

Our Ground Rules

We listen carefully.

We take turns.

We are kind and don't make fun of others.



We can ask questions if we don't understand.

After the session, we can talk to someone we trust or an advice line if we are worried about smoking or vaping.

High risk ←————→ Low risk

- Playing football in a busy road with lots of traffic
- Trying a new piece of learning
- Smoking cigarettes
- Talking to someone on social media you don't know
- Eating lots of sugary foods
- Meeting new people
- Riding a bike in the dark with no lights
- Vaping

Using the scales on your tables

Work as a group to order the behaviours in to level of risk from highest to lowest

You will be asked to feedback

Today's learning challenges

Understand the risks of smoking.

Understand the risks of vaping.

Discover what influences young people to vape.

Consider how to keep yourself safe, if someone offered you a vape?



Smoking can cause serious illnesses

Smoking is related to serious illnesses



Smoking is a major cause of serious illnesses that can put people's lives at risk.

People who smoke, over time, notice they can not breathe as well, tend to have lower energy and it can impact their sense of taste and smell.

Vaping is just as unhealthy as smoking cigarettes.



FALSE

Cigarettes contain a lot of substances that cause harm. It is estimated that cigarette smoke has over 5000 chemicals, many of which can harm the body. Vapes have fewer chemicals, so they are less harmful than smoking in the short term, **but that does not mean they are safe.**

Most vapes contain nicotine.



Vapes were designed to help adults quit smoking, and many do contain nicotine.

Nicotine is an addictive substance. When something is addictive, it means it can be difficult to stop using it.

**It is legal for children and teenagers
to buy vapes when they reach age 16.**

**It is legal for children and teenagers
to buy vapes or cigarettes when they reach age 16.**

FALSE

The legal age that you can buy a cigarette or a vape is age 18. If a physical or online store is willing to sell to those under age you can be sure they are safe to use and may contain other harmful substances.

The government are in the process of banning cigarettes for anyone born on or after the 1st January 2009.

Pupils unwittingly smoking spiked vapes, study finds



UNIVERSITY OF BATH/PA

Prof Chris Pudney conducted the research at the University of Bath

'Collapsed on the floor'

In July, a pupil at Mr Potts' school collapsed and had to be admitted to hospital after inhaling a vape containing spice, a laboratory-made drug known for its widespread illegal use in prisons.

"He took one very large inhalation of this vape pen and by the time he got off the bus on the school grounds felt very unwell. By the time he arrived at the school gates he had collapsed on the floor," said Mr Potts.

Lots of young people use vapes.

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FALSE

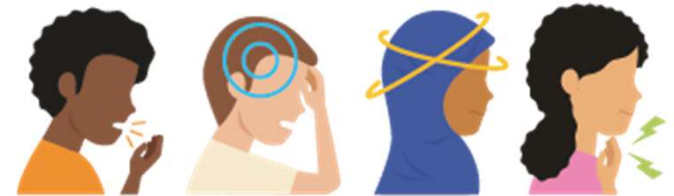
This is a myth. Some people think that a lot of young people vape, but in fact most young people do not vape or use tobacco. The Swindon How Are You school survey this year showed that 96% of year 8's do not use vapes regularly.

Nationally, only 7% of 11-17 year olds vape regularly. 1 in 5 have tried vaping.

A Nicotine Addiction is not a Health Problem

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FALSE

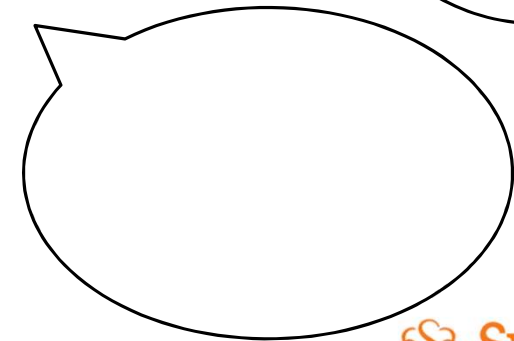
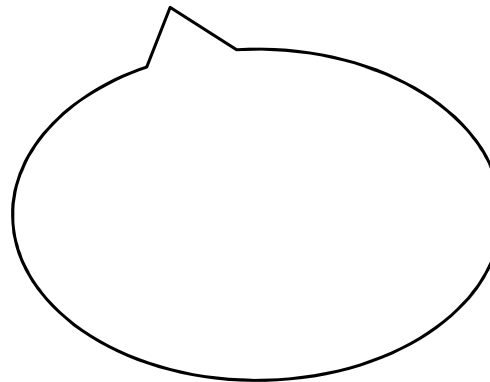
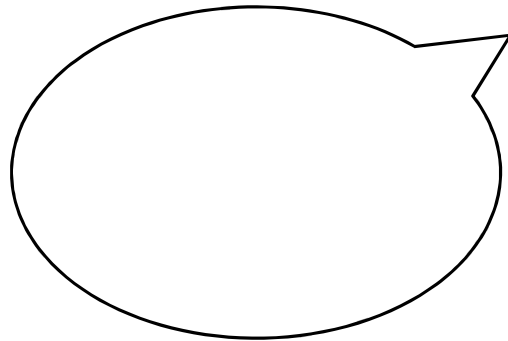
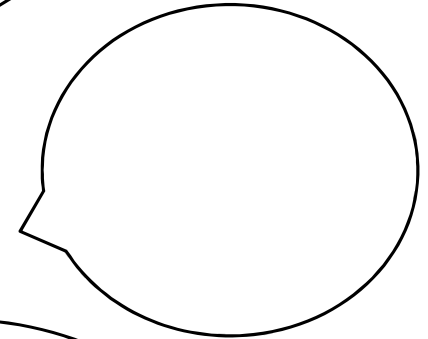
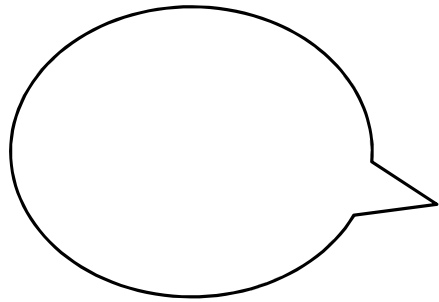
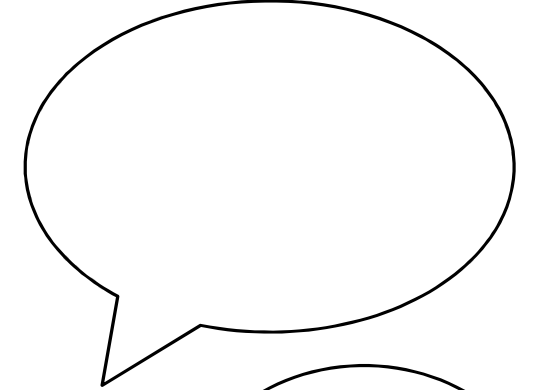
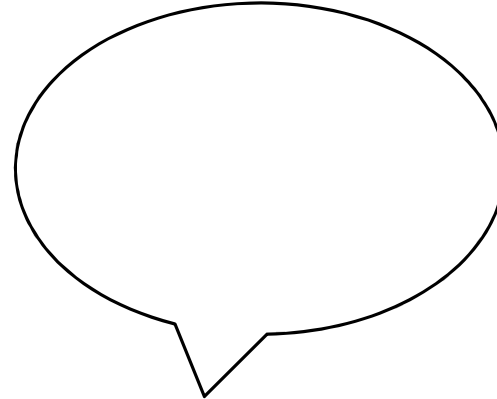
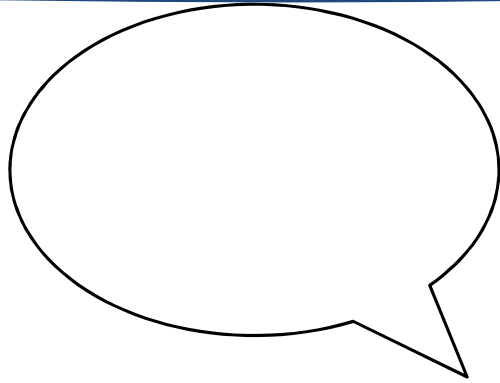


Nicotine is more risky for young people than for adults, as evidence suggests the developing brain is more sensitive to its addictive effects.

Nicotine withdrawal usually start within 2-3 hours after your last cigarette/vape. They can include cravings, irritability, anxiety, trouble concentrating, headaches and other mental and physical symptoms.

Group discussion (2 mins)

Why do you think young people end up vaping?







What influences are there in your life?



Healthwatch Survey for Bath, North Somerset and Wiltshire

26.40% of the adolescents surveyed stated that they felt pressured to start vaping which 93.94% of the time came from friends or their family.

1	friends/family		93.94%
2	adverts online/on TV		0.00%
3	social media		9.09%
4	promotion/adverts in shops		6.06%
5	Other (please specify):		6.06%

Saying no

(choose your ideal response and give two reasons why you chose it)

How can you respond if you are offered a vape?

A

Sorry, I have an appointment to go to right now.

B

Don't be so stupid. You stink and everyone hates you.

C

No, thanks for the offer. But its not for me.

Finished? (5 mins) As an individual, write your own personal response for if someone asks if you want a vape. Use the knowledge and health facts you have picked up today to say WHY you don't want to vape.

Imagine you are age 16 and you have been offered a vape by a friend. Write a letter to yourself today that you can look back on if you find yourself in this situation. (10mins)

In your letter you will want to consider :

- 1) Explaining the health risks of vaping, so your older self knows what the consequences of their decision might be.
- 2) Think about what might be influencing your older self. Give yourself three ways your older self could remove negative influences from their life.
- 3) How are you going to tell your friend “no”? Give advice to your older self.

Be creative and use the sheets on your table if you need more ideas.



Give me one fact about:

- Smoking
- Vaping
- What influences us
- How to Say no

Write it on a post it note and place on the board.

Reflection and where to get support

Talk To Frank



Trusted adult

Childline

childline