Dear Parents/Carers,

Hampton College Primary School is working with the Healthy You, Healthy Schools Stop Smoking Service to reduce the uptake of smoking / vaping amongst young people.

As part of the prevention programme we recognise that pupils need to be aware of the risks at an earlier age to reinforce the importance of remaining smoke/vape free prior to moving onto the Secondary phase.

With that in mind the Healthy You, Healthy Schools Stop Smoking Team will be visiting our school on

Tuesday 25th November & Wednesday 26th November

The team will be delivering a workshop to the Year 6 pupils which will encourage a response to the following questions:

What do you know about cigarettes/ E cigarettes and vapes?

What is nicotine?

What is peer pressure / peer influence?

Why do young people choose to smoke or vape?

What are the risks of smoking or vaping?

What are the harms of smoking on the body?

What could you say to help someone give up smoking or vaping?

From the work carried out recently in some of the Secondary schools across Cambridgeshire and Peterborough, it has been reported by the young people themselves that they have started smoking/vaping as a result of their parents/carers, and they would give up if their parents/carers did the same.

To find out more about the support available to stop smoking and vaping then please contact:

HealthySchools@HealthyYou.org.uk

Many Thanks

The Healthy Schools Team