

Section 5. How to handle peer pressure

Activity



Materials:

- e-liquid or disposable vape as a prop, cover the branding with a skull and crossbones

Say "no" to vaping

1. Explain: Sometimes it's not easy to say no. In fact, it can be so tough that you end up giving in and just saying yes. It's human nature - we want to be liked, and we want to fit in. But you have every right to say no. Plain and simple.
2. Ask the students to consider the different ways to say no and write them on the board.

Possible responses:

- No thanks!
- Not today, thanks.
- Not for me, thanks.
- I'm afraid I can't.
- I'm not really into vaping, but thanks for asking.
- I'd rather not, thanks.
- I think I'll pass.