

Section 4. How tough it can be to quit nicotine

Activity



Materials:

- masking tape
- scissors

Nicotine dependence

1. Start by asking the students to define nicotine dependence.
2. Respond with: it means that it is very hard to stop using products that contain nicotine even if you want to. You can become dependent after inhaling e-liquid/e-juice containing nicotine just a couple times, or smoking a single cigarette. This is because the nicotine in e-liquid and tobacco is an addictive substance, like heroin or cocaine. It is really hard to understand what dependence feels like but it's similar to a VERY big craving.
3. Ask students to think about how many vapers and/or smokers they know who want to quit, or people they know (ex. parents) who have tried to quit. Why couldn't they do it? Or if they did do it, how?
4. Next, demonstrate the power of nicotine dependence by wrapping a bit of masking tape around one student's hands to represent someone having vaped or smoked for a day.
5. Have a second volunteer come up - wrap several rotations of masking tape around their hands to represent someone who has vaped or smoked for a month.
6. Pick a third student and really wrap their hands up - they have vaped or smoked for a year.
7. To finish, have the students, one by one, break-free from vaping or smoking. Helpful tip: The third child will have a harder time so encourage everyone to cheer them on and help them quit vaping or smoking.
8. Congratulate all when they "quit" or break-free from the tape.