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Fêpio a phobl ifanc: Mynd i'r afael â'r broblem fawr nesaf

Vaping and young people: Tackling the next big problem

Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

Rebecca Lewis,

Prif Ymarferwr Iechyd Cyhoeddus / Principal Public Health Practitioner

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Don't Smoke?
Why would you vape?

Developing the guidance



**Canllawiau Iechyd y
Cyhoedd ar Anweddu/
E-sigarêts ar gyfer
Ysgolion a Cholegau
yng Ngwent**



DECHRAU

Mawrth 2023



**Public Health Guidance
on Vaping/E-cigarettes
for Schools and Colleges
in Gwent**



START

March 2023


Don't Smoke?
Why would you vape?





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Datblygu'r arweiniad a'r rhestr adnoddau



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Developing the guidance and resource list

	Pam fod yna bryder am anweddau a phobl ifanc?	Camau gweithredu i Ysgolion a Cholegau	Cyngor ar gyfer Rhieni	Diogelwch	E-sigarêts a'r gyfraith	Rhagor o Wybodaeth	Cysylltiadau defnyddiol	Cyfeiriadau
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Camau gweithredu i Ysgolion a Cholegau

Yn seiliedig ar y dystiolaeth gyfredol a Chanllawiau NICE (2023), mae Bwrdd Iechyd Prifysgol Aneurin Bevan yn cyngori ysgolion i gymryd y camau canlynol:

1. Sicrhau bod disgyblion, staff (gan gynnwys staff asiantaethau), ymwelwyr a chontractwyr yn ymwybodol o'r newidiadau yn y gyfraith ynghylch ysmygu mewn mannau cyhoeddus. Daeth Deddf Iechyd y Cyhoedd (Cymru) 2017 a Rheoliadau Mangroedd a Cherbydau Di-fwg (Cymru) 2020 i rym ar 1 Mawrth 2021. Mae'r ddeddfwriaeth hon yn golygu ei bod yn ofynnol i diroedd ysbytai, tiroedd ysgolion a meysydd chwarae cyhoeddus, yn ogystal â lleoliadau gofal dydd awyr agored a gwarchod plant, fod yn ddi-fwg. Mae ysmygu yn y lleoliadau hyn yn erbyn y gyfraith.
 
2. Dylai polisïau di-fwg ysgolion wahardd yn glir y defnydd o anweddau yn ogystal â sigarêts, ar safleoedd ysgol ac wrth deithio i'r ysgol ac oddi yno. Dylai hyn fod yn berthnasol i ddisgyblion, staff (gan gynnwys staff asiantaethau), ymwelwyr a chontractwyr.
 
3. Dylai disgyblion a staff sy'n dymuno rhoi'r gorau i ysmygu gael eu cyfeirio at wasanaethau rhoi'r gorau i ysmygu'r GIG, Helpa Fi i Stopio trwy <http://bit.ly/HMQ-Gwent>
Ffôn: 0800 085 2219
E-bost: helpafistopio@wales.nhs.uk
Neges destun: 80818.
 

4. Fel rhan o'r dull ysgol gyfan at iechyd a lles, dylai disgyblion gael eu haddysgu am anweddau fel rhan o addysg camddefnyddio sylweddau. Darparwyd rhestr o adnoddau defnyddiol i gefnogi hyn.
 






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ARGRAFFU'R DUDALEN

	Why is there concern about vaping and young people?	Actions for Schools and Colleges	Advice for Parents	Safety	E-cigarettes and the law	Further Information	Useful contacts	References
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Actions for Schools and Colleges

Based on the current evidence and NICE Guidance (2023), Aneurin Bevan University Health Board advises schools to take the following action:

1. Ensure pupils, staff (including agency), visitors and contractors are aware of the changes in the law regarding smoking in public places. The Public Health (Wales) Act 2017 and the Smoke-free Premises and Vehicles (Wales) Regulations 2020, came into force on 1 March 2021. This legislation means that hospital grounds, school grounds and public playgrounds, as well as outdoor day care and child-minding settings, are required to be smoke-free. It is against the law to smoke in these settings.
 
2. School smoke-free policies should clearly prohibit the use of vapes as well as cigarettes, on school sites and travel to and from school. This should apply to pupils, staff (including agency), visitors and contractors.
 
3. Pupils and staff who wish to quit smoking should be signposted to NHS stop smoking services, Help Me Quit via <http://bit.ly/HMQ-Gwent>
Telephone: 0800 085 2219
Email: helpmequit@wales.nhs.uk
Text: HMQ to 80818.
 

4. As part of the whole school approach to health and wellbeing pupils should be educated about vaping as part of substance misuse education. A list of useful resources to support this has been provided.
 

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Adnoddau Anweddu, Tybaco, Alcohol a Sylweddau
Eraill ar gyfer Ysgolion a Cholegau yng Ngwent



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Anweddu



Tybaco



Alcohol a
sylweddau eraill



Dolenni Lleol



Canllawiau a
chyhoeiddiadau
cenedlaethol

Sefydliad	Dolen	Gwybodaeth Ychwanegol	Iaith	Cost
Anweddu				
ASH England	https://ash.org.uk/media-and-news/press-releases-media-and-news/fears-of-growth-in-children-vaping-disposables-backed-up-by-new-national-survey/	Dros yr ychydig flynyddoedd diwethaf bu pryder cynyddol am boblogrwydd cynyddol anweddu untro gyda phobl ifanc. Mae ffigurau arolwg cenedlaethol yn dangos maint y problem.	Saesneg	Dim cost
ASH England	Use of e-cigarettes among young people in Great Britain, 2022 - Action on Smoking and Health (ash.org.uk)	Taflen ffeithiau yn archwilio'r defnydd o e-sigarêts (anweddu) ymhlith pobl ifanc ym Mhrydain Fawr.	Saesneg	Dim cost
ASH Cymru Gweithredu ar Ysmygu ac Iechyd	Adnoddau Dim Esgus. Byth - Gweithredu ar Ysmygu ac Iechyd (ash.wales)	Casgliad o daflenni ffeithiau gan gynnwys gwybodaeth am dybaco anghyfreithlon, yn ogystal â gwybodaeth am ysmygu sigarêts a rholiau, canabis, anweddu ac e-sigarêts, shisha, ysmygu yn y cartref, ac ysmygu tra'n feichiog.	Dwyieithog	Dim cost
Iechyd Cyhoeddus Cymru	Canfyddiadau ysgolion cynradd o E-Cigs ICC.pdf (wales.nhs.uk)	A yw'r cyfan yn fwg heb dân? Canfyddiadau Plant Ysgolion Cynradd Cymru o Sigarêts Electronig (2018)	Dwyieithog	Dim cost
		Mae briff e-sigarêts Iechyd Cyhoeddus Cymru ar gyfer pob ysgol yng Nghymru yn cael ei ddiweddarau ar hyn o bryd.	Dwyieithog	Dim cost

Vaping, Tobacco, Alcohol and Other Substances
Resources for Schools and Colleges in Gwent



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Vaping



Tobacco



Alcohol and
other substances



Local Links



National
guidance and
publications

Organisation	Link	Additional Information	Language	Cost
Vaping				
ASH England	https://ash.org.uk/media-and-news/press-releases-media-and-news/fears-of-growth-in-children-vaping-disposables-backed-up-by-new-national-survey/	Over the last few years there has been growing concern about the increasing popularity of disposable vapes with young people. National survey figures show the scale of the issue.	English	No cost
ASH England	Use of e-cigarettes among young people in Great Britain, 2022 - Action on Smoking and Health (ash.org.uk)	Fact sheet examining the use of e-cigarettes (vapes) among young people in Great Britain.	English	No cost
ASH Wales Action on Smoking and Health	No Ifs. No Butts Resources - Action on Smoking and Health (ash.wales)	A collection of factsheets including information on illegal tobacco, as well as information on smoking cigarettes and rollies, cannabis, vaping and e-cigarettes, shisha, smoking in the home, and smoking while pregnant.	Bilingual	No cost
Public Health Wales	PHW Primary school perceptions of E-Cigs.pdf (wales.nhs.uk)	Is it all smoke without fire? Welsh Primary School Children's Perceptions of Electronic Cigarettes (2018)	Bilingual	No cost
		Public Health Wales e-cigarette briefing for all schools in Wales is currently being updated.	Bilingual	No cost



Don't Smoke?
Why would you vape?

Dosbarthu'r arweiniad

Distributing the guidance





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Ymgyrch cyfathrebu

Communications campaign



Don't Smoke?
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GIG
Yng Nghes
NHS
Wales

Swyddfa Cyhoeddus
Prifysgol Betsi
Cadwaladr
Amgylchedd
a Chymunedau



GWENT
1000000

1 o bob 5

Pobl ifanc yng Ngwent sydd
wedi dweud eu bod wedi
defnyddio e-sigaréts

[darganfod mwy](#)



1 in 5

Young people in Gwent
reported to have
tried vaping

[Find out what we are
doing about it](#)



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Nid yw e-sigarêts yn ddi-risg

Maent yn cynnwys **nicotin** a
chemegau eraill

Gallant fod yr un mor **gaethiwus**,
os nad yn fwy felly, na sigarêts

(CUDU Data)



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Vapes are not risk free

They contain **nicotine** and
other chemicals. They can be
just as **addictive**, if not more
so, than cigarettes.

(SHAN Data)



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Diolch yn fawr

