

Section 3. How smoking and vaping hurt the body

Activity



Materials:

- markers
- Post-it notes
- flipchart (or a large sheet of paper) with the outline of a body

What do vaping and smoking do to your body?

1. Ask one student to come to the front.
2. Explain that we just found out that "Mack" has started vaping and we need to convince him that it's not healthy.
3. Ask the student to name one bad thing that may happen to "Mack's" body as a result of vaping. Use the list on the previous page.
4. Write their answer on a Post-it and give it to the student to put on the part of the body that is affected.
5. Next, ask other students to come up, and as they list the health impacts from vaping write them on a Post-it and have each of them place the Post-it on the relevant body part.

Another option is to divide the class into four teams:

- Team Lungs and Respiratory System
- Team Heart and Circulatory System
- Team Brain and Nervous System
- Team Teeth and Skin

Give each team a different colour of Post-it notes and their own flipchart paper with an outline of a human body. Ask them to come up with as many different ways that vaping is harmful to the system or body parts they've been assigned.

Once they're finished, ask a representative from each team to place their Post-it notes on their paper in the right location.