

VAPES sold to children

Health fears as illegal super-strength vapes being sold to children

Children are buying super-strength vapes with more than twice the legal level of nicotine, according to industry figures leaked to the Daily Mail. The figures show that more than 53,000 of the 'Geek Bar' branded vapes are being sold every week in shops in the UK, up from around 2000 in May, and thousands more online, despite it being illegal to sell vapes to under-18s in the UK.

Most of the concern is with the super-strong Geek Bar Pro products, which cost between £5 and £7. Many of the Geek Bar Pro products have a nicotine level of 5%, more than double the UK legal limit. Young users of the Geek Bar Pro vapes have reported lengthy nosebleeds, coughing up blood, headaches, chest pains, and dizzy spells.

The vapes are being promoted and discussed on social media. One Geek Bar Pro seller posted a video to its 18,000 TikTok followers boasting of its 'discreet packaging' showing the vapes being hidden in Kinder Surprise egg boxes. Teenagers and even younger children have posted about the vapes, which come in flavours including fruit, bubble gum, and ice cream. The hashtag #geekbar has had 46 million views on TikTok including videos praising 'yummy flavours' and jokes about being 'addicted'.

It is not clear how Geek Bar Pro vapes are being exported to the UK. They are not listed on the Medicines and Healthcare products Regulatory Agency Register, with retailers only allowed to sell notified or approved products. Deborah Arnott, chief executive of ASH, said: 'Action is needed now to get these products off shop shelves and to hit those who sell them hard with the full penalties allowed by law.'

Source: Daily Mail, 6 September 2021



Free Recycling and Waste in North East Lincolnshire (NEL) Presentation and Other Resources

More and more people are recycling because they have realised that it helps the planet by reducing how many new materials have to be extracted from our planet and by reducing how much rubbish ends up harming our planet as landfill and litter.

We would like everyone to be involved in increasing their recycling, and learning about recycling can start from a young age. We, in the Environmental Education team at the Council, can deliver a presentation about recycling and waste in NEL and why we should look after our planet.

If your school is working towards becoming an Eco-School or you are planning an environmental topic, our presentation could complement your lessons/assemblies. If you are interested or have any questions about recycling and waste in NEL, please contact us at: Jenny.Scantlebury@nelincs.gov.uk.

<https://www.nelincs.gov.uk/bins-and-recycling/recycling-education/>

Sexting is when people share a sexual message and/or a naked or semi-naked image, video or text message with another person. It's also known as nude image sharing. Children and young people may consent to sending a nude image of themselves. They can also be forced or coerced into sharing images by their peers or adults online. If a child or young person originally shares the image consensually, they have no control over how other people might use it.

If the image is shared around peer groups it may lead to bullying and isolation. Perpetrators of abuse may circulate a nude image more widely and use this to blackmail a child and/or groom them for further sexual abuse. It's a criminal offence to create or share explicit images of a child, even if the person doing it is a child. If sexting is reported to the police, they will make a record but may decide not take any formal action against a young person.

[Sexting: advice for professionals | NSPCC Learning](#)

Human Papilloma Virus & Oral Health

HPV is the name of a **very common group of viruses**. They do not cause any problems in most people, but some types can cause genital warts or cancer. HPV affects the skin. There are more than 100 different types.

To download a presentation on HPV please click the link below:

<https://www.together4all.co.uk/media/lhfnxuzv/human-papilloma-virus.pptx>

- 1 person every 3 HOURS is lost to Mouth cancer
- Over 8300 new cases in the UK each year
- Each year 2700 + lives are lost to Mouth Cancer
- Worldwide Mouth Cancer affects 650,000 per year
- Mouth Cancer is TWICE as common in men as women, though an increasing number of women are being diagnosed with the disease.
- 78% of cases occur in the Over 55 age group
- Incidence has risen by 49% over the past 10 years
- 5 year SURVIVAL rate has hardly improved in last few decades due to late detection
- 25% of mouth cancer cases have no associated significant risk factors.
- More people in the UK die each year of mouth cancer than of cervical and testicular cancer combined
- Mouth cancer causes more deaths in the UK each year than road traffic accidents



The 2 minute do it yourself self-examination that could save your life!

Examine yourself once a month using our 2 minute self check guide below! All you need is a **mirror**, a good **light source** and **clean fingers**!

01 Face
Look at the whole face - are there any swellings you haven't noticed before? **Inspect your skin** - has anything changed recently? Have moles become larger or started to itch or bleed. **Turn your head from side to side** - this stretches the skin over the muscles making lumps easier to see.

02 Neck
Run your fingers under your jaw and feel along the large muscle either side of neck using the balls of your fingers. Are there any swellings? Does everything feel the same on both sides?

03 Lips
Use your index, middle finger and thumb to feel the inside of your mouth. Pull your upper lip upwards and bottom lip downwards. Look inside for any sores or changes in colour.

04 Gums
Use your thumb and forefinger. Examine your gums feeling around the gum for anything unusual.

05 Cheeks
Open your mouth and pull your cheeks away, one side at a time, with your finger. Look for any red or white patches. Does everything feel the same on both sides? Use your finger in the cheek to check for ulcers, lumps or tenderness. Repeat on the other side. Your tongue can be helpful to locate sore areas, ulcers or rough patches.

06 Tongue
Gently pull out your tongue and look at one side first and then the other. Look for any swelling, ulcers or change in colour. Examine the underside of your tongue by lifting the tip of your tongue to the roof of your mouth.

07 Floor and Roof of Mouth
Tilt back your head and open your mouth wide to inspect the roof of your mouth. Look to see if there are changes in colour or ulcers. Check for changes in texture with your finger. Lift your tongue up and look underneath at the floor of your mouth. Look for any colour changes that are unusual. Gently press your finger along the floor of your mouth and under your tongue. Feel for any lumps, swellings or ulcers.

Key dates



Dry January

January 1 - February 1 2022

Dry January is the annual movement through which millions of people give up alcohol for the month of January. It is run by the charity Alcohol Change UK.

[More info](#)



Time to Talk day

6 February 2022

Mental health problems affect one in four of us, yet too many people are made to feel isolated, ashamed and worthless because of this. Time to Talk Day encourages everyone to be more open about mental health – to talk, to listen, to change lives.

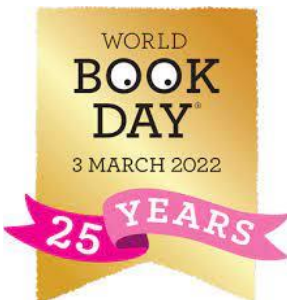
[Time to talk day | Healthwatch](#)



World Health Day

7 April 2022

Held on the 7th April each year, is the term for an annual day dedicated to promoting the benefits of good health and wellbeing worldwide. Resources can be found at: [World Health Day 2022 - Event Info and Resources \(twinkl.co.uk\)](#)



World Book Day

3 March 2022

[World Book Day | World Book Day is a registered charity. Our mission is to give every child and young person a book of their own.](#)



Training Dates

January 2022

PHSE Coordinators Meeting: ask the local experts Q&A session - Primary

Online Microsoft Teams
15:30-16:30
Thursday, 13 January 2022

Developing RSE & HE - An introduction to best practice

Online Microsoft Teams

Monday, 17th January 2022. 15:30 – 16:45
Wednesday, 26th January 2022. 09:00 – 10:15

PSHE Coordinators Meeting: ask the local experts Q&A Session - Secondary

Online Microsoft Teams
15:30-16:30
Thursday, 20 January 2022

RSE Policy Development

Online Microsoft Teams
15:30 – 16:30
Monday, 31st January 2022.

February 2022

How to tackle Difficult questions in Primary

Online Microsoft Teams
12:00 – 13:00
Monday, 7th February 2022.

How to tackle difficult questions in Secondary

Online Microsoft Teams
15:30 – 16:30
Thursday 10th February 2022.

Assessment in RSE

Online Microsoft Teams
15:30 – 16:30
Wednesday, 23rd February 2022.

[How to teach Body Image within the classroom](#)

Online Microsoft Teams
15:30 – 16:30
Thursday, 24th February 2022.

March 2022

[Pornography in RSE](#)

Online Microsoft Teams
15:30 – 16:30
Wednesday, 2nd March 2022.

[PHSE Coordinators Meeting: ask the local experts Q&A session - Primary](#)

Online Microsoft Teams
15:30-16:30
Thursday, 17 March 2022

[PSHE Coordinators Meeting: ask the local experts Q&A Session - Secondary](#)

Online Microsoft Teams
15:30-16:30
Thursday, 24 March 2022

May 2022

[PHSE Coordinators Meeting: ask the local experts Q&A session - Primary](#)

Online Microsoft Teams
15:30-16:30
Thursday, 12 May 2022

[PSHE Coordinators Meeting: ask the local experts Q&A Session - Secondary](#)

Online Microsoft Teams
15:30-16:30
Thursday, 19 May 2022

The North East Lincolnshire Safeguarding Children Partnership (NELSCP)

E-learning courses are currently free of charge to all people working with or providing services to children, families and vulnerable adults. Licences are limited so please ensure you only select and complete one course at a time. Although courses are free to access, they must be completed within 21 days, otherwise a £50 non-completion charge per person per course will be applied.

You should allow between 7-8 hours in total to complete some of the courses. You can save the training you have completed and return to it at another time too. There is a short test at the end of the course, which you need to pass to complete the training.

Choose from the following:

- Safeguarding Children Level 1 (Basics – Foundation Training) – suitable for volunteers
- Safeguarding Everyone Level 1 (Basics – Foundation Training) – suitable for volunteers
- Safeguarding Children Level 3* (aligns to our SCP Level 1 Introduction to Safeguarding Children Training)
- Safeguarding Children Level 3 Refresher
- Safeguarding Everyone Level 3*
- Safeguarding Everyone Level 3 Refresher
- FGM and Abuse Linked to Faith or Belief (Includes honour based violence, forced marriage and belief in spirit possession)
- Awareness of Domestic Violence and Abuse
- Awareness of Forced Marriages
- Modern Slavery and Trafficking
- Toxic Trio (Parental Mental Health, Domestic Abuse and Substance Misuse)
- Working with Children with Learning Difficulties and Disabilities
- Safer Recruitment
- Keeping Them Safe – Protecting Children from Child Sexual Exploitation
- Gang Related Issues and County Lines
- E-Safety
- Supporting Teenagers and Young People (Covers risk of teenage pregnancy, teenage relationship abuse, use of substances etc)
- Self-Harm
- Child Poverty

Please visit the following link for details on how to register:

[SaferNEL | Children's workforce development - SaferNEL](#)