



To learn about nicotine.  
To know where to find support.



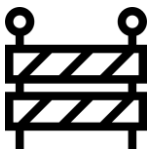
# Outcomes



Explain some of the health risks of nicotine.



Identify sources of support for quitting smoking or vaping.



Evaluate and challenge potential barriers.



# Ground rules



# Nicotine: true or false?



Sort the cards on your sheet into two piles: true or false.



# Nicotine

How does it look and smell?

How does it affect you mentally and physically?

How much nicotine is in vapes?

[Nicotine | FRANK \(talktofrank.com\)](https://talktofrank.com)



What are the risks?



How does someone know  
if they need support?



Discuss with a partner:  
What are the signs that you or  
someone you know needs  
support?



# Reflection



Frequency of smoking or vaping



Affecting daily activities



Money spent



Affecting relationships



Signs of withdrawal symptoms

**You cannot force someone to get support**



# Where to find support



I used to vape with my friends, but now I vape a lot on my own too. It started off as a bit of fun. Now I sleep with my vape and it's the first thing I do in the morning to get me through the day. My mum is worried about me and that makes me more stressed. I don't know how I could ever stop and it's costing me more and more money. I would rather stop on my own.



I have been thinking about quitting smoking and have no idea how to do it. Most of my friends smoke and it's what we do when we are together. I feel as if I have been smoking so long that it's going to be hard. I need help!





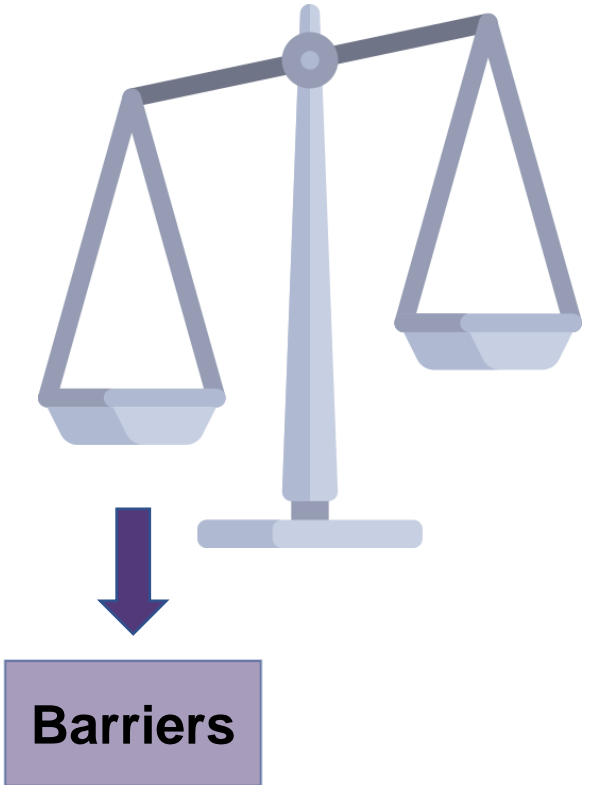
# Reflections



What support might be the most useful for each person?



# Challenging barriers



# Reflections



Discuss what you think are the most significant barriers and why.

How can you challenge the barriers?



# Assessment



How could you raise the profile of support available?

