels than the legal limit.

Trading Standards monitor this by collecting intelligence and inspecting premises to ensure vapes meet the current legislation and seize the ones that are non-compliant. Retailers must also be registered and have a robust underage sales policy in place. Trading Standards also carry out test purchasing exercises to ensure retailers are not selling to anyone under 18 years old.

If you have concerns about a particular product or information about a retailer selling an age restricted product to a person under the legal age, you can contact Trading Standards for further investigation. This can be done anonymously.

Email. placehealth@scotborders.gov.uk

Telephone: 0300 100 800

Please use link below to view Local Trading Standards video:

[Local Trading Standards Video](#)

Participation and engagement with local young people

In line with the UNCRC, it is important that young people's voices are heard, listened to and their opinions freely expressed on issues that affect them (**Article 12**). By engaging and involving young people from the start of the process we have a better understanding of the needs of young people and heard from them about the challenges surrounding the use of nicotine products (including vapes) in the Scottish Borders. In March 2024 schools from across the Scottish Borders were involved in focus groups to inform this Toolkit.

Participation and engagement has allowed the Nicotine Prevention Working Group to appropriately shape support services, inform health improvement approaches in line with the needs of children and young people in the Scottish Borders.

We asked young people

Why vape?

It's the norm

Peer pressure,
stress and
boredom

**What do you know about
vaping and other
nicotine products?**

Lots of colours, flavours
and types of vapes and how
many puffs and although
"we know its bad for you,
everyone is doing it"

**What information
would you like to
know?**

Why are they
marketed at
young people?

What is in vapes,
what is nicotine?

Where do you find information about vaping?

Family and friends

Social media, Tik Tok influencers

Visibility in shops, promoting the cost, number of puffs and flavours and not the dangers

Where do you get a vape?

School toilets, friends and parents

Easy access by local shops selling underage

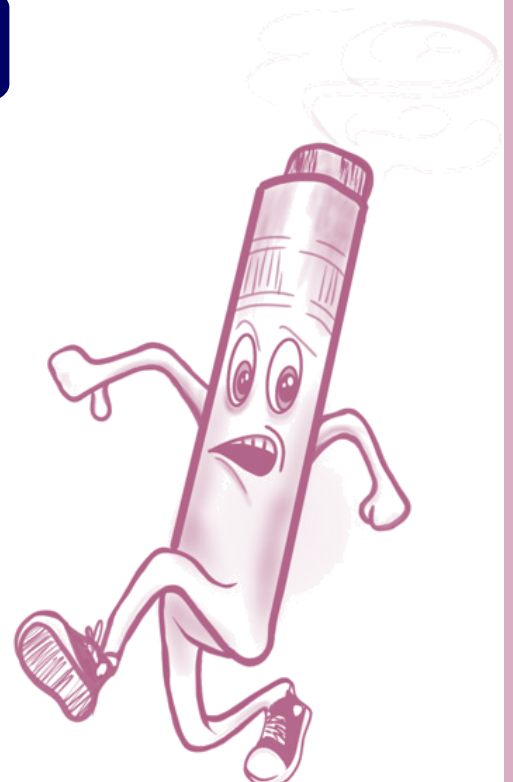
How can we help?

Information on how to stop

School networks

More support in youth and community settings

Anonymous ways to access support



Section 2 - Educational Resource Index



Curriculum responsibilities

The Scotland's Curriculum Health and Wellbeing (HWB) subject area is intended to help practitioners and establishments develop a shared understanding of health and wellbeing and is the responsibility of all. It aims to help those working with children and young people in an educational setting to move towards embedding it within their work, to develop a framework to ensure progression in learning, and to make the process more manageable.

Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Each establishment, working with partners, should take a holistic approach to promoting health and wellbeing, one that takes account of the stage of growth, development and maturity of each individual, and the social and community context.

This Toolkit can support in delivering a learning environment that assists the learner to:

- Participate in a wide range of activities which promote a healthy lifestyle
- Understand that adults in the school community have a responsibility to look after them, listen to their concerns and involve others where necessary
- Learn about where to find help and resources to inform choices
- Assess and manage risk and understand the impact of risk-taking behaviour
- Reflect on strengths and skills to help children and young people make informed choices when planning next steps

Education Scotland's Curriculum Statement for Practitioners (August 2016) stated that the two key resources which support practitioners to plan learning, teaching and assessment are:

- Experiences and outcomes
- Benchmarks

Experiences and outcomes

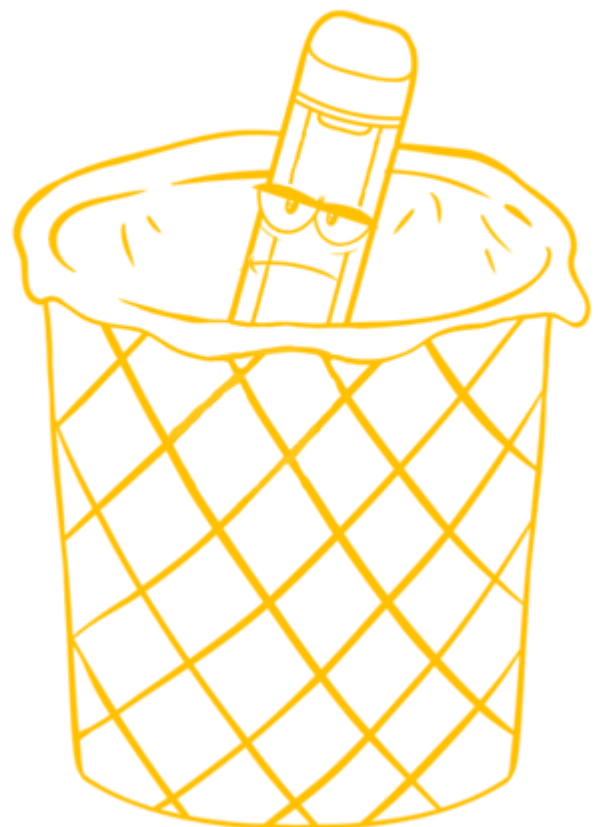
(Often called Es & Os) are a set of clear and concise statements about children's learning and progression in each curriculum area. They are used to help plan learning and provide progression. Scotland's Curriculum HWB Experiences and Outcomes can be found ([Health and wellbeing: Experiences and outcomes p14](#)).

Benchmarks

Benchmarks have been developed to provide clarity on the national standards expected within each curriculum area at each level. Their purpose is to make clear what learners need to know and be able to do to progress through the levels, and to support consistency in teachers' and other practitioners' professional judgements and assessments. The Scottish Curriculum for Excellence HWB Benchmarks can be found in ([hwbpersonalsocial-educationbenchmarkspdf.pdf](#)).

| Levels | Benchmarking Link Pages |
|--------|-------------------------|
| Early | p5 |
| First | p8/9 |
| Second | p12/13 |
| Third | p16/17 |
| Fourth | p21/22 |

Resources / programmes of work from early to fourth level to support nicotine learning for 3 - 18 year old, to support the delivery of E's and O's in schools, and also to assist learning for families and communities can be found in the Educational Resource index ([see Appendix 3](#)).



Section 3 - Nicotine Free Settings

Developing charters and guidance to support adopting nicotine and smoke free environments for children, young people and staff in the Scottish Borders will contribute to raising a vaping and nicotine free generation, respecting **(Article 33)** the rights of the child.

Objectives of nicotine free charter

School/community staff are dedicated to supporting the creation of a nicotine free school environment and aim to:

- Protect the health and wellbeing of students, and school staff by decreasing the use of nicotine products including vapes, this can be achieved through visual aids to inform everyone that these products are banned on premises
- Encourage and support nicotine users to quit and offer appropriate cessation support pathways
- De-normalise nicotine use contributing nationally to a vaping and nicotine free generation
- In line with UNCRC and the child friendly plan the charter will respect the right of dignity and respect and will support users to quit.

Who does the nicotine free charter apply to?

The prevention of using nicotine products (including vapes) applies to everyone on the school or community premises. This includes young people, staff, parents and visitors to the premises at all times. The Charter will apply to all facilities, properties, and vehicles, regardless of the location and will apply to all school events organised inside and outside the school property. The charter emphasises that nicotine products are discouraged outside the school gate or in immediate proximity to school properties.

Implementation plan

All staff are duty bearers and are expected to support children and young people to their right to be kept safe from harm **(Article 33)**. Involving children and young people in creating promoting and sustaining a nicotine free environment is essential.

An example charter can be found ([see Appendix 4](#)) to support your setting to become nicotine free. Incidents of nicotine and vaping use can be addressed using the ‘managing a substance use incident in school policy’ [\[7\]](#).

Guidance statements

Guidance statement for nicotine free school premises (including playgrounds)

The Scottish Borders Nicotine Prevention Working Group **encourages** everyone involved in the provision of health and care of children and young people, to implement a nicotine free environment within school premises and playgrounds. This guidance is in line with the UNCRC and the managing a substance use incident in school policy. School premises include any school, early learning centre, private nurseries and colleges within Scottish Borders. It is expected that staff, parents, carers, contractors and any other responsible adult who enters such premises should follow this charter. For the avoidance of doubt, the use of nicotine products such as cigarettes and vapes should not be permitted on these premises. The harms and risks of these products are contained within this Toolkit. There should be visual child friendly signage to discourage everyone from using nicotine products on these premises. We would recommend the signage includes the child’s rights and specifically references **(Article 33)**.

Guidance statement for nicotine free at drop off and pick up times

The Scottish Borders Nicotine Prevention Working Group **encourages** everyone involved in the provision of health and care of children and young people, to implement a nicotine free environment at school pick up times. This guidance is in line with the UNCRC and the managing a substance use incident in school policy. School pick up’s include drop off or collection of children and young people from school premises include any school, early learning centre, private nurseries and colleges within Scottish Borders, at **any time** of the day. For the avoidance of doubt, the use of nicotine products such as cigarettes and vapes should not be permitted on these premises. The harms and risks of these products are contained within this Toolkit. There should be visual child friendly signage to discourage everyone from using nicotine products on these premises. We would recommend the signage includes the child’s rights and specifically references **(Article 33)**.

School policy will be available from Scottish Borders Council Education Department

Guidance statement for ‘nicotine free’ school trips

The Scottish Borders Nicotine Prevention Working Group **encourages** everyone involved in the provision of health and care of children and young people, to implement a nicotine free environment on school trips. This guidance is in line with the UNCRC and the managing a substance use incident in school policy. School trips include any excursion by which any child or young person is the responsibility of school, early learning centre, private nurseries and colleges from the Scottish borders council region. Excursions do not need to take place in the Scottish Borders Council region for this guidance to be valid. It is expected that staff, parents, carers, contractors and any other adult participating in school trips follows this Charter. For the avoidance of doubt, the use of nicotine products such as cigarettes and vapes should not be permitted during the excursion or at times when they are with children and young people. The harms and risks of these products are contained within this Toolkit.

Guidance statement for nicotine free community settings

The Scottish Borders Nicotine Prevention Working Group **encourages** everyone involved in the provision of health and care of children and young people, to implement a nicotine free environment within community settings. This guidance is in line with the UNCRC. Community settings include but not limited to youth settings, sports grounds, community centres and public buildings within the SBC region. It is our ambition, that all indoor settings where children and young people could be present, follow this guidance and prohibit the use of nicotine products within their premises. It is expected that staff, parents, carers, and members of the public any other adult who enters such premises should follow this Charter. For the avoidance of doubt, the use of nicotine products such as cigarettes and vapes should not be permitted in community settings. The harms and risks of these products are contained within this Toolkit. There should be visual child friendly signage to discourage everyone from using nicotine products on these premises. We would recommend the signage includes the child’s rights specifically (**Article 33**).

Section 4 - Support Services & Pathways

Cessation pathway & support

Within Scottish Borders there is a commitment that we must support all nicotine users who want to quit. The Wellbeing Service and/or School Nursing Team can provide advice and information to support a successful quit attempt and provide access to the cessation support pathway and service. Services are available for young people under 12 years old, and those over 12 years old. These can be accessed either by self-referral or referral basis, supporting the cessation of nicotine products including dual use.

Three pathways have been developed including:

- 12+ Nicotine School Setting Pathway
- 12+ Nicotine Youth and Community Setting Pathway
- Under 12 years Nicotine Pathway for Schools and Community

*Nae Vapin
Nae Botha*

Smoker/vaper/dual user 12 years + in education and community settings

Youth smoker 12+ in education setting

A young person of 12+ years can access NHS Borders Wellbeing Service to undertake the National Quit Your Way pathway to support a young person to stop smoking. This will allow the young person to access Nicotine Replacement Therapy (NRT) if this is appropriate. Appropriateness of NRT prescribing will be assessed by Wellbeing Advisers. Suitability for NRT will be determined by physical addiction and behavioural factors. It is important to note that NRT is not suitable for everyone. NRT can be prescribed if the person is 12 years old and above but requires the consent of a parent or legal guardian.

Young people under the age of 12 years cannot be prescribed NRT. Pharmacists should follow the advice of the Caldicott Guardian in their local health board on establishing and recording consent for people without capacity. The person must also be registered with a GP practice in Scotland.

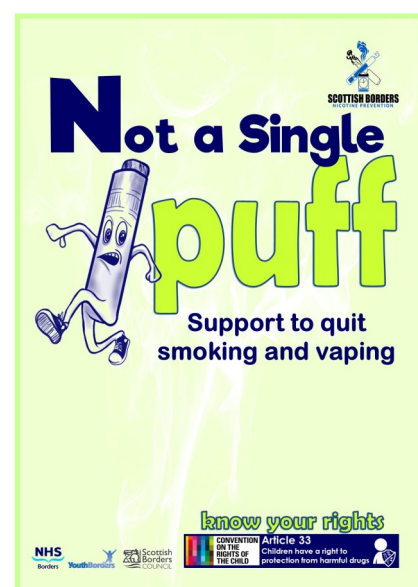
Youth vaper (and other nicotine products) 12+ in education setting

The young person will be supported through a “not a single puff” approach which includes supporting with coping mechanisms and behavioural support.

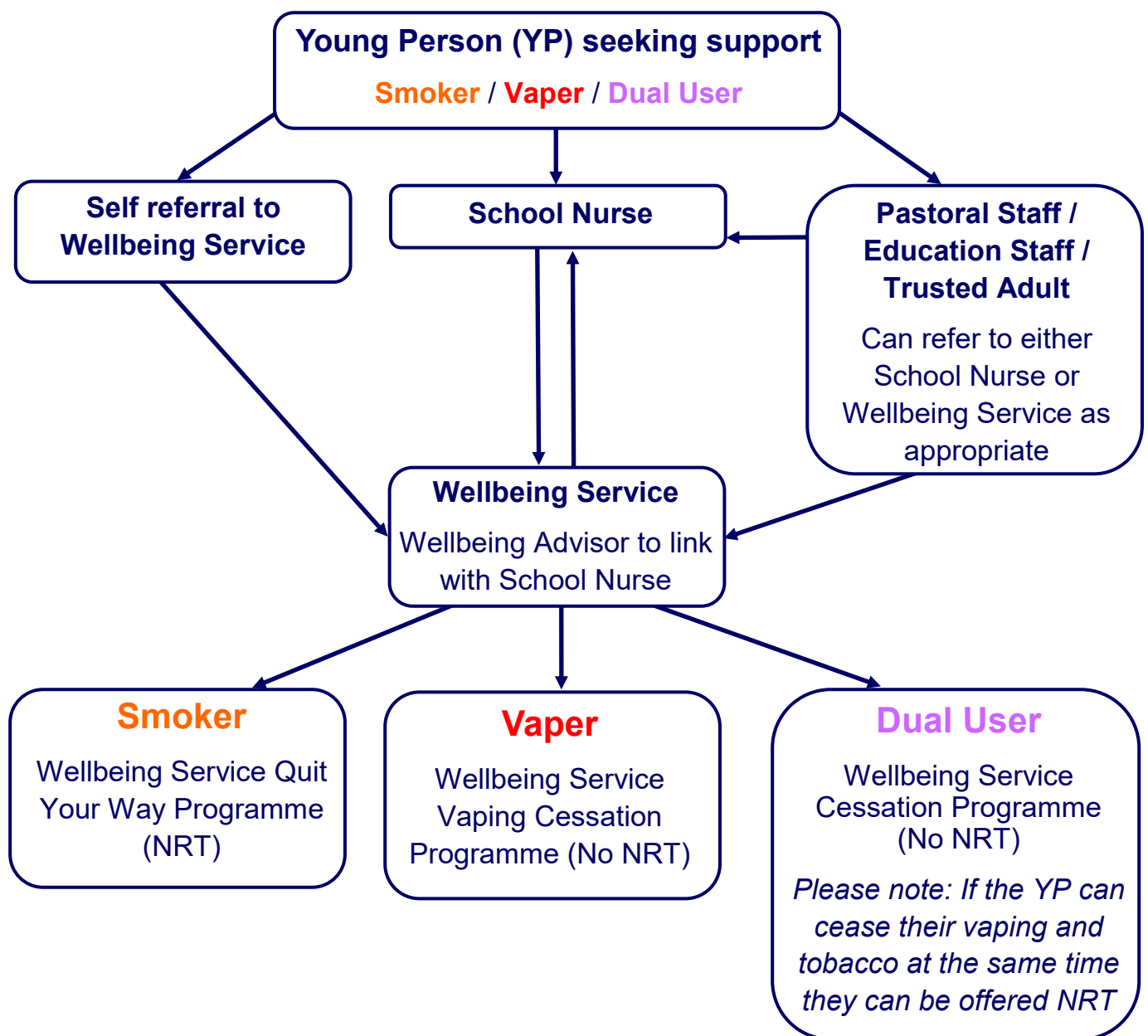
For under 18's, support will not be given to titrate their nicotine levels down as this would involve the young person buying/obtaining further vapes illegally. NRT would not be available.

Youth dual user 12+ in education setting

A young person who is using both a vape and cigarettes (dual user) will be able to attend the Wellbeing Service to access support to stop, but will not be eligible to access NRT unless they cease both use of cigarettes and a vape at the same time. The young person will be supported through the “not a single puff” approach to stop dual use.



12+ Nicotine Pathway - School Setting



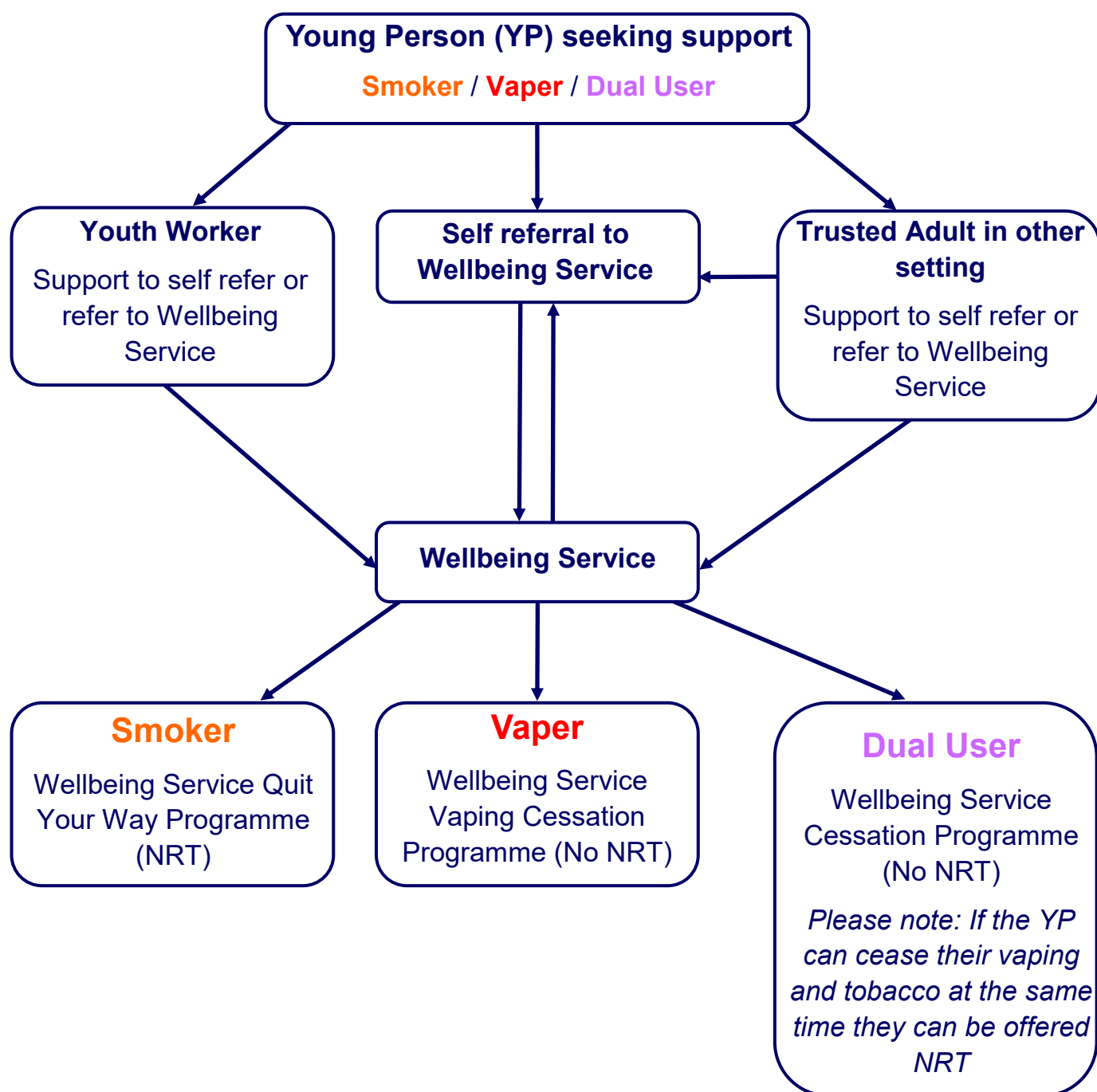
** Key notes**

1. School settings are advised to refer to school nurse for initial consultation, upon consultation the young people alongside the School Nurse/Pastoral Staff will agree a support plan
2. Young people aged 12 years will require parent/carers consent to issue NRT, it is encouraged those 13+ to obtain consent/have a conversation with parent/carers

Youth smoker 12+ in Community setting

It is expected that if a young person in a community setting e.g. youth club is smoking, vaping or both (dual use) that they are supported to self-refer to the Wellbeing Service.

12+ Nicotine Pathway - Youth and Community Setting



** Key notes**

1. Young people aged 12 years will require parent/carers consent to issue NRT, it is encouraged those 13+ to obtain consent/have a conversation with parent/carers

Smoker/ vaper/ dual user under the age of 12 years in education and community settings

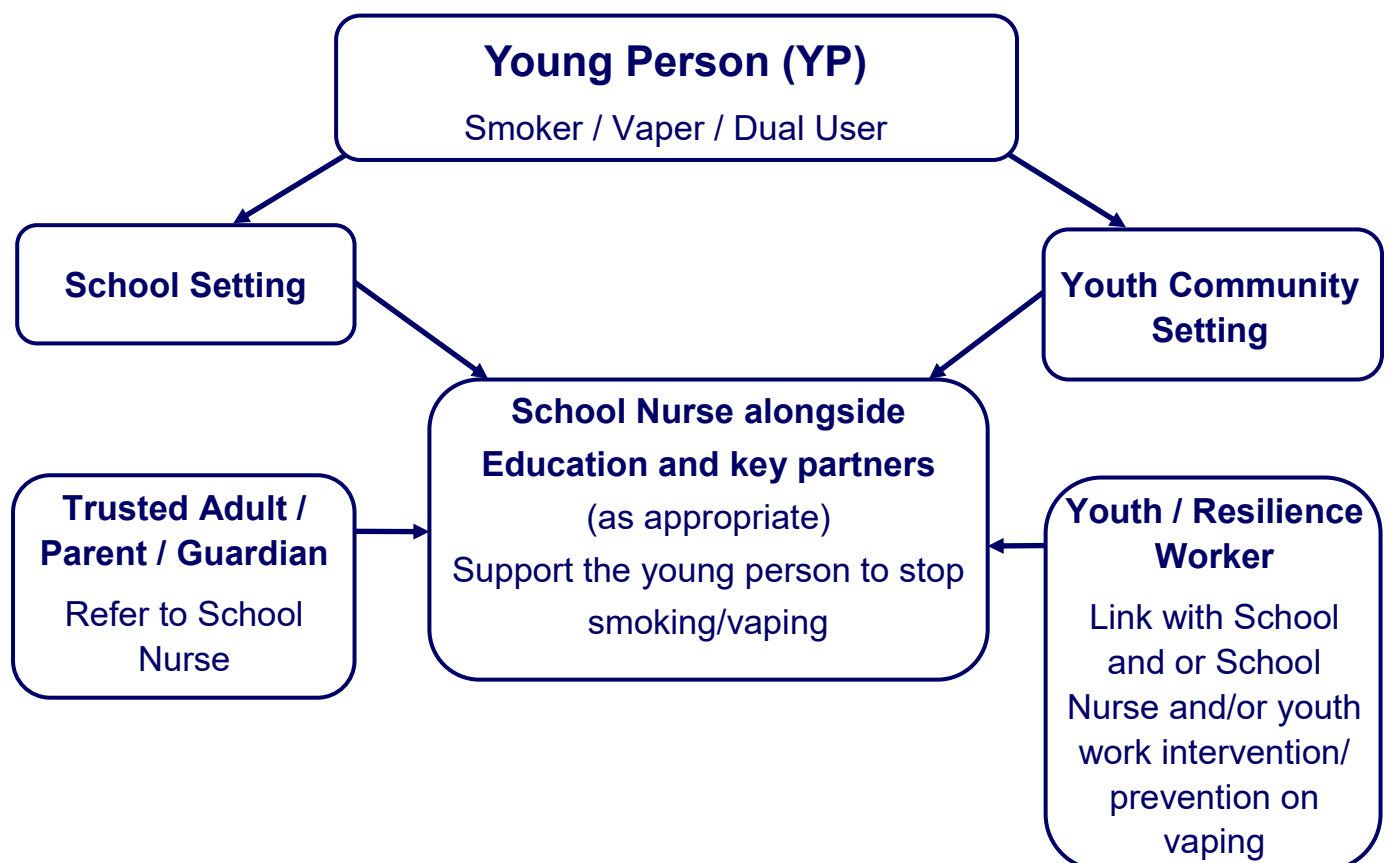
Education setting under 12 years

Smoking, vaping, and dual use in those under 12 years old will be supported by the School Nursing team, who will follow the 'not a single puff' approach which includes supporting the young person to establish coping mechanisms and behavioural support. The School Nurse will work alongside the parent and education staff to support the young person to quit. NRT is not available to young people under 12 years of age.

Community setting under 12 years

A young person identified as smoking, vaping or using other nicotine products will be offered brief advice as per [key messages](#) and supported to discuss with parent/ guardian/carer. It is expected that each youth setting should follow their own policy and processes. With consent from the parent and child, support can be arranged via the under 12 education pathway in partnership with the School Nurse Team. NRT is not available to young people under 12 years of age.

Under 12 Nicotine Pathway - Schools and Community



Useful Links

- **Scottish Government - Vaping – Health harms: evidence briefing**
[Health harms of vaping – evidence briefing \(www.gov.scot\)](https://www.gov.scot/publications/evidence-briefings/2020/09/health-harms-of-vaping/evidence-briefing-2020-09-01/pages/2.aspx)
- **Scottish Government Vaping – Health harms: evidence briefing**
[Supporting documents - Vaping – Health harms: evidence briefing - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/supporting-documents/2020/09/health-harms-of-vaping-supporting-documents-2020-09-01/pages/2.aspx)
- **British Toxicology Society - Risks of vaping in children and young people**
[Risks of vaping in children and young people - British Toxicology Society \(thebts.org\)](https://www.thebts.org/risks-of-vaping-in-children-and-young-people)
- **British Toxicology Society - Risks of vaping in children and young people guide for parents and guardians**
https://www.thebts.org/wp-content/uploads/2024/07/Risks-of-Vaping-in-Children-and-Young-People_1.1.pdf
- **FRANK - Nicotine tastes and smells**
<https://www.talktofrank.com/drug/nicotine/how-it-looks-tastes-and-smells>
- **Landed - Vaping information**
<https://www.landed.info/e-cigs>
- **ASH Scotland - Young people and vaping**
[Young-people-and-vaping-2023-Update.pdf \(ashscotland.org.uk\)](https://www.ashscotland.org.uk/wp-content/uploads/2023/06/Young-people-and-vaping-2023-Update.pdf)
- **Self-checks for oral cancers for everyone, regardless of risk factors – link to video/further info**
[#mouthcheck – Let's Talk About Mouth Cancer](https://www.letstalkaboutmouthcancer.org.uk/mouthcheck)
- **ABCDE of Rights**
[ABCDE-of-Rights.pdf](#)

References

- 1 [Supporting documents - Vaping – Health harms: evidence briefing - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/evidence-briefings/2023/01/vaping-health-harms/)
- 2 [The Environmental Protection \(Single-use vapes\) \(Scotland\) Regulations 2024 \(legislation.gov.uk\)](https://www.legislation.gov.uk/uksi/2024/120/contents/made)
- 3 <https://www.landed.info/e-cigs>
- 4 [Reducing Your Risk – Let's Talk About Mouth Cancer](https://www.letstalkaboutmouthcancer.org.uk/reducing-your-risk)
- 5 [Smoking and oral health - Oral Health Foundation](https://www.oralhealthfoundation.org.uk/smoking-and-oral-health)
- 6 [https://www.talktofrank.com/drug/nicotine#how-it-looks-tastes-and-smells](https://www.talktofrank.com/drug/nicotine/how-it-looks-tastes-and-smells)
- 7 [Vaping – Effectiveness of advertising restrictions and role of advertising and free distribution on uptake: evidence briefing](https://www.gov.uk/government/evidence-briefings/vaping-effectiveness-of-advertising-restrictions-and-role-of-advertising-and-free-distribution-on-uptake)
- 8 [ASH Scotland's literature review for NHS Greater Glasgow and Clyde's tobacco planning and implementation group - Review of current evidence: Young people and e-cigarettes](https://www.ashscotland.org.uk/literature-review-for-nhs-greater-glasgow-and-clyde-to-bacco-planning-and-implementation-group-review-of-current-evidence-young-people-and-e-cigarettes)

Local Services



Borders Wide Services

Action for Children – CHIMES

Action for Children CHIMES service supports young carers aged 7 - 18 who are providing care and support to parents, siblings, or another family member who has a physical or mental health illness/disability, or substance use issue.

12a Galabank Business Park, Wilderhaugh, Galashiels, TD1 1PR

01896 750 173 ask.us@actionforchildren.org.uk

Borders Additional Needs Group

BANG (Borders Additional Needs Group) is an outreach service for parents, carers, and disabled children with rare, complex and additional needs. BANG hosts the Branching Out Youth Group for young people aged 14 - 19.

info@bordersadditionalneeds.org

Children 1st Borders

Children 1st support children and young people when they have experienced abuse and trauma, helping them through recovery.

Family Resource Centre, Ettrick Road, Selkirk, TD7 5AJ

01750 22892 ettrick@children1st.org.uk

LGBT Youth Scotland

Involved is the LGBT Youth Scotland Youth group in the Scottish Borders for all LGBTQIA+ young people aged 13 - 25. Can also take referrals / self referrals for 1-1 conversations.

Rowlands Dry Bar, 24 - 26 West Port, Selkirk, TD7 4DG

0131 555 3940 info@lgbtyouth.org.uk

One Step Borders

One Step Borders support young people ages 16 - 25 and their families in the Scottish Borders experiencing emotional and mental health pressures. They offer low intensity intervention to those suffering mild to moderate mental health issues and/or those at risk of developing them.

The Living Room, Unit 3B Tweedmill Business Park, Dunsdale Road, Selkirk, TD7 5DZ

0300 311 0371 info@onestepborders.info

Quarriers

Quarriers Resilience for Wellbeing Service, runs throughout the Scottish Borders, focuses on prevention and early intervention to aid and improve young people's mental health.

The Hive, Low Buckholmside, Galashiels, TD1 1RT

01896 668411 borders@quarriers.org.uk

Local Services



Locality Services

Beyond Earlston

Beyond Earlston provide community-based youth work opportunities to young people aged 12 - 18 in the catchment of Earlston High School. They provide youth clubs, group work and one to one opportunities in partnership with school and in the community – including their Be Green and Be Involved projects.

c/o Earlston High School, East End, Earlston, TD4 6JP

01896 849282 or 07522513728 admin@beyondearlston.org.uk

Cheviot Youth

Cheviot Youth works with children, families and community to help and support them develop skills, gain experience, access opportunities for personal growth and provide challenges that motivate, test and inspire. We do this in a safe, accessible and positive environment through the provision of a Community Café, a Digital Media Service, a Food Distribution Programme, a Mental Health Support Service, a Training, Employability & Advice Service, and a four centre Youth Work Service.

The Planet, Abbotseat Road, Kelso, TD5 7SL

01573 228285 info@cheviotyouth.org

Connect Berwickshire

Connect Berwickshire Youth Project provide community-based youth work opportunities to young people from age 5 upwards in the Berwickshire area. They provide drop-in and project based services in Duns, Eyemouth and Coldstream.

14 South Street, Duns, TD11 3AH

01361 884198 info@bypconnect.com

Escape Youth Services

Escape Youth Services provide community-based youth work opportunities to young people (aged P6 upwards) in Hawick and surrounding area. They provide drop-ins, group work and one to one opportunities in partnership with school and in the community.

Havelock Street, Hawick, TD9 7BB

01450 378001 admin@escapeyouthservices.co.uk

Rowlands Selkirk

Rowland's Selkirk provide community-based youth work opportunities to young people aged 12-18. They provide drop-ins, group work and one to one opportunities in partnership with school and in the community.

24-26 West Port, Selkirk, TD7 4DG

01750 21222 info@rowlands-selkirk.org.uk

Local Services



Locality Services (continued)

TD1 Youth Hub

TD1 Youth Hub provide community-based youth work opportunities to young people aged 11 - 25 years in Galashiels. They deliver a range of opportunities including drop-ins, 1-1 work, young parents support, street work, transitions support, and school based youth work.

47A Ladhope Vale, Galashiels, TD1 1BW

01896 752 442 admin@td1.org.uk

Tweeddale Youth Action (TYA)

TYA provide community-based youth work opportunities to young people (aged P7 upwards) in Peebles and Innerleithen. They provide drop-ins, group work and 1-1 opportunities in partnership with school and in the community.

Old Corn Exchange, School Brae, Peebles, EH45 8AT

01721 724779

For a full up to date look at other organisations within the Scottish Borders which could provide additional support and advice to young people check out Youth Borders webpage

www.youthborders.org.uk/organisations

Wellbeing Service

The NHS Borders Wellbeing Service provides smoking and vaping cessation to children and young people aged 12+.

Appointments can be made through self-referral, referral from school nurses and any other healthcare professional. We also accept referrals from youth groups. Support is also available for adults.

To self-refer, or for more information visit nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/wellbeing-service/how-to-refer/

Appendix 1 - United Nations Convention on the Rights of the Child (UNCRC)

Respect + Justice

Children's human rights **belong to everyone up to age 18 – including me!** (Article 1)

I have the right to be **free from any discrimination** (Article 2)

Adults should think about my **best interests** when making decisions that will impact me (Article 3)

I have the right to a **name** and to **belong to a country** (Article 7)

I have the right to my own **identity** (Article 8)

I have the right to **privacy** (Article 16)

If I am a **refugee**, I still have all these rights (Article 22)

If I am accused of breaking the law, I have the right to **legal help** and to be **treated fairly** (Article 40)

Family

I have the right to get **advice and guidance** from my family (Article 5)

I have the right to **live with my family** if that's what is best for me (Article 9)

I have the right to **stay in contact with my family** if they live in a different country (Article 10)

I have the right to be brought up by **both parents** if possible (Article 18)

I have the right to the best care if I'm **adopted** (Article 21)

My family should get the **support and money** needed to bring me up (Article 26)

I have the right to **food, clothing and a safe home** (Article 27)

I have the right to speak my own **language** and follow my family's **culture and religion** (Article 30)

Health + Wellbeing

I have the right to **live and grow up well** (Article 6)

If I have a **disability**, I have the right to special care and education (Article 23)

I have the right to good quality **health care** and information about my health (Article 24)

I have the right to get **help and recover** if I've gone through something difficult (Article 39)



Safety

I should not be **removed from my country** illegally (Article 11)

I should be **protected from being hurt or treated badly** (Article 19)

I have the right to **special help and protection** if I can't live with my family (Article 20)

If I don't live with my immediate family, then someone should make sure I'm safe and happy in **foster/kinship care** (Article 25)

I should be protected from doing **harmful work** (Article 32)

I should be protected from **dangerous drugs** (Article 33)

I should be protected from **sexual abuse** (Article 34)

I should not be **abducted, sold or trafficked** (Article 35)

I should be protected from any form of **exploitation** (Article 36)

I shouldn't be **punished** in a cruel or hurtful way (Article 37)

I have the right to be protected during **war** and not to join the **army** until I'm at least 15 years old (Article 38)

Learning + Play

I have the right to an **education** (Article 28)

My education should develop my **interests and talents** and my respect for other people and our **environment** (Article 29)

I have the right to **relax, play and take part in cultural activities** (Article 31)

Thoughts + Ideas

I have the right to **share my experiences, opinions and ideas** and be taken seriously (Article 12)

I have the right to **express myself** (Article 13)

I have the right to my own **thoughts, beliefs and religion** (Article 14)

I have the right to meet up with **friends and join groups** (Article 15)

I have the right to get **information**, as long as it's safe (Article 17)

What the Government should be doing

The Government should make sure my rights are respected (Article 4)

The **rights in the UNCRC are the minimum**, and where the Government does even better for children, then they should keep it up! (Article 41)

The Government should make sure **everyone knows about children's human rights!** (Article 42)

There are eleven more articles which help Governments **make rights real for all children** (Articles 43 – 54)

Children's human rights are all the things that keep children and young people healthy, happy and safe. The full articles of the United Nations Convention on the Rights of the Child (UNCRC) are long and detailed and use legal language. To help you better understand the articles, we have grouped each article under seven themes. By breaking it down this way, we hope you can see how each right connects to your life. To learn more about your human rights, visit www.children1st.org.uk/childrenshumanrights or scan the QR code.



Children 1st

Appendix 2 - Fact Sheet : Parents, Carers and Guardians

The use of nicotine products (including vaping) by young people is increasing. Nicotine is the main **addictive substance in cigarettes and other forms of tobacco**.

What is a vape?

Vapes are electronic devices that heat a liquid, which produces an aerosol, or mixture of small vapor particles.

How much nicotine is in a vape?

The type of vape product determines how much nicotine is absorbed. An ASH Scotland report however suggested whilst smoking a cigarette stops after five to six minutes, a vape contains 400-800 puffs, the equivalent of around 45 cigarettes. This allows for distinct puffing behaviours and as a result nicotine uptake. A term that has emerged associated with vapes is 'grazing' (continuous and frequent puffing throughout the day)

[8].

Withdrawal from nicotine

Nicotine dependency can cause:

- Irritability
- Restlessness
- Feeling anxious or depressed
- Trouble sleeping
- Poor concentration, and nicotine cravings

Consequently, children and young people often return to their vaping habit in an attempt to deal with the additional stress or anxiety, essentially creating a sequence of nicotine dependence.

The current situation and advice

Health advice is clear. Vaping exposes children and young people to nicotine, a highly addictive drug. **Non-smokers and young people under 18 should not take up vaping.**

Vape designs have evolved considerably since their introduction to the UK market. Current products are designed to be much more appealing to users. This evolution of how vapes look and taste may increase their appeal to children and young people; discrete, disposable cartridges, wrapped in bright, attractive packaging, and pleasant vaping flavours have escalated their popularity.

There is growing evidence vape use by adolescents and young adults is associated with greater risk of subsequent initiation of cigarette smoking.

Vaping behaviour in children and young people

Vaping has grown in popularity in young people in recent years. The Scottish Government Health and Wellbeing census 2021/22 indicates:

- 10.1% of 15 year olds and 4.3% of 13 year olds report using a vape regularly, this is a significant increase from 2018
- The 2022 YouGov Survey highlighted that 40.1% of young people who used a vape had never smoked

Furthermore, key findings found an association between exposure to advertising and susceptibility/intention to try vaping and highlighted adolescents not only notice vape marketing more than adults, but their critical reasoning is not fully developed to protect them against the impact of advertising.

Local intelligence has told us young people in the Scottish Borders are vaping or experimenting with vaping because of: peer pressure, appealing flavours, seeing friends and family vape and marketing.

The law and vaping

- It is against the law to sell nicotine products to anyone under the age of 18 years
- It is illegal to buy vapes on behalf of anyone under 18 years

We know there has been a steep increase in the use of unsafe illegal vapes which do not meet the UK quality and safety standards.

How to report illegal vapes or underage sales of vapes

If you are aware of or suspect any illegal nicotine product sales e.g. vapes you can report anonymously to: Email: placehealth@scotborders.gov.uk Tel: 0300 100 800.

What parents/carers/trusted adults can do?

We understand the fundamental role you play in preventing the harms of nicotine, including vaping in children and young people. Here are some keyways to openly discuss this topic with your young person:

- Know the key facts from reliable sources
- Ask questions, listen and learn from what the young person is telling you and answer their questions
- Clear expectations and explain why you don't want them to vape

- Be a role model e.g. if you vape yourself, don't vape in the house or in the car
- If you smoke, vape or do both, there are local support networks that can support you to quit from NHS Borders Wellbeing Service, this can be a self referral or through your GP

Help for parent and carers to quit

Wellbeing Service

NHS Borders Wellbeing Service offers support to people who wish to improve their lives in one or more of the following areas:

- Emotional wellbeing
- Being more active
- Eating more healthily
- Quitting smoking

The Wellbeing Service accepts self-referrals from members of the public. Please complete a [self referral form](#) and email it to wellbeing@borders.scot.nhs.uk or call our admin team on 01896 824502 to make an appointment.

The Wellbeing Service is free and delivered by trained advisers. Experience has shown that having a knowledgeable and qualified person to give you support and using nicotine replacement therapy means that you are four times more likely to succeed in stopping smoking.

What Scottish Borders Tobacco and Nicotine Prevention Group are doing to address nicotine use (including vaping) in children and young people

To protect young people we are undertaking the following:

- Working to raise awareness and encourage behaviour change to stop smoking and prevent vaping/nicotine product uptake by children and young people
- Tackling illegal vapes and stopping underage sales through Scottish Borders Trading Standards initiatives
- Promoting smoke and nicotine free environments through the promotion of the nicotine free charter in education and community settings
- Providing clear support pathways for children, young people and families to quit smoking and nicotine products
- Setting up smoking and nicotine prevention education programmes/support for schools and community settings to support teachers, staff, young people and parents

Appendix 3 - Education Resource Index

Early, First and Second Level (primary) smoking and vaping resources

| Year Group | Programme/Resource | Lesson Content | HWB Curriculum |
|--------------------|---|--|---|
| Early Level | | | |
| ELC | O'Lila | <ul style="list-style-type: none"> • Develop social skills • Know that they can go to a trusted adult for help • Understand who that trusted adult might be • Understand that asking for help is a positive behaviour • Explore a range of emotions in a sensitive and safe environment | HWB 0-01a HWB 0-02a HWB 0-03a HWB 0-05a HWB 0-08a HWB 0-16a HWB 0-17a HWB 0-19a HWB 0-23a HWB 0-42a HWB 0-44a HWB 0-44b HWB 0-45a |
| | IAMME Alcohol and Substance Awareness Education programme Keeping Safe | <ul style="list-style-type: none"> • Keeping safe in and outside of the home. • People who can keep us safe • The emergency services • How to contact the emergency services | HWB 0-16a HWB 0-17a HWB 0-19a |
| Primary 1 | Jenny and the Bear | <ul style="list-style-type: none"> • Understand the term second-hand smoke • Understand the dangers of second-hand smoke • Know who can keep me safe from second-hand smoke | HWB 0-16a HWB 0-17a HWB 0-38a |
| | IAMME Alcohol and Substance Awareness Education programme Keeping Safe | <ul style="list-style-type: none"> • Our right to be safe • The emergency services • How to contact the emergency services • People who keep us safe • Unsafe and dangerous situations • Who children can talk to if they feel unsafe, worried or in danger | HWB 0-17a HWB 0-42a |
| First Level | | | |
| Primary 2 | IAMME Alcohol and Substance Awareness Education programme Making Good Decisions Part 1 - Decisions Part 2 - Medicines | <ul style="list-style-type: none"> • Keeping Safe • Who we can tell if we are not feeling safe • The decisions we make • Positive and negative consequences • Introducing medication | HWB 1-38a |

| | | | |
|--|---|---|--|
| Primary 3 | IAMME Alcohol and Substance Awareness Education programme Medication and Consequences Part 1 - Decisions & Risks Part 2 - Let's talk about medicine | <ul style="list-style-type: none"> • Decisions • Positive and Negative Consequences • Risk/dangerous situations • Medication • How to contact the emergency services • Trusted Adults | HWB 1-38a HWB 1-42a |
| Primary 4 | IAMME Alcohol and Substance Awareness Education programme Medication and Peer Pressure Part 1 - Medication and Consequences Part 2 - Medication and Peer Pressure Liams Story https://video.link/w/dJ6tYQrccfY | <ul style="list-style-type: none"> • Decisions and Consequences • Medicine • What happens if medicine is not taken properly • Peer Pressure • How to help someone who is unwell and can't help themselves • The Recovery Position • The media and peer groups influence on decision making | HWB 1-16a HWB 1-17a HWB 1-42a HWB 1-44b HWB 2-39a HWB 3-39a |
| Second Level | | | |
| Primary 5 | IAMME Alcohol and Substance Awareness Education programme Substances: Tobacco, Alcohol, Drugs, Solvents | <ul style="list-style-type: none"> • Substances: Tobacco including vapes/e-Cigarettes, Alcohol, Drugs, Solvents • Health • Risks | HWB 2-16a HWB 2-17a HWB 2-42a HWB 2-44b |
| Primary 6 | IAMME Alcohol and Substance Awareness Education programme Substances and Risk Part 1 - Substances & the Law Part 2 - Substances & Risk | <ul style="list-style-type: none"> • Substances • Health • Risks • Vapes/e-Cigarettes • The Law • Peer Pressure | HWB 2-15a HWB 2-38a |
| Primary 7 | IAMME Alcohol and Substance Awareness Education programme Substances and Peer Pressure; Part 1 - Substances & the law Part 2 - Substances & Risk Part 3 - Substances & Anti-Social Behaviour | <ul style="list-style-type: none"> • Substances (includes vaping) • Peer Pressure • The Law • Risks • Consequences • Mental Health • Anti-Social Behaviour | HWB 2-15a HWB 2-38a |
| P7 – S2 extra lesson Lesson 1 may be suitable for P7 (Lesson 2 should be delivered in S2) | IAMME Alcohol and Substance Awareness Education programme Smoking & Vaping UNCRC articles: 12, 13, 19, 39 | Lesson1: <ul style="list-style-type: none"> • Understand what the similarities and the differences are between smoking and vaping • Understand the law around smoking and vaping | HWB 2-15a HWB 3-15a HWB 2-37a HWB 2-38a HWB 2-39a HWB 3-39a HWB 3-40a HWB 3-40b |

Third and Forth Level Smoking and Vaping Resources (Secondary)

| Year Group | Programme/Resource | Learning Intentions | HWB Curriculum |
|---|---|--|--|
| Third & Fourth Level | | | |
| S1 | IAMME Alcohol and Substance Awareness Education programme | Lesson 1 - What is a drug? Lesson 2 – Why do people use drugs? Lesson 3 – Peer Pressure | HWB 3-38a / HWB 4-38a HWB 3-39a HWB 3-40a / HWB 4-40a 3-40b / HWB 4-40b HWB 3-41a / HWB 4-41a HWB 3-43a / HWB 4-43a |
| P7 – S2 extra lesson Lesson 1 may have been shown in P7 but should be repeated in S1 (Lesson 2 should be delivered in S2) | IAMME Alcohol and Substance Awareness Education programme Smoking & Vaping UNCRC articles: 12, 13, 19, 39 | Lesson1: <ul style="list-style-type: none"> Understand what the similarities and the differences are between smoking and vaping Understand the law around smoking and vaping | HWB 2-15a HWB 3-15a HWB 2-37a HWB 2-38a HWB 2-39a HWB 3-39a HWB 3-40a HWB 3-40b |
| S2 | IAMME Alcohol and Substance Awareness Education programme | Lesson 1 - Names, effects and potential harms of drugs Lesson 2 - Drugs and the Law Lesson 3 – Alcohol Lesson 4 - Risks and Safeguarding | HWB 3-38a / HWB 4-38a HWB 3-39a HWB 3-40a / HWB 4-40a 3-40b / HWB 4-40b HWB 3-41a / HWB 4-41a HWB 3-42a / HWB 4-42a HWB 3-43a / HWB 4-43a |
| P7 – S2 extra lesson Lesson 1 should have been shown in S1, if not make sure it is also delivered Lesson 2 should be delivered in S2 | IAMME Alcohol and Substance Awareness Education programme Smoking & Vaping (includes information on nicotine pouches/snus) UNCRC articles: 12, 13, 19, 39 | Lesson 2: <ul style="list-style-type: none"> Understand the health and environmental impact of smoking and vaping Understand the history, the marketing and influences around smoking or vaping Understand how to get help if you want to stop smoking or vaping | HWB 2-15a HWB 3-15a HWB 2-37a HWB 2-38a HWB 2-39a HWB 3-39a HWB 3-40a HWB 3-40b |

| | | | |
|---------------------|---|--|--|
| S3 | IAMME Alcohol and Substance Awareness Education programme | <p>Lesson 1 – Addiction</p> <p>Lesson 2 - Helping Others</p> <p>Lesson 3 – Smoking/Vaping: attitudes, myths & facts (brief coverage, potential gap here)</p> | <p>HWB 3-38a / HWB 4-38a HWB 4-39a HWB 3-40a / HWB 4-40a HWB 3-40b / HWB 4-40b HWB 3-41a / HWB 4-41a HWB 3-42a / HWB 4-42a HWB 3-43a / HWB 4-43a HWB 4-43b HWB 4-43c</p> |
| Senior Phase | | | |
| S4 | <p>IAMME Alcohol and Substance Awareness Education programme</p> <p>IAMME Nicotine prevention</p> | <p>Lesson 1 - Cannabis: the facts</p> <p>Lesson 2 - Risky Situations</p> <p>Lesson 3 - Risky Situations</p> <p>Lesson 4 - Social implications of misusing substances</p> | <p>HWB 3-38a / HWB 4-38a HWB 4-39a HWB 3-40a / HWB 4-40a HWB 3-40b / HWB 4-40b HWB 3-41a / HWB 4-41a HWB 3-42a / HWB 4-42a HWB 3-43a / HWB 4-43a</p> |
| S5 | <p>IAMME Alcohol and Substance Awareness Education programme</p> <p>IAMME Nicotine prevention</p> | <p>Lesson 1 - Alcohol and Advertising</p> <p>Lesson 2 - Trouble in Town</p> <p>Lesson 3 - Alcohol & Drug Awareness</p> <p>Lesson 4 - Drink & Drug Driving</p> | <p>HWB 3-38a / HWB 4-38a HWB 4-39a HWB 3-40a / HWB 4-40a HWB 3-40b / HWB 4-40b HWB 3-41a / HWB 4-41a HWB 3-42a / HWB 4-42a HWB 3-43a / HWB 4-43a HWB 4-43b HWB 4-43c</p> |
| S6 | <p>No lessons</p> <p>IAMME Nicotine prevention</p> | | |

Appendix 4 - Nicotine Free Schools and Community Settings Charter

Implementation of nicotine free schools and community settings

What do we mean by nicotine free?

Nicotine products refer to tobacco products including those that are smoked, sniffed and ingested as other oral forms of tobacco. This includes nicotine vapour products otherwise known as vapes. Vapes are battery powered devices through which people inhale a vapour which typically contains nicotine, flavourings and other chemicals. We know children and young people should not be using these products as they are harmful to health.

Objectives of nicotine free schools and community settings

School staff, parents/carers and pupils are dedicated to creating a nicotine free school including smoking, vaping and other nicotine products. This will:

1. Protect the health and wellbeing of pupils, teachers, support staff, partner organisations and visitors by banning the use of nicotine products, this is in line with the UNCRC (**Article 33**)
2. Encourage nicotine users to quit and offer appropriate support
3. De-normalise nicotine use, particularly smoking and vaping thus contributing to raising a nicotine free generation

Where to start

First, we need the whole school or community setting involved, it's a team effort, this includes teachers, support staff, parents/carers and community partners to be invested. For this to be implemented we need:

- A co-production approach working alongside young people and parents
- Discussions should support the development and communication regarding signage within the School/community setting and how this should be promoted, this can be achieved through many participation and engagements routes using the YELL strategy to ensure young people's voices are heard [UNCRC YELL Strategy](#)
- Parent councils and other routes to engagement should be considered

By ensuring staff, young people, parents and partners are involved from the very beginning in the development of a Charter provides clarity of expectations so that a culture and ethos is developed, embedded and sustainable.

What next

- Decide what areas are to be nicotine free, stating this includes smoking, vaping and all nicotine products
- This should take into consideration playing fields, external grounds, offices, classrooms, hallways, staircases, school gates and sport and leisure facilities
- Times - within school time, after school and school holidays e.g. school holidays clubs
- Sign posting for support for young people, and parents/carers, teachers, visitors and support staff

Communication

Send a letter to parents/carers stating where the nicotine free charter can be found. The letter should:

- Explain what the nicotine free charter is
- Provide clear rationale for its need
- Ask for support from parents/carers in its implementation
- Date of when this is coming into effect
- Review date
- Signed by the head teacher

Support

Local services are available to support all nicotine users who want to quit, this includes an under 12 years of age pathway and a 12+ pathway. This can be accessed in many ways including self-referral and asking for support from a trusted adult.

A QR code can be provided specifically for your setting for young people to refer themselves to the cessation service (pathway to quit) in your setting. Email to request your QR code wellbeing@borders.scot.nhs.uk

Further information can be found in the Nicotine Prevention Toolkit

Creating an ethos

Pupils expressed a keen desire to have adults monitoring high frequent zones within schools. This is not feasible and could lead to confrontational and negative interactions. This needs to be shared with children and young people so they understand why a different approach in supporting their right to be kept safe from harm must be developed.

This charter encourages the creation of a positive ethos around the tools and approaches to support nicotine free environments. It is strongly recommended that children and young people are involved in the development from the onset of any projects, policies, guidance within school and community settings.

Young People should be given opportunities to produce an action plan within their setting (school or community). Examples:

- Promote the nicotine prevention support available to children, young people and parent/carers/siblings
- Information sharing sessions e.g. parent's evenings
- Contribute to PSE/youth settings lessons on nicotine
- Parent education

This is a great opportunity for leadership of change and opportunities to campaign for change should also be supported.

Thanks



This Toolkit has been pulled together by Lizzie Macleish, Health Improvement Specialist Public Health, Sophie Jerrom, Wellbeing Co-ordinator/Smoking Cessation Lead and Shona Easingwood, Youth Participation and Engagement Officer for Education alongside the Scottish Borders Nicotine Prevention Working Group.

There are many people we need to thank for their support and involvement in the development of the Nicotine Prevention Toolkit.

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The Nicotine Prevention Working Group would like to extend their thanks to the following organisations and teams who have supported in the development of the Toolkit.



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