

# A PUFF TODAY, A PROBLEM TOMORROW

STUDENTS & PARENT GUIDE ON THE  
HIDDEN DANGERS OF VAPING

As part of our commitment to student health and wellbeing, The Indian Academy, Dubai is raising awareness about the increasing concerns related to vaping among teenagers. While e-cigarettes are often marketed as a safer alternative to smoking, the reality is far more dangerous and misunderstood.

## IS VAPING A SAFE OPTION?

Vaping is often disguised behind sweet flavors and trendy packaging—but underneath lies a growing concern that affects our youth, their health, and our collective well-being as a school community.

Vaping is the inhaling of an aerosol (commonly called "vapor") produced by e-cigarettes or similar devices. Many of these products contain nicotine, chemicals, and flavoring agents that can damage young lungs, impact brain development, and lead to long-term addiction. Despite the name, vaping doesn't make water vapor. It actually creates **an aerosol** (or mist) that contains small particles of nicotine, metal and other harmful substances.



## HOW TO IDENTIFY IF A STUDENT IS VAPING ?????

### — VAPING DEVICES — KNOW WHAT TO LOOK FOR



#### FOR PARENTS & TEACHERS, SIGNS MAY INCLUDE:

- Unusual sweet or fruity smells from clothing or bags.
- Changes in behavior, such as irritability, secrecy, or withdrawal.
- Increased thirst, nosebleeds, or coughing.
- Possession of unfamiliar gadgets resembling USB drives or pens.
- Change in peer group or sudden new friendships
- Drop in academic performance or interest in activities
- Spending more time alone or locked in their room

**Facts to know: A single vape pod can contain as much nicotine as 20 cigarettes.**



## PEER PRESSURE, CURIOSITY, AND MISINFORMATION ARE REAL CHALLENGES STUDENTS FACE.

IT'S VITAL TO APPROACH STUDENTS WITH **CONCERN**—NOT **ACCUSATION**—TO KEEP LINES OF TRUST OPEN.

## TIAD'S RESPONSE: FIRM & SUPPORTIVE

At The Indian Academy, Dubai, we take vaping seriously. Our policy is clear:

- Zero tolerance for possession or use of vaping devices on campus
- Immediate confiscation and parental notification
- Mandatory counseling sessions for first-time offenders
- Disciplinary actions based on the school's code of conduct, including warning letters and suspension

Our focus is not only on discipline, but also on restorative support and preventive education.

**PARENTS ARE THE FIRST LINE OF DEFENSE WHEN IT COMES TO PROTECTING CHILDREN FROM THE DANGERS OF VAPING.**

Here are some practical and compassionate ways to support your child.







## HOW WE SUPPORT OUR STUDENTS AT TIAD

In-school counselling and inclusion services for students showing emotional or behavioral distress.



WHISTLEBLOWER  
"SPEAK UP AND STAY SAFE"



Confidential reporting channels for students and parents who wish to seek help or report concerns.

Awareness workshops and classroom sessions on substance use, peer pressure, and making healthy choices. (Sessions from Dubai Police and other Experts)



Ongoing staff training on student behavior, early detection, and safeguarding protocols.

**🤝 LET'S WORK TOGETHER**

WE ENCOURAGE PARENTS TO TALK OPENLY WITH CHILDREN, MONITOR CHANGES IN MOOD OR BEHAVIOUR, AND REACH OUT TO **US** AT ANY TIME FOR SUPPORT. TOGETHER, WE CAN ENSURE A SAFE, HEALTHY, AND HONEST ENVIRONMENT FOR EVERY STUDENT.

**BECAUSE A SAFE SCHOOL IS A SHARED RESPONSIBILITY.**



RISE Department  
Inclusion & Wellbeing