

Learn about the health effects of smoking and vaping



Golden rules



I have heard that cigarettes and vapes are drugs and I am really worried. My older cousin comes to my house sometimes and smokes in the kitchen if it's raining or cold. My mum used to smoke and now she vapes. My mum said this is safer but how can it be? I see loads of young people vaping. All these drugs are scaring me.

Josh Age 11

You are going to help Josh by getting the facts about smoking and vaping.



What do you know?

Smoking

Vaping

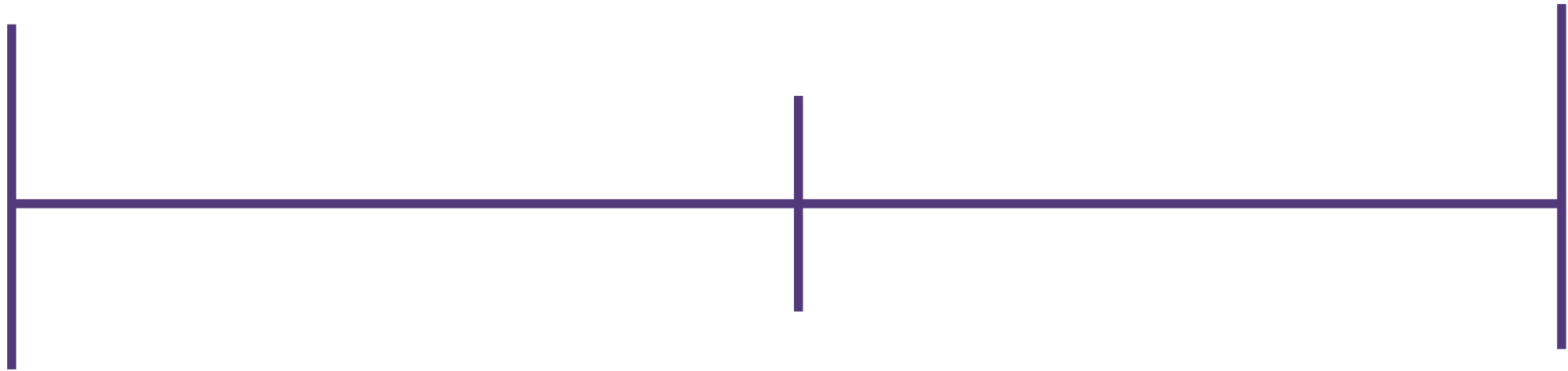
What do you want to find out?

Josh says loads of young people vape



Agree

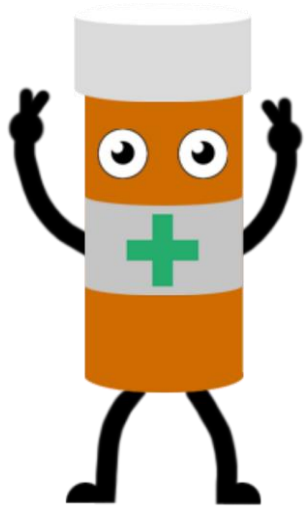
Disagree



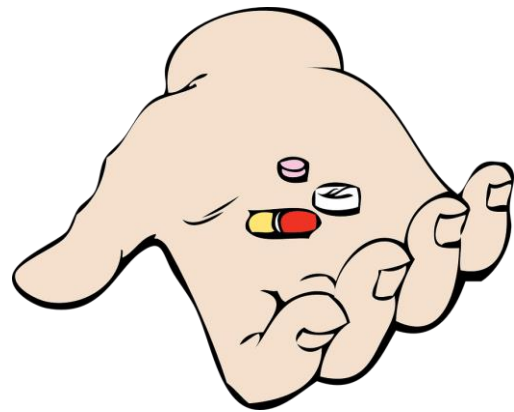
In Wiltshire, 99% of primary pupils and 88% of secondary pupils say they have never smoked.

In Wiltshire, 99% of primary pupils and 94% of secondary pupils say they have never vaped.

Group activity: why do you think some people choose to smoke or vape?



What are common legal drugs found in homes?

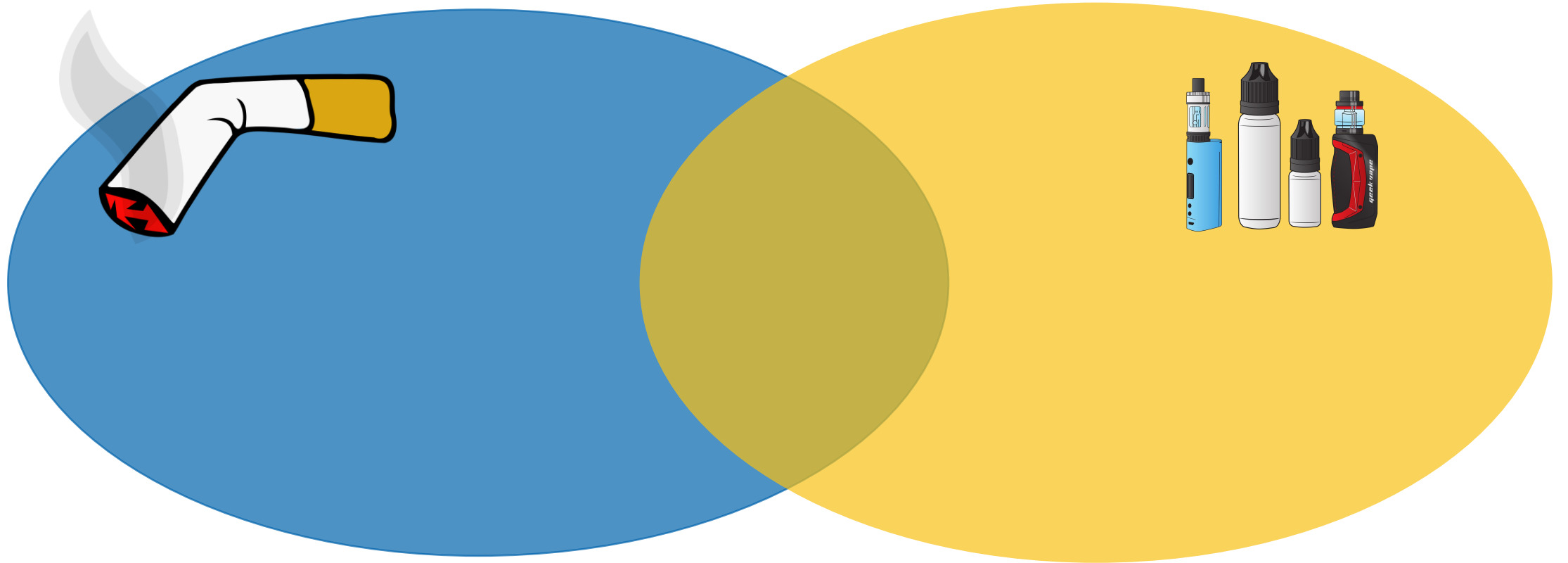


Why do people use them?



You have a set of cards that you are going to be using throughout this lesson to find the facts you need.

Sort the cards. What is different?
What is the same?

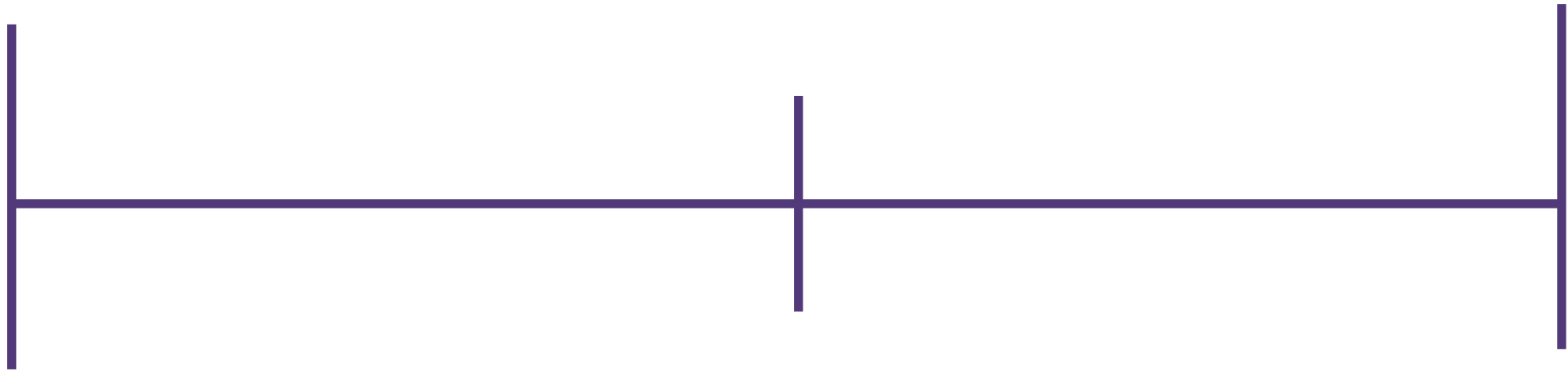


Nicotine addiction is bad



Agree

Disagree



Josh said he was worried about his mum vaping and whether this is safe.

Go back to your set of cards. Sort them into two groups smoking and vaping.

What could you say to Josh about his mum choosing to vape instead of smoke?

Josh said that his cousin smokes in the kitchen if it is cold or raining.



Go back to your set of cards. What are the risks of second hand smoke?



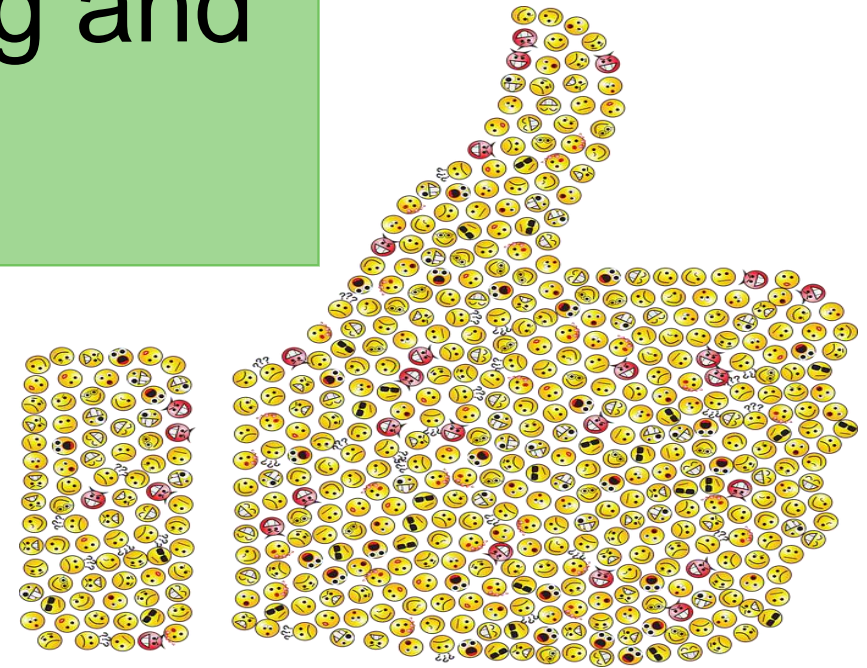
What could Josh say to his cousin?



How confident do you feel that you know the facts about smoking and vaping?



What would you still like to know more about?



Where to go for support



Childline Call 0800 1111

Teacher

Talk to Frank Call 0300 123 6600 or
Text 82111

