

Vape and Smoke Free School Guidance

Through the adoption of a vape and smoke free school guidance, Leith Primary is committed to providing a healthy and safe studying and working environment for students and school staff on its premises and contributing to raising a vaping and tobacco product free generation. This guidance is based on best available evidence which is summarised on Appendix 1 and follows a World Health Organisation framework.

Objectives

School staff are dedicated to creating a vape and smoke free school environment and aim to:

- protect the health and wellbeing of our students, and school staff by banning the use of vape and tobacco products
- encourage vaping and tobacco users to quit and offer appropriate support
- de-normalise vaping and tobacco use, thereby contributing to raising a vaping and tobacco product free generation

Definitions

Tobacco products: this guidance refers to tobacco products including those that are traditionally smoked, snuffed, and ingested as well as other oral forms of tobacco.

Vaping products (or e-cigarettes): are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine (though not always), flavourings, and other chemicals. While these devices might be a useful quitting aid for people who smoke, Public Health Scotland advises that e-cigarettes are not suitable products for children or non-smokers.

Who does the guidance apply to?

The ban on using vape and tobacco products applies to everyone present on the school premises: pupils, school staff, parents while visiting and all other visitors, regardless of the purpose of their visit and at all times.

What areas are covered by the guidance?

The vaping and tobacco product free school guidance applies to all Leith Primary School facilities, properties, and vehicles, regardless of location.

Vaping and tobacco use is prohibited in any indoor areas, including, but not limited to, offices, classrooms, meeting rooms, service rooms, bathrooms, hallways, staircases, and sports and leisure venues. The use of vaping and tobacco products is banned in all outdoor Leith Primary properties, including, but not limited to, playgrounds, nursery, nursery garden, paths and sports and leisure areas.

This guidance also applies to all school events organised outside the school property. Leith Primary discourages the use of vaping and tobacco products outside the school gate or in immediate proximity to school properties.

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Curriculum

Schools should use Curriculum for Excellence experiences and outcomes for planning learning in this area of the curriculum. CEC Progression Pathways/ PSE Toolkit can support this work and have been updated with new information and resources to support teaching about vaping. As always, learner voice should shape the learning to ensure it is appropriate for the context of the school.

Implementation

All staff are expected, and supported, to contribute to the implementation of this guidance. As such school buildings and grounds should be monitored throughout the day.

If a student is seen smoking or vaping, staff should either challenge them and / or report through the school's usual processes, e.g. Wellbeing Concern, Seemis referral, etc.

Appropriate responses / reasonable measures will be applied to students including:

- Discussing the issue
- Confiscating the item
- Contacting home
- Restorative approaches – discussions, supports and consequences may include i.e. peer support from older pupils, parental meeting, family support, sign posting e.g. [Quit Your Way Scotland | NHS inform](#), [Vaping addiction soon takes hold | NHS inform](#), Vaping Fact Sheet (Appendix 2), not being allowed to use toilets during class time, only able to use specific toilets, school counsellor, referral to school nurse etc.

If anyone is caught supplying tobacco & vapes to other pupils, the school will report this to the Headteacher.

Cessation support

Leith Primary is committed to supporting all vaping and tobacco users who want to quit. Please contact School Nurses who will provide advice and information to support a successful quit attempt. Otherwise, anyone who is willing to quit smoking or vaping can directly contact the national Quit Your Way Scotland service by phoning 0800 84 84 84 or [chatting online with an adviser](#). Alternatively, local GPs can also provide support. There is advice available for how parents can talk to their child about vaping from [Parent Club](#). Additional advice can be found at [Vaping addiction soon takes hold | NHS inform](#) and at [Fast Forward -](#)

Monitoring and evaluation

Leith Primary will monitor and evaluate the effectiveness of the guidance through:

- monitoring smoking and vaping hotspots across school premises on a regular basis
- addressing all reported notifications on guidance violations

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This guidance shall come into effect on

23 February 2026

Next review is planned for

February 2027

Signature of Head Teacher:

Ms Fiona Craig

Appendix 1:

Background and evidence base

This guidance uses the World Health Organisation Tobacco Free Schools Framework. According to their report, tobacco claims over 8 million lives annually; a staggering 1.3 million of these deaths are non-smokers succumbing to illnesses attributed to second-hand smoke, and 51 000 of these victims are children. The main concern of tobacco use and exposure to second-hand smoke in youth is the harmful effects of nicotine on adolescents' brain development.

In addition, children are more vulnerable to different forms of marketing and peer pressure and are easily influenced by their role models. This situation emphasises the need for more effective and comprehensive measures to prevent children and young people from starting tobacco and nicotine use.

As children spend one third of their waking hours at school, it is imperative to offer them clean air and protect their information environment from the misleading and manipulative tactics of the tobacco industry.

This guidance and actions are in line with the Scottish Tobacco Free 2034 Generation target, as well as recent national measures to further protect children and young people from the unknown risks associated with the unlicensed use of vapes.

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Appendix 2

Vaping Fact Sheet (NHS Inform) [Vaping addiction soon takes hold | NHS inform](#)

Vapes are not for children or non-smokers. In Scotland, it's illegal to sell vapes or e-cigarettes to anyone under 18, or to buy them for someone who's under 18.

There has been an increase in young people saying they've used a vape at least once in their lifetime.

Research on smoking has shown that nicotine is highly addictive. Someone who uses vapes may become addicted to nicotine and find it difficult to stop using it. The nicotine contained in many vapes is highly addictive. It can stop young people from concentrating on the activities they enjoy.

You can become addicted to nicotine within days of starting to use it, even if you only vape occasionally.

Effects of nicotine

Most of what is known about the effects of nicotine comes from research into smoking.

Nicotine addiction

Research on smoking has shown that nicotine addiction can affect your mental health. It can make you tired, stressed and anxious. It can also affect your concentration and impact your ability to learn and study.

Nicotine addiction can lead to long-lasting changes in cognition (thinking), attention and memory. It can also lead to mood disorders like depression and anxiety.

While the long term health effects are still being researched, organisations like [Cancer Research UK](#), the [British Heart Foundation](#), the [Royal College of Paediatrics and Child Health](#) and the [Royal College of Physicians](#) all believe it's unsafe for children and young people to vape. Vapes are not for children.

Nicotine withdrawal

When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal.

Nicotine withdrawal symptoms include:

- irritability
- restlessness
- feeling [anxious](#) or [depressed](#)
- [trouble sleeping](#)

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- problems concentrating
- craving nicotine
- headaches

Please remember you can always speak to a supportive adult at home, in the community or in school, for example your teacher, Pupil Support Lead or School Nurse.

'This is a no smoking/vaping school' signs should be placed at all entrances to Leith Primary School buildings and grounds as appropriate to indicate that this is a tobacco and vape free area, and on all school vehicles.

[Information and facts about vaping | Parent Club](#)

Leith Primary School and Nursery

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