Scenarios – vaping PSHE lesson

A.

My mum used to smoke a lot and has switched to vapes. At the start she got them free as she was on an e-cigarette trial with the council for people who want to give up smoking. Now that she has to pay for them, she buys them online, as they are cheaper. She is coughing a lot and her gums are bleeding. She is really worried and is thinking of going back to smoking. At least she knew what’s going on with cigarettes.

B.

A group of us in year 9 have been vaping a while now. It’s just something we do. I get mine from someone older who sells them to me. At first it was a bit of a laugh and the flavours are nice. Now I can’t really concentrate in class and sometimes leave my lessons to vape in the toilets. The person I buy my vapes from wants me to sell them to the year 7’s who are starting. I don’t know about that as my sister is starting in year 7, but I could really do with the money.

C.

My brother is in year 9 and I know he vapes, even though he doesn’t do it in front of us. I can smell it in his room. He must do it a lot. Even in the mornings there’s peach melba in the air. When my mum tries to talk to him it always ends in an argument and then he vapes more. He must spend all of his money on vapes. I’ve no idea how he even gets them.

D.

Whenever we are together, my friends and I vape. There’s nothing else to do and it’s boring otherwise. There’s worse things we could be doing after all. Loads of people do it on TikTok and I’ve seen Velo and Vuse on the McLaren F1 car. Lando Norris is my favourite driver, and if nicotine pouches and vapes are promising “A Better Tomorrow,” they can’t be that bad.

E.

My 15 year old son vapes. I know he does and he knows I know, but he still does it in secret. When I went in his room, I found at least 30 used disposable vapes in a bag. I don’t know where he is getting them from and it really worries me. If I start working out how much he is spending on these things, it’s going to be so much. I don’t know what to do with the used ones. Are they supposed to be taken to a household recycling centre or to a shop somewhere?