

Outcomes:

- ✓ Explain how internal and external factors affect decision making.
- ✓ Recognise strategies for managing influence.
- ✓ Demonstrate ways to be a positive influence.

Ground rules



Agree, disagree or don't know?



Most young people
do not smoke or
vape

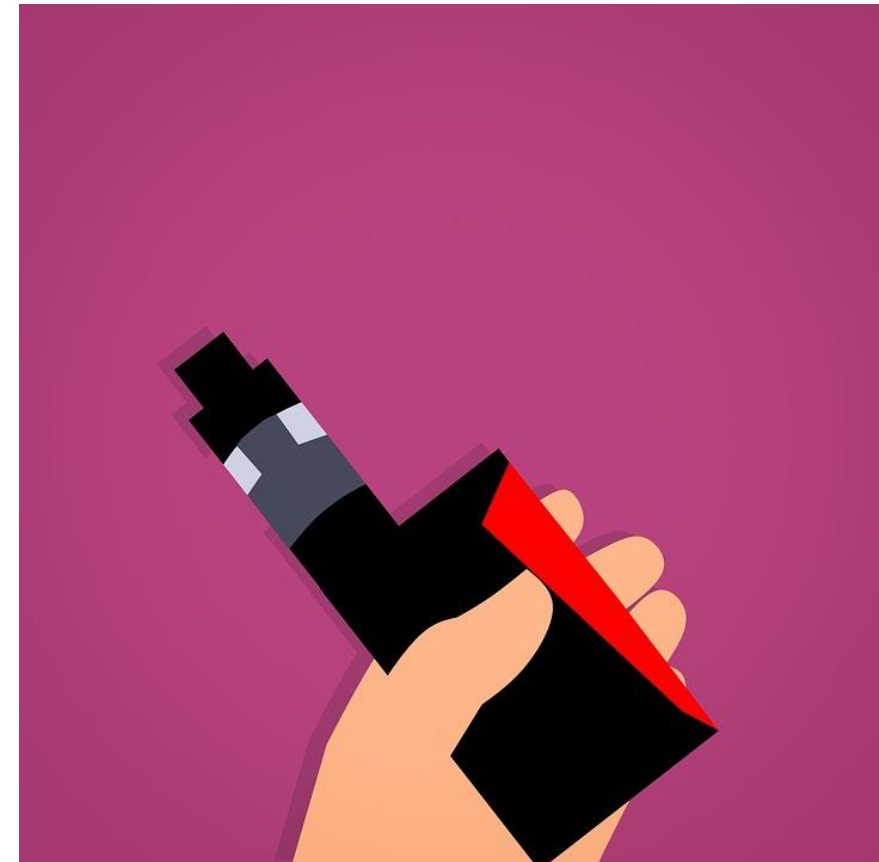


Quiz time



In Wiltshire, what percentage of secondary school pupils are not vaping regularly?

94%



Quiz time



In Wiltshire, what percentage of secondary school students are not smoking regularly?

96%



Surprises?

What made you
decide your
answers?



True

False



Smoking helps me calm down

All vapes are as safe as each other

Vapes are safer than cigarettes.

72% of lung cancer cases in the UK are caused by smoking.

Teenagers can not get addicted to nicotine.

Vapes can be sold to under 18's to give up smoking.



How strong are these influences?



- Put these in order from least to most influential.
- Share with your partner

Peer group

Personal values

Religion

School

Media

Want to fit in

Advertising

Social media

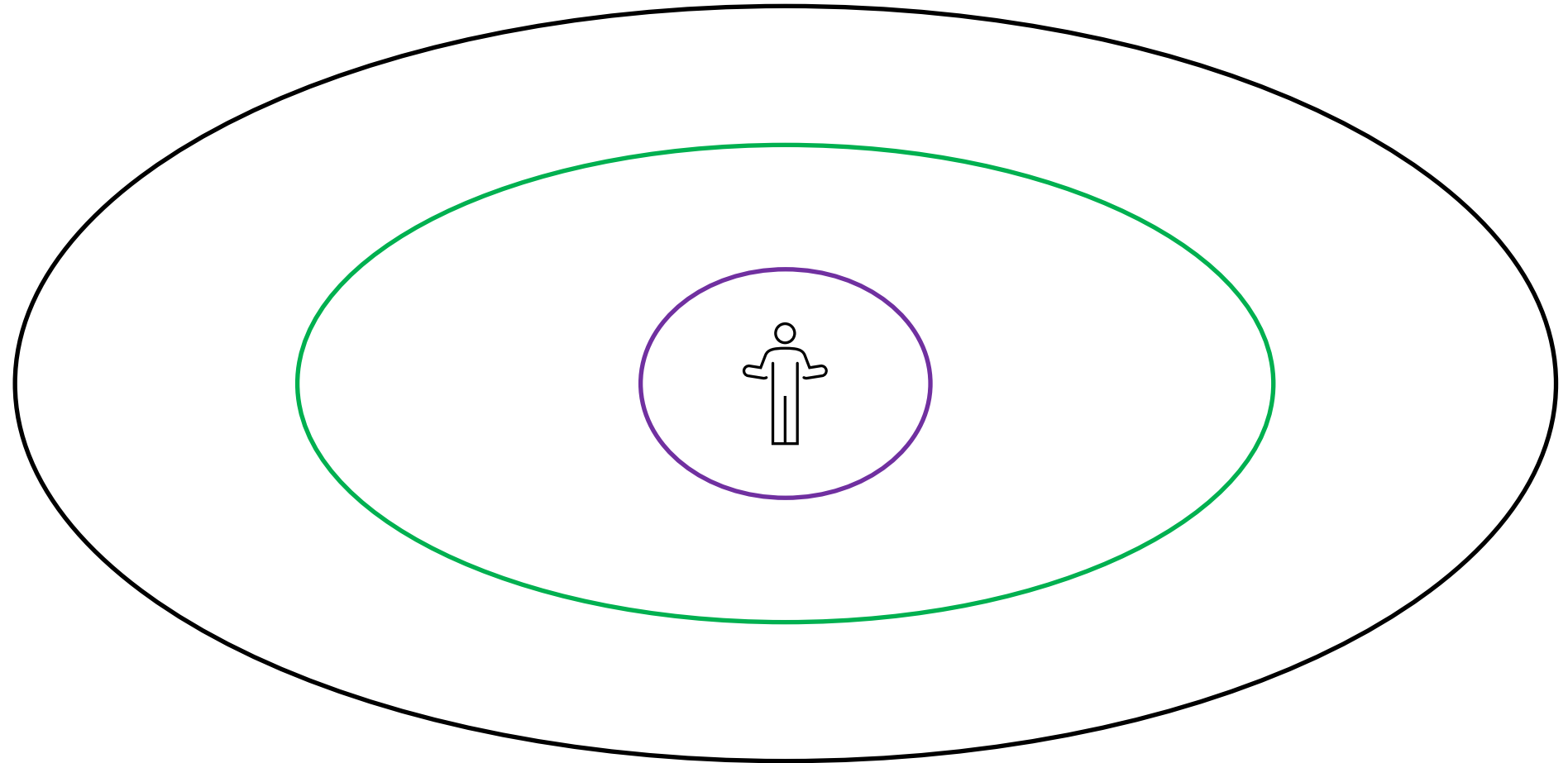


Types of influence

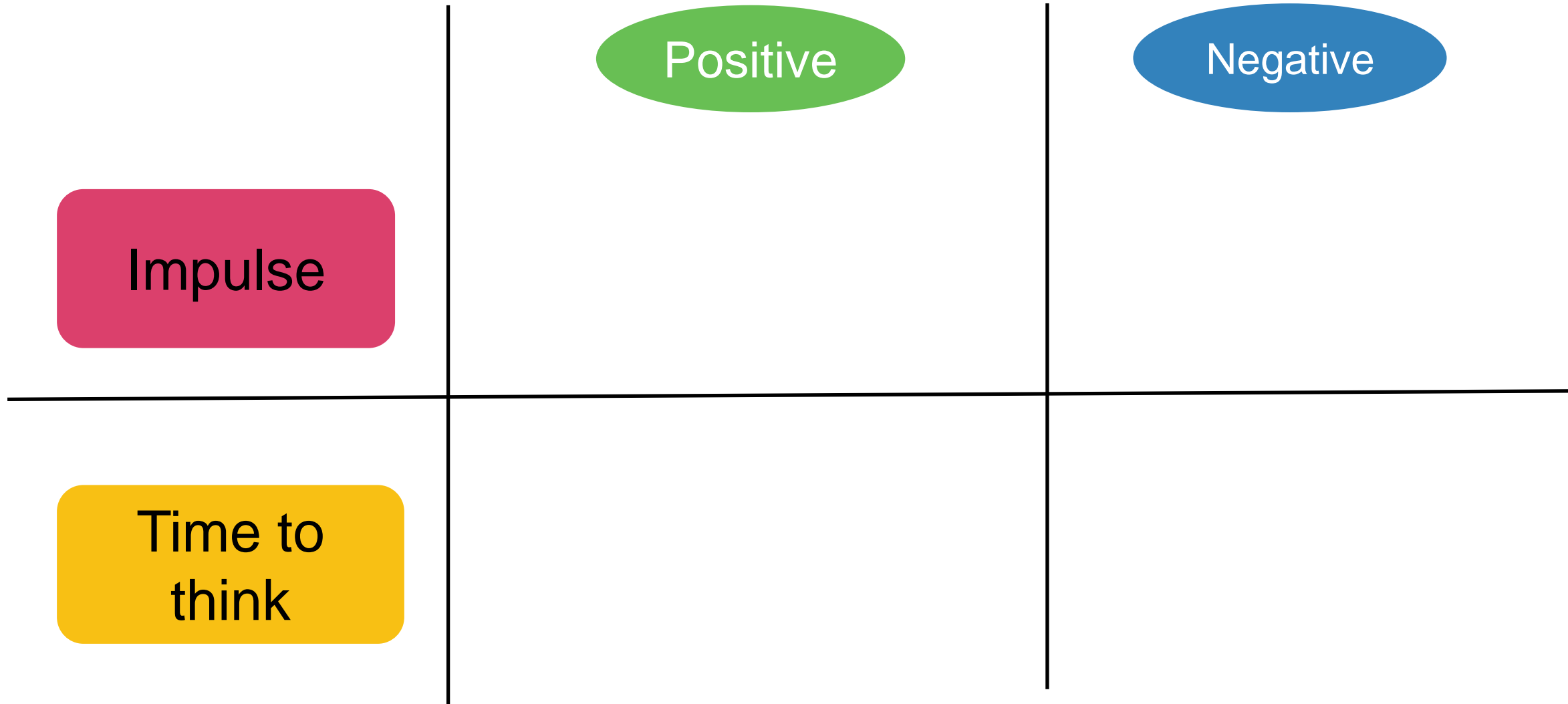
You are in
the middle.

Put the
influences
that have the
most effect
on you
nearest to
you.

Put the
influences
that have the
least effect
on you
furthest
away.



How do you respond to influence?



- Why are each of these people smoking or vaping?
- How is this affecting their health?
- What laws or recommendations should they be aware of?
- What are the different consequences of responding if they are acting on impulse, or giving themselves time to think?

At the weekend it was my best friend's party. There was a group of people I didn't know very well outside smoking and they offered me one. It felt awkward to refuse.

Amy age 15

I had such a stressful week. There were arguments at home, I had loads of homework, I fell out with one my best friends and it rained every day. I looked so miserable that someone offered me their vape on the way home from school. Instantly that made me feel more relaxed.

Yetunde age 17

I found one of my older brother's vape and thought I might give it a try. I like the flavour and it's safer than smoking. What's the big deal about vaping anyway? Loads of people do it on TikTok.

Josh age 14

Managing influences positively



No thanks. I'd rather not.

It's so expensive. I don't want to waste my money. I have better things to spend it on.

I'm wanting to get fitter this year, smoking won't help.



5 point reflection

1. Something that made you feel more confident.
2. A strategy you learned to manage influence.
3. A personal opinion that has changed.
4. A fact.
5. A way you can be a positive influence.



Where to get support



Wiltshire Council Health Improvement Coaches [Smokefree Wiltshire - Wiltshire Council](#)

School nurse [School Nursing - Wiltshire Children's Services \(wiltshirechildrensservices.co.uk\)](#)

NHS Quit Smoking [Quit smoking - Better Health - NHS \(www.nhs.uk\)](#)

Talk To FRANK [Contact Frank Directly | Confidential Advice | FRANK \(talktofrank.com\)](#)

Your GP

Trusted adults in school

Health For Teens UK [E-cigarettes: Just The Facts | Health For Teens](#)

