

Guidance on youth vaping

Including wider nicotine-based products for education settings and all agencies working with children and young people (CYP).

Toolkit for education settings



This toolkit is part of a broader initiative involving various agencies across Essex to address vaping and nicotine addiction among CYP.

It is designed to support schools and front-line staff by providing practical information and guidance to aid teaching and facilitate open, informed conversations with young people about nicotine use and its risks.

With thanks to colleagues in Newham for allowing us to develop this toolkit using information from the **Newham: Guidance on youth vaping for schools and frontline staff.**

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Key messages around vaping

Vapes are easy to use, tolerance and addiction builds fast. It opens up curiosity to illicit vaping - such as Tetrahydrocannabinol (THC) and so it is important to have discussions with young people on ways to quit.

Vaping is never recommended for children and carries risk of future harm and addiction. The health advice is clear: young people and those who have never smoked should not vape or be encouraged to vape.

The active ingredient in most vapes (apart from nicotine-free vapes) is nicotine which, when inhaled, is a highly addictive drug. The addictive nature of nicotine means that a user can become dependent on vapes, especially if they use them regularly. Creating a smokefree generation and tackling youth vaping consultation: government response (Department of Health and Social Care, 2024)

Social media plays a significant role in the rise of vaping among CYP in the UK. 50% of young people reported seeing vape promotion on social media platforms (ASH survey 2025) Concerns include exposure to promotion, products flavour and colour being targeted at young people and downplaying risks.

What is nicotine?

Nicotine is a stimulant found in tobacco and most vaping products, as well as some other products including medicines to help people stop smoking.

We are also aware that some social media influencers are promoting other nicotine containing products. Some young people are starting to use nicotine pouches (Snus), these carry similar risks with a much higher nicotine count to vaping or smoking and are widely available from retailers. There is no age limit on the sale of nicotine pouches or the regulation of the strength.



Nicotine addiction

Addiction and brain effects:

- highly addictive—can lead to long-term dependence
- possibly affects brain development in adolescents and young adults (see additional section on adolescent brain development)
- can impair attention, learning, mood, and impulse control

Cardiovascular risks:

- raises blood pressure and heart rate
- may contribute to hardening of the arteries, increasing the risk of heart attack and stroke



Respiratory and immune system:

- weakens the immune system
- can irritate the lungs and airways, especially when inhaled through vaping



Oral health:

- can cause gum irritation, sore mouth, and tooth damage
- long-term use of nicotine pouches or smokeless tobacco may lead to gum disease and tooth loss



Pregnancy and fertility:

- harmful to developing fetuses
- can lead to complications in pregnancy and affect fertility in both men and women



Withdrawal symptoms:

- when stopping nicotine, users may experience irritability, anxiety, trouble sleeping, and flu-like symptoms



The point we would like to emphasise is the comparison in nicotine between vaping and smoking because generally **vapes contain more nicotine than a single cigarette.**

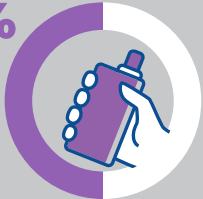
Insight and data

National

Action on Smoking and Health (ASH) published its national youth vaping survey in June 2023 with the findings covering prevalence, attitudes, source of supply and promotion.

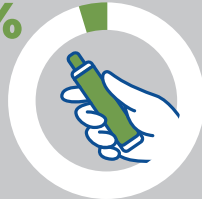
The survey highlighted the following:

50%



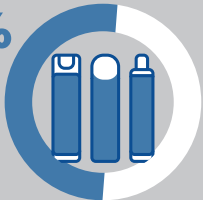
The proportion of children experimenting with vaping has grown 50% year on year to 11.6% in 2023

7.6%



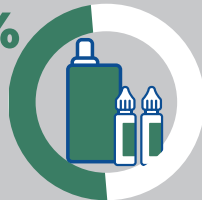
Current vaping among 11-17-year-olds is 7.6%

53%



53% of 11-17-year-olds were aware of vaping promotion in shops and nearly a third online via social media platforms including TikTok, Instagram and Snapchat

48%



Despite it being illegal to sell vapes to under 18s, the most common source of supply for underage vapers are shops (48%)

Local, Essex

Beyond the Ballot report amplifies the voices and ideas of young people across Essex gathered during a youth voice conference held in October 2024. Vaping was voiced as a concern by young people and a group, frustrated by their perception of being ignored, used the event to take a stand against the issue of under 16's accessing counterfeit vapes. Instead of calling for a blanket ban or criminalising their peers, they proposed the following practical solutions:

- restricting vape sales in off licenses, increasing fines for illegal sales, incentivising tip-offs, and educating younger children about the dangers
- they want their lived experiences to influence the change needed for young people to feel and be safe
- they urged adults to stop judging and start listening to them, recognising that their lived experiences offer valuable insights for effective solutions and reduce the long-term negative impact of risky behaviours
- it is worth noting that other students had a different view and wanted schools to be more proactive in banning vapes used in and around school premises

In addition to Beyond the Ballot, youth vaping continues to be highlighted by young people as a concern though Essex Council for Voluntary Youth Service (ECVYS) Violence and Vulnerability Unit (VVU) [listening project](#).

Youth vaping is of growing concern to both education settings and young people in Essex.

In 2023 Essex County Council undertook a youth vaping survey to understand more about the vaping behaviour of CYP in Essex. For any setting wishing to engage with young people, parents and carers the survey questions can be found below in the resource section.



We know that young people are also buying vapes online (Amazon and TikTok shop) and this could be a risk due to products not being regulated.

Essex youth vaping survey – highlights of key findings



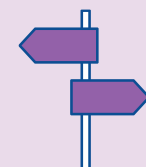
Vaping is not a 'hidden behaviour'

Young people, parents and schools are all aware of it and vapes are seen as fairly easy to get hold of. It is seen as becoming an increasingly popular behaviour in CYP.



Health implications of youth vaping is a concern

Far more so for parents and schools than CYP.



Curiosity and dealing with stress and anxiety are key drivers of youth vaping

In addition, the attractiveness of the vapes (such as flavours or colours), enjoyment and peer pressure can encourage CYP to start vaping.



Schools and parent are vital sources of information for CYP

Otherwise they turn to online sources. Yet parental knowledge and school teaching around vaping is felt to be limited. There is a need for education overall, with schools playing a key role.



Regulation, monitoring and enforcement are seen as key to address youth vaping

Parents call for stronger industry regulation, monitoring around youth vaping, enforcement and consequences for underage vapers and suppliers and stricter schools.

The law around vaping

As of 1 June 2025, it is illegal for businesses to sell or supply single use vapes also known as disposable vapes. This applies to all single use disposable vapes whether or not they contain nicotine. However, since the new legislation there have been reports that existing disposable vape stock may be being adapted to look like they are rechargeable and therefore saleable or have been stockpiled before the ban. It should be noted that any vapes that have been adapted to be chargeable could be dangerous and pose a fire risk.

In 2025, youth vaping data in the UK indicates a levelling from the rapid rise seen in previous years, particularly with disposable vapes. It is likely due to a combination of factors, including the impending ban on single use vapes (launched on 1 June 2025) and increased awareness of the potential harms of vaping. It seems likely that people using these products will move to re-usable versions rather than stop vaping completely.

[Rapid rise in vaping in Britain has stalled | UCL News - UCL – University College London](#)

Essex Trading Standards handles the enforcement of laws related to underage sales of age-restricted products like alcohol, tobacco, knives, and fireworks. They conduct test purchases and work with Essex police to ensure businesses comply with regulations. Businesses are expected to have systems in place to prevent underage sales, such as requiring proof of age and implementing policies like 'Challenge 25'.

Selling vapes to under 18's is illegal

If you are concerned and know of someone who is selling underage or selling illegal vapes or tobacco, you can report them anonymously by contacting Citizens Advice Consumer Service 0808 223 1133

www.tradingstandards.uk/media/3179067/how-to-report-guide.pdf



Danger of illegal vapes

(Young people often refer to these as 'laced vapes')

Many vape products being sold fail to meet UK safety standards or are illegal due to changes in the law. For example, some vapes contain six times the permitted amount of Nicotine. They fail to meet important labelling and information requirements such as not including health warnings around the dangers of nicotine and recommendations to keep them away from children. Some may be poorly produced and contain harmful chemicals or unknown ingredients. Worse still, some vapes contain illicit drugs (laced vapes).

In Essex a number of vapes that have been confiscated from young people have been found to contain Spice, THC and other illicit drugs.

If you find something that you believe to be an illegal substance (laced vapes), please contact 101 for advice on what to do.

There is an increased risk of child exploitation where offenders will target young people by giving vapes in exchange for criminal or sexual activity. Recent reports have shown vapes are increasingly being used by criminal drug gangs to target CYP, as young as 10 to 12 years old through county lines. The vapes are not always used for personal use but can be distributed to enable CYP to make a sale. If you have any concerns around a young person at risk of vaping and exploitation, contact crime stoppers anonymously on 0800 555 111.

In Essex a number of vapes that have been confiscated from young people have been found to contain Spice, THC and other illicit drugs.



Concerns around young people vaping

High addiction to nicotine and the effects of this on a developing brain and body. More education on nicotine is needed for young people to make an informed choice. Educational settings in Essex continue to report on the many challenges they face in relation to youth vaping and that for many of our CYP vaping and nicotine addiction is resulting in disruption to lessons and their education.

Some young people turn to vaping to cope with stress and anxiety. The nicotine in vapes is highly addictive and repeated use alters brain pathways related to reward, learning, attention span and self-control for CYP. The alteration in chemical receptors caused by the nicotine can result in heightened sensitivity or emotional dysregulation, making it even more difficult to break free from the nicotine dependency and for young people to quit which could increase isolation and exploitation risks. Nicotine addiction itself can have the opposite desired effect, exacerbating stress and anxiety. There is also a risk of creation of an automatic habit to self soothe with the hand to mouth action of vaping.

Key side effects of nicotine vaping for young people

Coughing, dry mouth (more from smoking THC) and throat, shortness of breath, headaches, mouth and throat irritation, sickness and dizziness from high levels of nicotine [Electronic Cigarettes for Smoking Cessation, Cochrane review, April 2021]

Burnt throat from overheated coils and cotton, liquid from vapes 'spitting' into the mouth

Aside from the immediate side effects, the long-term risks of vaping, if any, are not yet known.

Vaping and Adolescent Brain Development (ABD)

Whilst there is evidence related to the impact of vaping on the developing adolescent brain it should be noted that much of this evidence comes from academic studies in the US and many relate to animal studies for obvious ethical reasons.

Some caution should be employed when discussing the impact of vaping on the adolescent brain due to the complexity of the research and the challenges this may pose in discussion with adolescents.

What we can be confident of is the general impact of ABD on decision making in adolescence and the reality that young people are less likely to be consequential in their thinking, more easily influenced by their peers and therefore more likely to experiment with vaping products.



Vaping and marketing to children

Whilst the vaping industry denies that its products are marketed at children the use of sweet flavours and colourful packing have been raised as concerns by public health bodies in the UK and worldwide.

Use of these techniques may make vaping more appealing to children and subsequently mean that advertising is designed to encourage children to vape.

Some consideration and discussion with children related to this may be beneficial, specifically exploring if they feel that they are targeted from a marketing perspective and what that means.



Suggested conversation starters could include:

- do you feel that vapes are specifically targeted at children your age?
- if you do, what makes you feel like that?
- if you don't, why do you think they use the images, branding and colours that they do?
- why do you think vapes come in so many sweet flavours?
- are some brands seen as more attractive than others? What brands spring to mind when you think about vaping?
- where have you seen vapes being advertised? Social Media?
- how do you feel about advertising generally? Do you ever feel influenced to buy a certain product or do certain things?
- do you ever feel that you have been influenced to do something?
- if you vape, do you feel that advertising influenced you to do it?

What is in a vape?

Illicit substances in vapes

With many young people seeing vaping as a safe and trendy alternative to smoking, the availability of drug vapes is a new gateway into the world of illicit drugs. Many CYP might otherwise have been put off by traditional ways of taking illicit drugs, like smoking or snorting, or the risk of getting caught by being found in possession of strong-smelling drugs. Drug vapes are easier to conceal and seen as less damaging to their health. Many CYP will be more tempted to try a puff on a drug vape brought in by a peer than they might be to try cannabis (Joint).

The most prevalent drugs found in vapes are THC and Spice. However, we have seen evidence that some vapes may contain opioids and other harmful drugs.

THC is the main psychoactive component of cannabis. The effects of THC on CYP are potent and can lead to short-term side effects such as:

- loss of co-ordination
- distorted senses (sound, sight and touch)
- hallucinations and paranoia
- collapse

Dangers of synthetic cannabinoids (Spice)

Spice is a very addictive substance causing a range of negative health effects including:

- chest pain
- heart palpitations and increased anxiety
- paranoia
- vomiting
- acute kidney injury
- inability to move being left in a vulnerable state
- risk of overdose and death

Long-term effects from cannabis use include anxiety, depression, paranoia and an increased risk of developing psychotic illnesses such as schizophrenia and other mental health issues.

Spice is a catch-all slang term for a class of synthetic drugs that affect the same parts of the brain as cannabis. However, these synthetic drugs are far more potent and addictive. Prior to early 2024, we generally only encountered these drugs within prisons and indeed nearly half of all non-natural deaths in British prisons have been linked to Spice. We do hear many young people report that cannabis-based products are often replaced with spice as a cheaper alternative.

What is in a vape?

Many young people using vapes containing Spice will have bought them under the false impression they contain THC. However, to vape THC, specialist vapes are required. As a result, THC vapes tend to be branded disposable units or sealed refill cartridges for specialised devices. Spice, however, can be vaped in a regular vaping device. As a result, vape liquids containing Spice are much cheaper and easier to source.

A national study conducted by the University of Bath involved the analysis of vapes confiscated in schools across the country and found that 17.5% of the confiscated vapes contained Spice. Analysis of samples sent into a national drug testing service found that 41% of vapes submitted that were bought as cannabis actually contained Spice.

Schools across Essex have reported incidents involving students using illicit vapes. Essex Police have encountered vapes in schools containing THC and Spice, which have resulted in overdoses requiring hospital treatment. They have also noticed an emerging issue of 'Snus' products containing Spice. There is also concern that some schools return confiscated vapes. University partners have expressed the concerns that this could lead to a drug vape being handed back to a family, which could lead to an overdose. There is also the issue that if a school returned a vape that contained a controlled drug, they risk supplying a controlled drug.

If a young person has used illegal substances, first aid may be required and potentially the need to contact 999. Schools should refer to their first aid policy and keep this updated.

Any adverse effects of using vapes should be reported via the Medicines and Healthcare Regulatory Agency (MHRA) Yellow Card scheme.

[Yellow Card | Making medicines and medical devices safer](#)

Concerns from professionals

Professionals noticed the following concerns associated with vaping:

- children effectively concealing vapes at schools by regularly visiting the bathroom
- some parents/carers purchasing a vape on behalf of their child
- misinformation around vaping



How schools can respond to young people vaping

A whole school approach is the most effective way to build trust, respect and improve the health and wellbeing of all within the wider school community. This will also support with reducing vaping, smoking and drug use within the school premise.

Comments from an Essex secondary school who took part in the initial Essex Youth Vaping pilot programme



“Youth vaping and nicotine addiction has been disrupting children’s education in multiple ways. Pupils addicted to nicotine find it difficult to remain in lessons and to focus because they need their next nicotine fix, while others attempt to pay increased visits to the toilets during lesson time to vape. Toilets had become antisocial places, intimidating for younger pupils, due to those who used the facilities to vape. However, a combination of stricter toilet monitoring and the interventions from the youth vaping pilot programme have helped to significantly reduce the problem”

“Break the Vape intervention workshops appear to have had a positive effect on those who attended, with feedback from these pupils being positive about their experiences and their desire to stop vaping. Training for staff teaching about vaping has helped to empower them to handle the issue more confidently in the classroom, while training for key pastoral staff has enabled them to tackle difficult conversations with greater confidence”



**Extended Leadership Team: Personal Development,
The Sweyne Park School**

Safeguarding and managing behaviour according to vaping policy: Schools may need to tackle behaviour associated with vaping including the following:

- child bringing a vape on to school property
- child reported to vape within the wider community
- child selling vapes to others including peers
- child being exploited to sell vapes to peers
- child being given vape by a parent as a harm reduction measure, as it is safer than smoking

Any response to drug-related incidents needs to balance the needs of the individual pupils concerned with the wider school community. In deciding what action to take schools should follow their own disciplinary procedures. Exclusion should not be the automatic response to a drug incident and permanent exclusion should only be used in serious cases. More detail on excluding pupils can be found in the DfE Exclusion Guidance. Drug use can be a symptom of other problems and schools should be ready to involve or refer pupils to other services when needed. It is important that schools are aware of the relevant youth and family support services available in their local area. Sources of advice and local services should be listed in the school drug policy for reference. Some local authorities may also provide lists of sources of support for schools. The school should have established relationships with local agencies to understand what support is available. Children should not be excluded from school for vaping or smoking alone.

How schools can respond to young people vaping

The statutory guidance for health education sets out the following content on drugs, and supplements drug education as a statutory subject in maintained schools as part of the national curriculum for science in key stage 2 and key stage 3:

- **Primary** - the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
- **Secondary** - building on primary and in addition covers the associated legal and psychological risks of taking drugs.

Further information on this can be found on both the government and the PSHE association websites below:

www.gov.uk/government/publications/teacher-training-drugs-alcohol-and-tobacco

www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education

<https://pshe-association.org.uk>

In Essex we have an active Youth Vaping Community of Practice (CoP) which is open to all secondary educational settings and is coordinated by the Essex Healthy Schools team. (please see resources for schools' section in this document for more information)



How schools can respond to young people vaping

Review behaviour policies and practices associated with vaping. Adhering to the NICE guidance, develop a whole school vape-free and smoke-free policy in consultation with young people and staff which should align with any existing drugs policy to ensure there is consistency. The policy should consider including the following:

- state ‘vaping devices are prohibited within the school premises, as it applies to any form of tobacco products’
- incorporate vaping and smoking prevention activities led by young people and staff
- adapt vape-free and smoke-free policy to link to wider school ethos, values and motto
- apply the vape-free and smoke-free policy to everyone using the premises for any purpose, at any time.
- do not allow vaping and smoking in any areas of the grounds including outside the school grounds
- apply to school-related activities outside of the premises (i.e. school trips)
- build staff confidence by increasing their knowledge through training enabling them to undertake opportunistic conversations with young people about vaping.
- confiscation of prohibited items including all vape devices and cigarettes
- identify support for young people looking to discuss their vaping behaviour reduce, quit or understand how vaping is affecting them

- conversation with young person to establish where they purchased the vape and why they started using them
- working with other local agencies such as trading standards and promoting known sources of illicit tobacco and the underage sale of vapes and nicotine containing products
- consider how the physical environment promotes or detracts opportunities for young people to vape in schools
- review health and safety policies, particularly in scenarios where first aid may need to be administered
- restorative approaches – discussions, supports and consequences may include i.e. peer support from older pupils, parental meeting, family support.

It is advisable that schools support CYP to reduce vaping amongst pupils, in a similar way to other age-restricted products including tobacco, substance misuse and alcohol. This is only possible by prohibiting the products from being available on the school premises.

If a child or young person has brought a vape into school, the next step would entail confiscating and disposing of them safely. Vapes should not be disposed of in household waste and should be taken to an approved collector (larger vapes stores may operate collection points).

Communications

Suggested communications to whole school community

Selling vapes to under 18s is illegal

If you are concerned and know of someone who is selling underage or selling illegal vapes or tobacco, you can report them anonymously by contacting Citizens Advice Consumer Service 0808 223 1133

The Essex Vaping service

The Essex Vaping service is offering support to young people, living in Essex, who would like help quitting vaping or nicotine-based products. Young people aged 13 to 18 can access this support with one of our Vaping Practitioners. Support can be engaged with face to face in the community, virtually or over the phone.

To access the self-referral pathway for one-to-one quit support you can complete the referral form on [The Children's Society website](#) or contact the team on 01245 493 311

Suggested communications to parents/carers

Worried that your child might be vaping?

If you think your child might be vaping or you're worried they might start, it's important to understand what it is and what the risks are so you can talk to them about it. Most CYP do not vape or smoke on a regular basis, but they might try it. Keeping them informed about the risks, will help them to make healthy choices for themselves.

Parent Talk has some useful tips on how to have the conversation. [Advice for parents worried about a child or teenager vaping](#)

Smoke free Sheffield has a useful guide for parents and carers [Vaping: The Facts | Smokefree Sheffield](#)

Resources for education settings

Youth Vaping Community of Practice led by Essex Healthy Schools programme open to secondary educational settings. Termly online meetings provide an opportunity for schools to keep updated on approaches to tackling youth vaping, share good practice and discuss policy and available resources. For any Essex secondary education settings who would like more information on the CoP you may join by emailing healthyschools@barnardos.org.uk

Essex Youth Vaping pilot programme

The primary driver and rationale for service providers and Essex County Council to tackle youth vaping is to reduce nicotine use and address nicotine dependency amongst youth populations. A pilot programme is underway and open to secondary education settings.

For more information or to express an interest in being part of the pilot please email PublicHealth2@essex.gov.uk

Essex Youth Vaping Campaign

Essex Public Health are working with an external partner to develop a campaign to reduce the uptake of vapes and nicotine-based products among CYP in Essex. This campaign is in development and will be targeting parents and carers of children in Year 6 and 7.

For further information on this campaign please email PublicHealth2@essex.gov.uk

Action on Smoking and Health (ASH) – Guidance for schools:

ASH has developed guidance for schools to support staff in developing policies around vaping. For more information visit <https://ash.org.uk/uploads/ASH-guidance-for-school-vaping-policies.pdf>

Teaching resources

FRANK website – it is important for young people to know the facts about vaping, so they can make an informed choice. A national 24-hour helpline offering information and advice regarding drugs and substance misuse concerns.

Website: talktofrank.com
Call: 0300 123 6600

Personal Social Health and Economic Association (PSHE)

– shared a year 9-lesson plan on youth vaping, exploring consequences and challenges influencing a young person to vape.
<https://pshe-association.org.uk/>

Sheffield City Council resources on youth vaping – posters for school toilets, short animated film for PSHE lessons and teacher toolkit

<https://ash.org.uk/uploads/ASH-brief-for-local-authorities-on-youth-vaping.pdf>

Short video (2.45 min) on the facts about youth vaping aimed at young people

players.brightcove.net/4934638104001/default_default/index.html?videoId=6333618246112

NHS vaping factsheet

<https://express.adobe.com/page/9gEJbxGznKa/>

www.nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/

Resources for education settings

Essex services

Essex youth vaping pilot programme for secondary education settings launched in April 2025 offering a school-based approach to tackling youth vaping seeking to reduce nicotine use and address nicotine dependency among youth populations.

The offer includes:

- **Break the vape** – school-based education programme for young people in years 8, 9 or 10 offering 4 sessions delivered in school by The Children's Society
- **Break the vape quit pathway** – self referral support pathway offered to young people who would like help quitting vaping or nicotine-based products
- **Information for parents and carers** on potential drivers behind youth vaping, health impacts and how to have supportive conversations
- **PSHE** - training and support to enhance delivery of vaping education through PSHE
- **Behaviour change training** – exploring behavioural change techniques, adolescent brain development and nicotine addiction

This toolkit along with other resources including sample survey questions can be accessed on the Essex Safeguarding Children Board website.

<http://escb.co.uk/safeguarding-topics/youth-vaping>

PHSE and information for parents/carers

<https://essexfamilywellbeing.co.uk/services/school-age/stopping-smoking/>

Essex Young People's Drug and Alcohol Service – The Childrens Society EYPDAS Support services for anyone under the age of 25 years affected by drug or alcohol misuse.

www.childrenssociety.org.uk/information/young-people/east/EYPDAS

Essex Wellbeing Service - Essex Adult Smoking Cessation Service

Stop smoking services are free and available to everyone aged 12 years and over living or working in Essex

Call: 0300 303 9988

Mental Health support

Young Minds - there is a helpline available for advice, support and signposting for a child or young person under the age of 25. Call 0808 802 5544. Opening hours: Monday to Friday (9.30am to 4pm) For more information, visit youngminds.org.uk

Kooth is an anonymous, personalised free service offering support to those aged 11 to 25.

For more information, visit kooth.com

Resources for education settings

Support for primary schools

Whilst we know vaping is more prevalent among older children, we are aware that some primary schools in Essex are facing challenges with vapes and nicotine-based products. It is a good opportunity for preventative discussions with children in Primary before they start their secondary education when risk taking behaviours can increase.

Vaping Explained: Why are People Worried About Young People Vaping? | [Newsround](#)

PSHE Association is a membership organisation for schools offering a range of CPD training and teaching resources. Included is a lesson on tobacco, vaping and alcohol aimed at years 5 and 6.

Risk Avert Primary is a tailored programme for Year 6 pupils available free of charge to Essex, Southend and Thurrock schools. Whilst it does not tackle specific issues such as vaping it does teach coping skills and strategies to build pupils' ability to make independent decisions for themselves, boosting their self-esteem, emotional health and wellbeing and resilience in preparation for transition to secondary school.

Risk Avert is available free of charge to Essex Primary schools. For more information, please visit Risk-Avert Training and Support Programme for Schools - [Risk-Avert](#) or email Jasmine Tanner jasmine@thetrainingeffect.co.uk

Southend support and services

Healthy Learning Healthy Lives Southend

Built on the principles of the National Healthy Schools Programme, The Southend Healthy Learning Healthy Lives (HLHL) programme is an initiative designed to support schools in Southend-on-Sea to improve the health and wellbeing of pupils, staff and parents of the school community. For more information or to get involved, educational settings in Southend can visit

www.southendlearningnetwork.co.uk/Services/642

or contact the Public Health team at

healthylearning@southend.gov.uk

Open Road - Southend Young Person Drug and Alcohol Service

Support young people aged 12 to 17 years and the transitional age of 18 to 29, who are affected or experiencing issues with drugs and/or alcohol. Call them on 01702 431889. They can also be contacted via their website:

www.openroad.org.uk/southend-young-person-drug-and-alcohol-service

or by email at Southend.YPreferral@openroad.org.uk

Resources for education settings

Everyone Health – Delivering Stop Smoking Services in Southend

Provides support to quit smoking and vaping.

Our service is free for people aged 16 and above who live or work in Southend, or are registered with a Southend GP practice.

Tel: 0333 005 0095

Text: QUIT to 60777

Visit: southend.everyonehealth.co.uk

Referral form: <https://southend.everyonehealth.co.uk/self-referral>

ChatHealth - Children and Families Health

Young people living in Southend can access ChatHealth, which is a secure and confidential text messaging service for young people aged between 11 to 19 years. It allows young people living in Southend to easily and anonymously get in touch with a school nurse for advice and support.

Young people aged 11 to 19 can text 07520 649895 for advice regarding mental health, sexual health, bullying, drugs, alcohol, self-harm, relationships and smoking.

This information is issued by:
Public Health

Contact us:
PublicHealth2@essex.gov.uk

Public Health
Essex County Council
County Hall, Chelmsford, Essex CM1 1QH

www.essex.gov.uk



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