




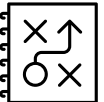


To understand the varied effects of vaping and smoking

To know where to find support to stop smoking or vaping



Outcomes



-  Explain the different effects of vaping and smoking.
-  Challenge the misinformation around vaping and smoking.
-  Identify the possible consequences of smoking and vaping.
-  Recognise where to find support.



Why do young people smoke or vape?

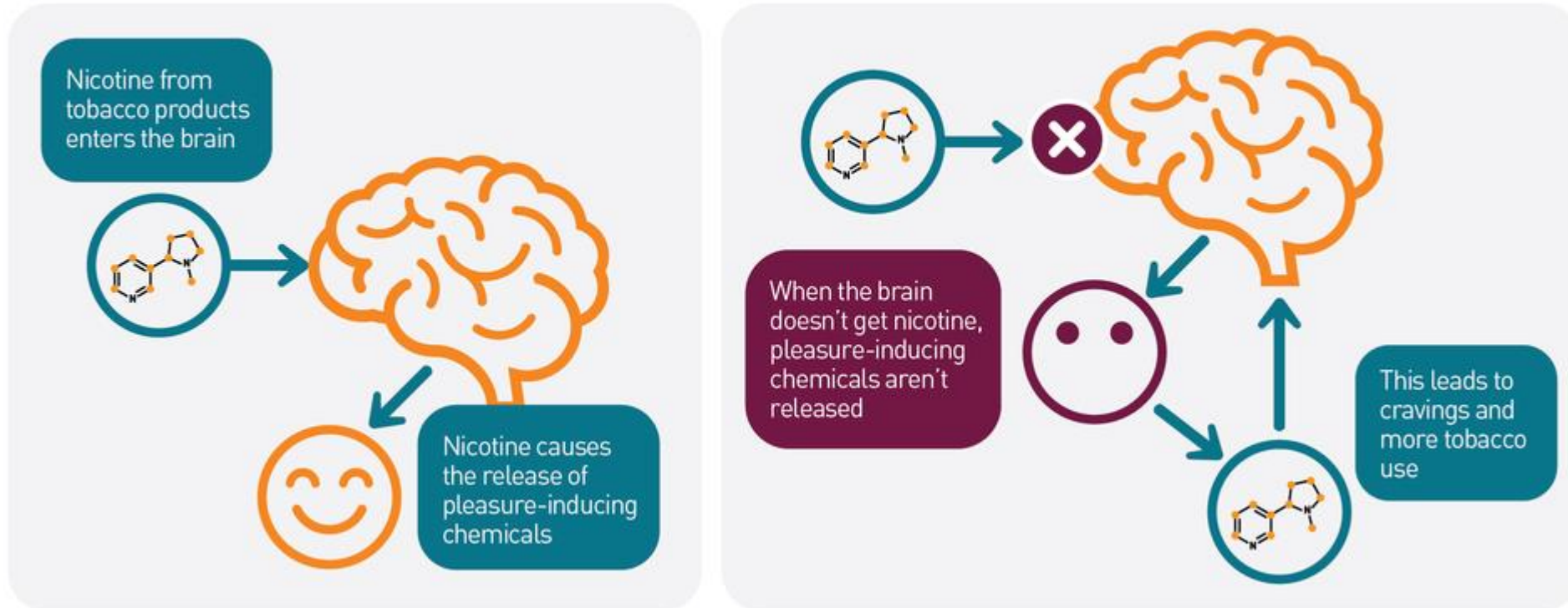


Positives

Negatives

Does nicotine reduce stress?

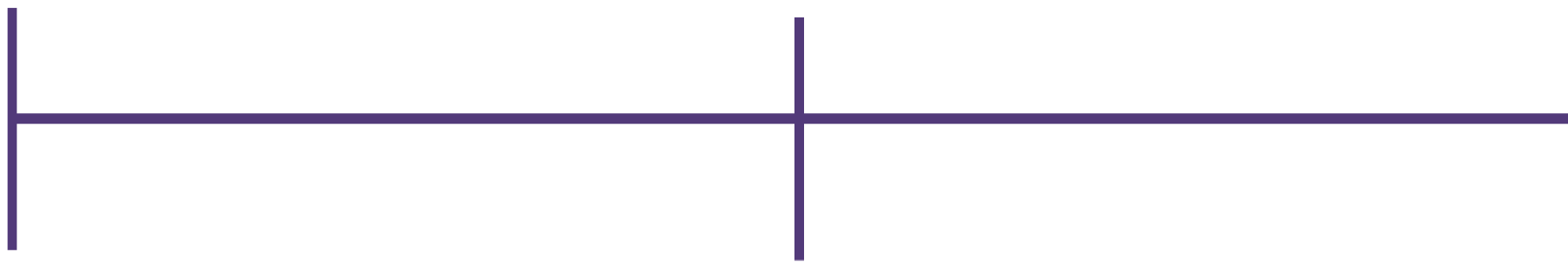
The Brain on Nicotine



Beliefs axis

Agree

Disagree



Most young people vape or smoke.

Fewer young people would smoke or vape if they didn't see adults doing it.

It's easy to give up smoking or vaping.

Vapes are more harmful than cigarettes.

All UK vapes are regulated.

Belief axis reflection

Most young people do not smoke or vape.

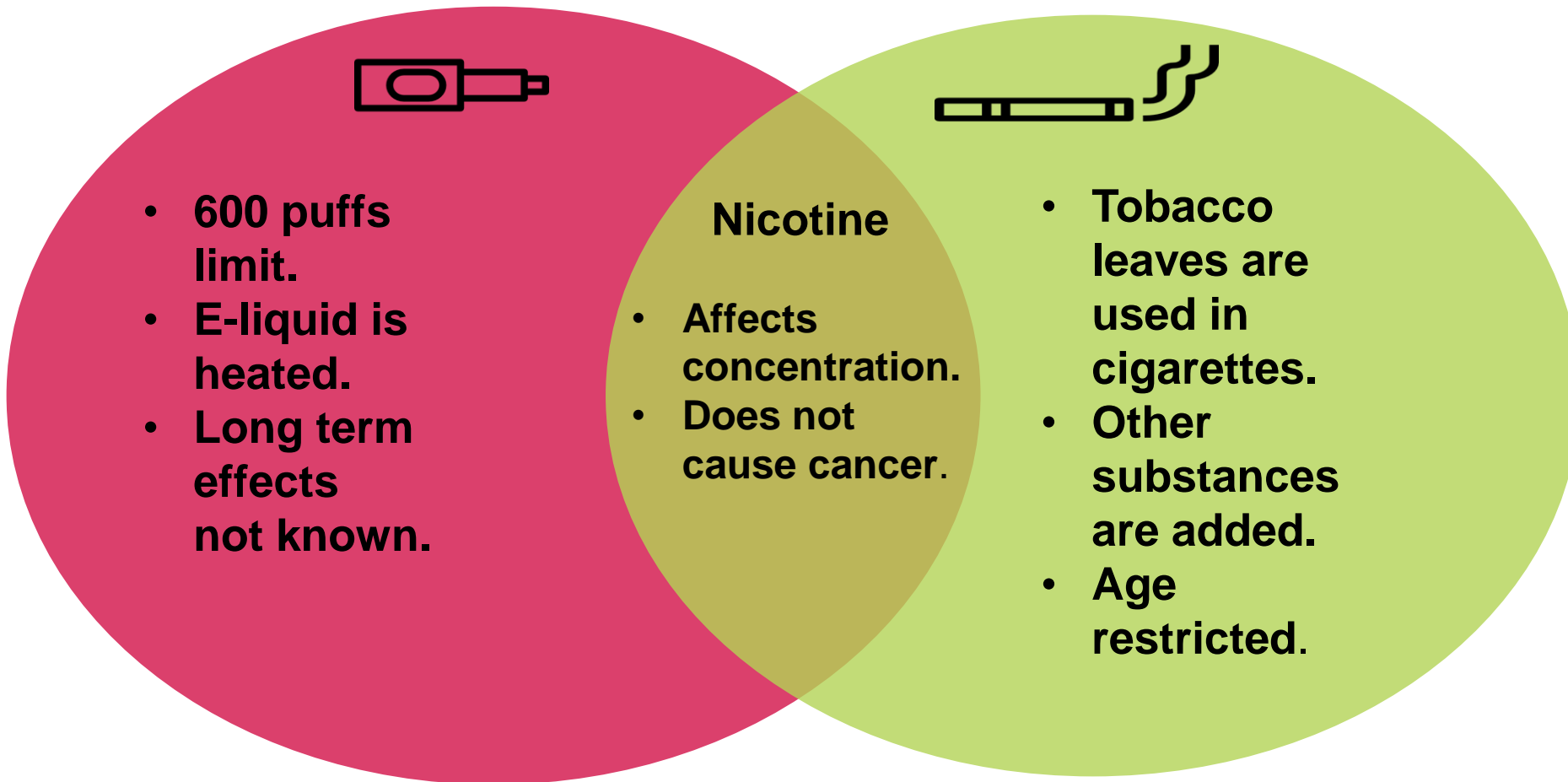
Fewer young people might smoke or vape if they didn't see adults doing it.

It's not easy to give up smoking or vaping.

Legal vapes are less harmful than cigarettes.

Legal UK vapes are regulated.





3. Short term effects are coughing, headaches, dizziness, sore throat.

6. There are 7000 chemicals in tobacco smoke, including tar and carbon monoxide, which cause serious harm.

5. Maximum 2% nicotine.

2. Age restricted.

1. Addictive.

4. Gets people hooked on cigarettes or nicotine vapes.

7. Legal vapes are regulated in UK.

Fact Sort Decisions

You have a set of cards

Decide how to sort these cards into groups.

What matters to you?

Key messages?

Questions?



Fact Sort Reflections

What different types of risks did you identify?

Which risks matter most to you?





**Smoking
and vaping**



Smoking and vaping

What makes
vapes and
cigarettes
addictive?



**Smoking
and vaping**

What
causes most
harm?

What makes
vapes and
cigarettes
addictive?



**Smoking
and vaping**

What are
the
similarities
between
smoking and
vaping?

What
causes most
harm?

What makes
vapes and
cigarettes
addictive?



**Smoking
and vaping**

What are the differences between smoking and vaping?

What are the similarities between smoking and vaping?

What causes most harm?

What makes vapes and cigarettes addictive?

What have you learnt?

How has it influenced you?

Write down any questions you may have and give them to your teacher.



Where can I 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

