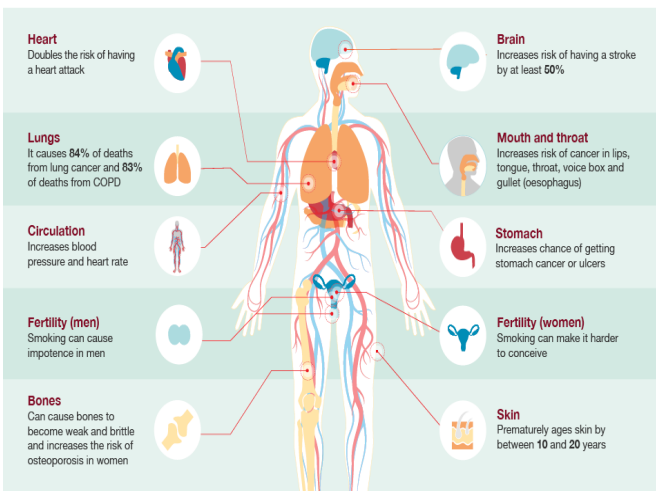


Did you know...

Most people start **smoking** and become addicted to nicotine when they are still children. Those whose **parents** or siblings **smoke** are around three times more likely to **smoke** than children living in non-**smoking** households. ... These **smokers** are at the greatest risk of developing **smoking** related diseases.

How smoking harms the body



Feeling pressured to smoke?

It can be really hard to stand up to [peer pressure](#) and say no to your friends. Being pressured to do something you don't want to do can make you feel [anxious](#) and [lonely](#). You could try to practise [being assertive](#), and if you're feeling bad about it a lot, you could think about [asking an adult for help](#).

You can also [talk to Childline](#) for support at any time. We'll always listen, we won't judge you, and we'll keep what you say confidential.

The things you'll notice if you smoke:

- your clothes, hair and skin will smell of smoke
- your fingers may get stained yellow
- your teeth will get stained and smoking can cause them to rot if they're not looked after
- your breath will smell
- your skin will be dry and may break out in spots – when you smoke it restricts your blood vessels, so nutrients don't get to your skin
- smoking can damage fertility (the ability to have children)
- you can start to cough a lot
- you'll become out of breath more easily

Do you want your children to smoke?

Children who start smoking at the youngest ages are more likely to smoke heavily and find it harder to give up. These smokers are at the greatest risk of developing smoking related diseases.

We Help Each Other Learn



Ramsden Hall Academy Support for parents SMOKING/VAPING



At Ramsden Hall Academy, we are committed to educating our students about the dangers of smoking and related difficulties

We hope you find this leaflet helpful.

Tel: 01277 624580



If you smoke on school site, the following will apply

ALL INCIDENTS ARE ENTERED onto the electronic recording programme **Sleuth** as **smoking**
Students parents notified
Students searched at the school discretion
Smoking support leaflet sent home



How to support some-one giving up smoking

1. Get their view. ...
 2. Give your teen the facts. ...
 3. Help them make a plan. ...
 4. Get rid of temptation. ...
 5. Get help from your GP. ...
 6. Help them stay active. ...
 7. Be their champion. ...
- Celebrate success.

Nicotine chewing gum, patches & sprays

These can reduce your craving for the nicotine in cigarettes and help you stop smoking. This means you aren't breathing in tar and smoke. But because they contain nicotine, it's really important to gradually reduce how much you have until you don't crave it any more. Asking your pharmacist for advice might be a good idea.

Ramsden Hall Academy ©

Further Information /Links

Call the NHS helpline on 0300 123 1044 or visit: www.nhs.uk/smokefree

<http://ash.org.uk/stopping-smoking/stopping-smoking-ashes-top-tips/>

<http://www.quit.org.uk/youth-services/>

<http://www.quit.org.uk/stop-smoking-products/>

<https://ash.org.uk/media-and-news/press-releases-media-and-news/health-secretary-it-is-abundantly-clear-that-smoking-makes-the-impact-of-a-coronavirus-worse/>

<https://ash.org.uk/wp-content/uploads/2019/06/ASH-Factsheet-Youth-E-cigarette-Use-2019.pdf>

<https://www.gov.uk/government/publications/vaping-in-england-an-evidence-update-february-2019/vaping-in-england-evidence-update-summary->



Find out how quickly you'll notice the benefits of stopping. For example:

- After 48 hours there is no nicotine in the body. Your ability to taste and smell is improved
- After 3-9 months, coughs, wheezing and breathing problems improve as lung function increases by up to 10%
- After 10 years your risk of lung cancer falls to half that of a smoker

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