

Section 3. How smoking and vaping hurt the body

Activity



Materials:

- "Actions to Reduce Vaping" activity sheet (one per group)

Reducing the harms of vaping

1. 'Event Changers' are situations that may influence or change a young person's decision not to vape. Have students identify what these situations may be and write them on the board. Examples are provided below.
2. Ask the class which of the situations listed could be managed by someone their age if they knew about the potential harms of nicotine and the statistics that show most young people don't vape.
3. Distribute a copy of the Activity sheet – Actions to Reduce Vaping to each group (or write on the board, the different smoking situations shown on the activity sheet).
4. Ask students to identify two or three actions that could be used by the person described in each scenario to help them to reduce vaping-related harms. Some actions could include:
 - Remain vape-free and don't be tempted to try.
 - Feel confident to say ' No thanks, I don't want to vape'.
 - Support others to stop vaping.
 - Avoid situations where vapes might be offered or experimentation might be encouraged.

Examples of "Event Changers"

- feeling that others want them to vape
- wanting to fit in with a peer group
- most of their friends vape
- a belief that most young people vape
- thinking that vaping makes them look cool
- someone they are dating vapes
- older siblings suggest they try vaping
- are too afraid to say no
- living with family members who vape

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Activity sheet: Actions to stop vaping (Reducing the harms of vaping)

A person who doesn't vape but is experiencing pressure to vape

Someone who uses a vape once or twice a day

Someone who only vapes at parties

Someone whose friends all vape