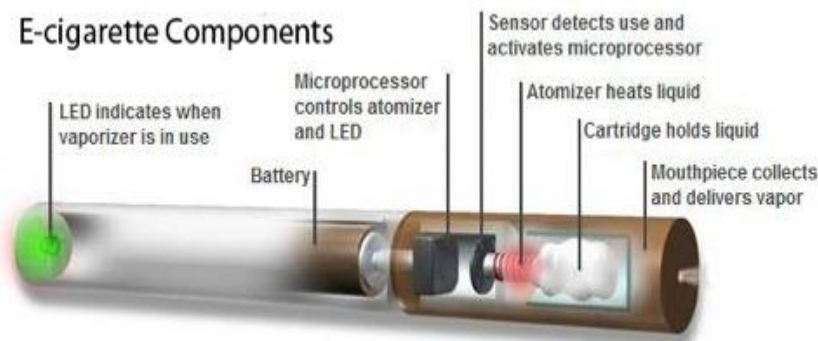


E CIGS AND SHISHA PIPES/PENS



I receive many enquiries from Schools/Colleges regarding E Cigs/Shisha pipes/pens. In particular the law and how to manage those students that might be bringing these types of items onto educational premises. I have drafted up this guide for staff to use as a reference in helping them plan and deliver educational lessons on these particular subjects, and to clarify situations they may find themselves in when dealing with students who have these in their possession/or using them on site.

Over the past year alone, the E-cigarette market has increased by 340%, and it is estimated to be worth £340 million in 2015.



An electronic cigarette (e cig or e-cigarette), personal vaporizer (PV) or electronic nicotine delivery system (ENDS) is a battery-powered vaporizer which simulates tobacco smoking by producing an aerosol commonly, although

incorrectly, called 'vapour' that resembles smoke. It does not contain 'tobacco' but does contain varying quantities of **NICOTINE**, and as such are a **potential source of addiction.**

What do e-cigarettes contain, and how do they work?

Most e-cigarettes contain a battery, an atomiser and a replaceable cartridge. The cartridge **contains nicotine** in a solution of either propylene glycol or glycerine and water, and sometimes also flavourings.

When you suck on the device, a sensor detects the air flow and starts a process to heat the liquid inside the cartridge, so it evaporates to form water vapour. Inhaling this vapour delivers a hit of nicotine straight to your lungs.



What is the legal age you can purchase E Cigs..?:

At present there is **no legal restriction** on people under the age of 18 buying products like e-cigarettes containing nicotine, which officials say represents a serious legal loophole at a time when e-cigarettes are becoming increasingly popular with teenagers.

That said – some retailers and outlets are taking a moral stand and not offering the E Cigs for sale to anyone under the age **of 18**. This is likely to change once E Cigs have become regulated (this is expected in early 2016) when it is anticipated the age will be set at 18 for legally purchasing E Cigs.

What action is the government taking regarding the use and sale of E Cigs..??

On 12th June 2013 the Medicines and Healthcare Products Regulatory Agency (MHRA) announced that it would regulate e-cigarettes and other nicotine containing products (NCPs) as medicines.

The decision followed a comprehensive consultation with a range of stakeholders, including many members of the medical and public health community, and in-depth analysis of available research and data. Following this process the government was led to the conclusion that, to ensure safety and efficacy for consumers, such products should be brought under the same stringent regulatory framework as is applied to medicines.

This decision is in line with regulation proposed within the European Commission's draft Tobacco Products Directive, which includes provisions for the regulation of NCPs. This legislation is expected to be adopted in 2014 and to **come into force in 2016**.

How should we deal with students found in possession or using E Cigs on School/College premises..??

- **Schools** would generally ensure that they have something specific in their policies listing E Cigs as a specific **banned item** and as such staff could lawfully seize these specific items if a student was found in possession of them or using them on site.
- **Colleges** who have students who smoke face further difficulties in banning these items particularly if they have allocated areas for students to smoke outside. Because E Cigs do not contain any 'tobacco' they do not apply to the terms laid out in the **nationwide 2007 smoking ban** in respect of use in public places. That said, there is still those that argue chemicals given off from smoking E Cigs are not totally safe and as such may pose a risk to other in the vicinity and it may be that Colleges and other educational establishments look towards Health and Safety Legislation to ban them from use within buildings and other communal areas. There is also the moral argument that allowing use of E Cigs is actively promoting and encouraging smoking.



SHISHA PENS/PIPES:

The main difference between this and an E Cig are that they generally contain no 'nicotine'. That said you can buy refills that do have 'nicotine' in them which really makes for a very confusing situation. Although some retailers set an age limit of 18 to purchase these items, this is quite clearly not enforced. Many outlets such as Garages, market stalls and others are quite happy to sell them to anyone regardless of age.

Are there any risks associated with using Shisha Pens/Pipes..??



Because there are literally hundreds of different types/flavours of the refills available for these pens the jury is still out as to whether the chemicals contained in them pose any health risk for the user or to others in the vicinity of the user from the passive smoke. If refill cartridges contain 'nicotine' then there is the addiction properties from this to consider for the user.

How do we deal with students in possession of these items or using them on site..??

- **Schools-** as with the E Cig these should be stipulated as 'banned items' within your own policies on the grounds (1) that they could pose a risk not only to the user but others from the passive smoke and the chemicals contained within. (2) Secondly there is a risk of these exploding when being charged and finally and probably the most important – (3) that smoking or in possession of these items would actively be promoting smoking within your school.
- **Colleges** – Could also focus on all three points above to argue the case for the banning of use of these in a public place or where other students may be at risk.

It is hoped that the legislation being looked at for E Cigs will also give further guidance by 2016 in respect of Shisha Pipes and possible risks associated with the use of them. As if there aren't enough headaches to consider regarding E Cigs and Shisha Pipes/Pens consider the potential attraction and use for students with a **E NJoint....!!!!**



It contains no THC, tobacco or nicotine, making it 100 per cent legal at the time of purchase.

Being produced and marketed in...– yes you guessed Amsterdam it will allow users the **option to refill it with liquids that do contain 'THC' or dry Cannabis** and as such would technically be an 'electronic

joint'... if the user does fill it with any substance that contains **THC** it will then be illegal to possess as this would be classed as a Class B Drug.

I hope this handout will be of use to you when planning any educational lessons with the students or if you are responsible for drafting up your policy and guidelines on these type of items.

Please do consider Drug Sense UK for in-house training to the following areas:

- **Student drug awareness insets** – (1 to 1hr 15min insets). Can be delivered to individual year groups or as part of specific planned events such as ‘**life skills week**’, **PSHE carousel events etc....**The session are also useful to Colleges wishing to reinforce your current student policies/agreements in respect of drugs misuse on site.



- **Staff training days** – Our drug awareness Level One Course is extremely popular as it covers everything you need to know as well as offering you the opportunity of getting hands on and familiarising yourselves with the vast array of drugs and associated paraphernalia out there. Great for all staff but in particular those with specific pastoral care responsibilities such as: **Boarding House Teams/Estates/Security/PSHE/Cleaning Staff/ Security/Safeguarding/Inclusion/Nursing And Medical staff/ Student Support..etc**



- **Parent Drug Awareness sessions** – Generally 1-2 hours and delivered on the back of a day spent with students/staff. Excellent sessions that provide a great platform for staff/parents to work from as well as ensuring parents are best placed to recognise the early signs and symptoms and as such work with Schools to resolve these problems.

If I can be of any further assistance please do not hesitate to contact me direct.

I look forward to hearing from you.

Kind Regards

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