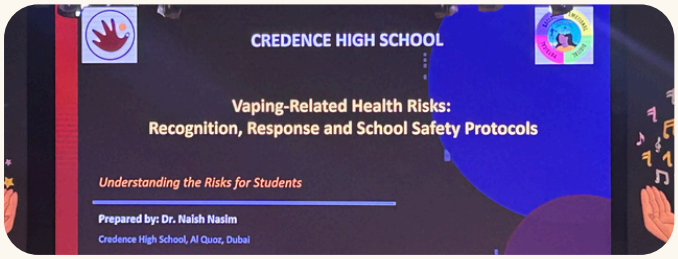
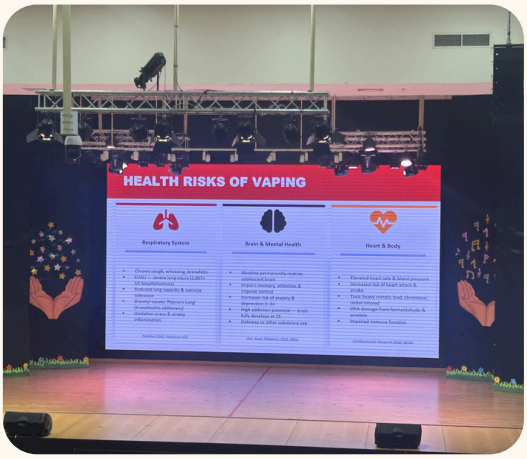
CREDENCE HIGH SCHOOL

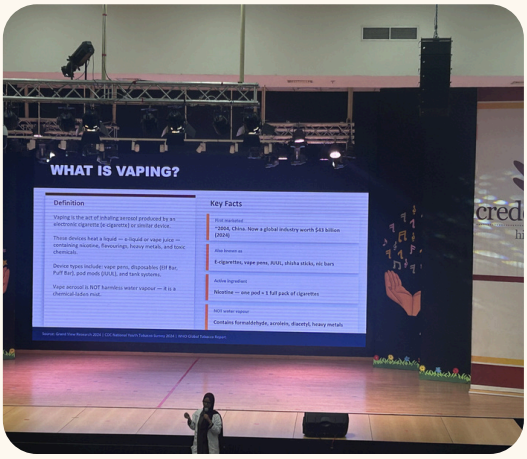
Vaping Related Health Risks - Recognition, Response and School Safety Protocols

GRADES
Grade 9 – Grade 12

Date
Wednesday, 13 May 2026







INTENT

The session on vaping-related health risks aimed to raise awareness among students of Grades 9–12 about the dangers of vaping and nicotine addiction. Dr. Naish Nasim addressed the physical, psychological, and social effects of vaping, corrected common misconceptions, and reinforced prevention, early intervention, and adherence to UAE laws and school safety protocols.

EXPERIENCE

The session provided participants with an informative and engaging understanding of vaping through real-world statistics, case-based examples such as EVALI, medical evidence, behavioural indicators, and safety guidelines. It also encouraged reflection on peer influence, stress management, and healthy lifestyle choices, while increasing awareness about prevention, early support strategies, and the importance of maintaining a safe and healthy school environment.

INSIGHT

The session highlighted that vaping is a serious health concern with long-term effects on adolescents. Participants gained an understanding of nicotine addiction, its impact on the developing brain, and the emotional and social factors influencing adolescent behaviour. The discussion reinforced the importance of collective responsibility in supporting prevention and early intervention efforts.