

Wednesday
22 May, 2024

6-7pm



ST PATRICK'S
Technical College

Life Ed.
Every child deserves to thrive

E-cigarettes & Vaping

PARENT SESSION

with Life Ed SA

Please join us for a one-hour parent presentation on Vaping with **Life Ed SA**.

The session will provide an understanding about e-cigarettes (vapes) and equip parents with the tools to encourage a conversation with their teen.

This session is an open invitation to families and friends outside of the College community interested in this topic.

E-cigarettes, vapes, stigs, pods... they go by many names and they pose a health risk to our young people.

Young people tend to see vaping as a "normalised" behaviour. It is not a safe activity and is potentially dangerous.

As parents and carers, it is important to have an understanding about vaping, the impacts, and to talk about vaping with young people. By being available to have these conversations, we build connections and trust, and empower them to make healthier and safer choices in the future.

The vaping parent session will include:

- What's in a vape?
- What do vapes look like and where are young people getting them from?

- How vaping is marketed to young people
- The most up-to-date legislation/law
- The impact vaping has on the body
- How to recognise the signs of addiction and where to get help
- Opportunities to ask questions.

FREE EVENT

BOOKINGS ESSENTIAL

Click here to book online:

<https://forms.office.com/r/VcncrWcbdsZ>

ST PATRICK'S TECHNICAL COLLEGE
2-6 Hooke Road, Edinburgh North