



# Vaping

# Why do people smoke or vape?



Positives

Negatives



# Scenarios

Use what you know and find out in these sessions to think about what you could say in the different scenarios



True or false?



Most young  
people vape.



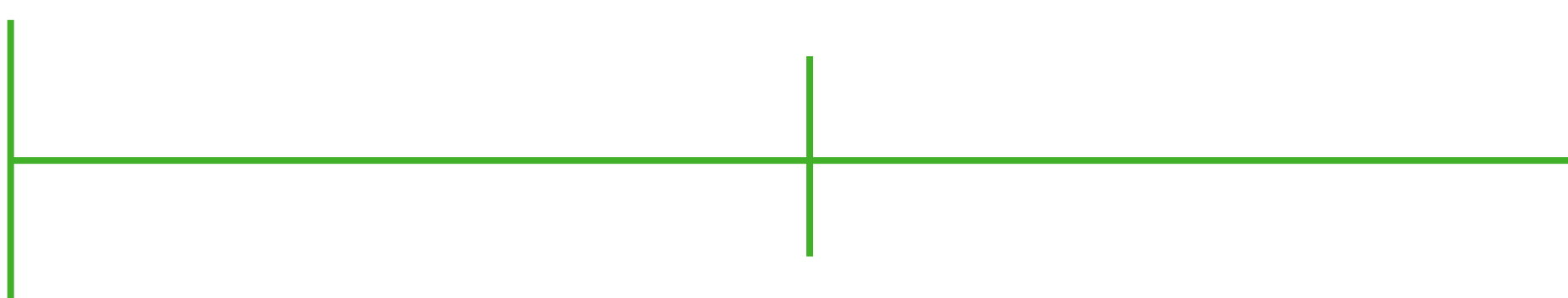
In Wiltshire, 92% of secondary school students reported they have never vaped.

# Vapes are more harmful than smoking



Agree

Disagree



# What are the point of UK key vaping regulations?

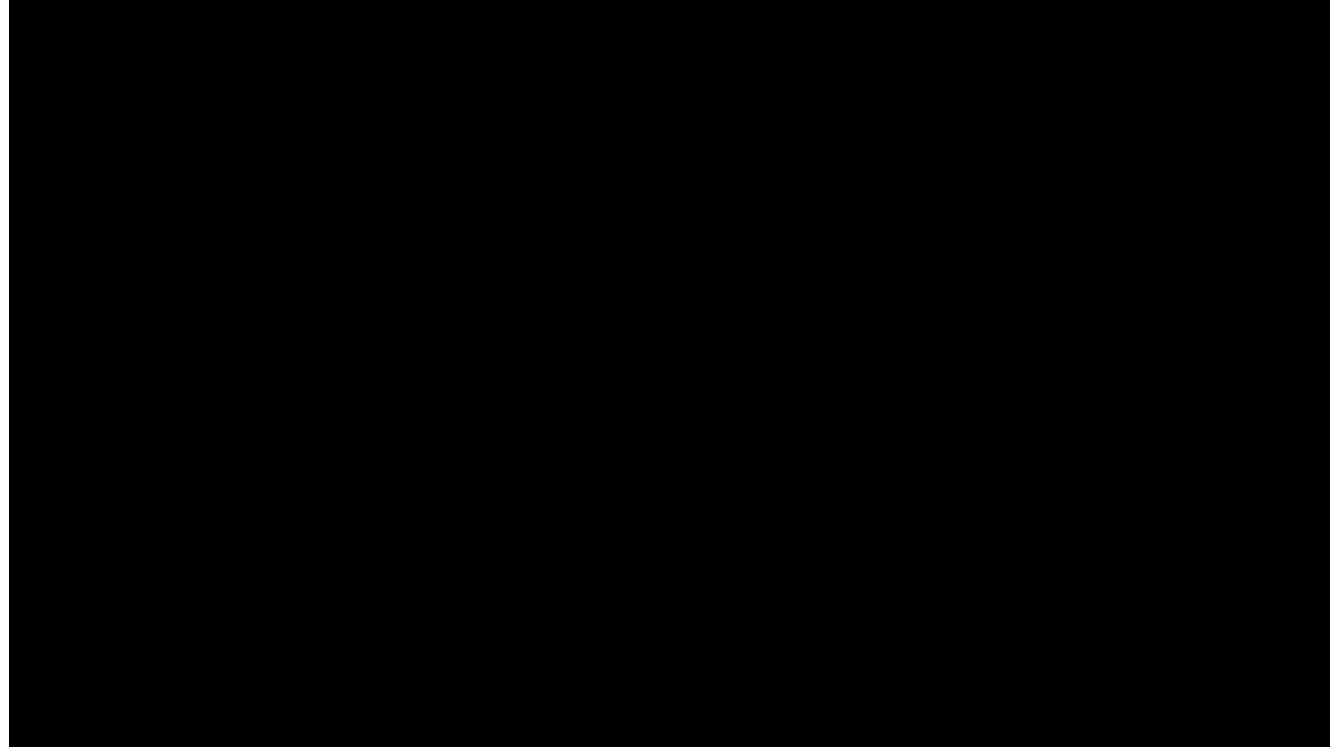


**2% highest nicotine strength**

**About 600 puffs**

**Four ingredients**

**CE / kite mark / QR code**



<https://youtu.be/RisBe5sLGPc>



Smoking

Vaping

Second  
hand smoke

Carbon  
monoxide

Four  
ingredients

Thousands of  
chemicals

No tar

Vaping is less harmful than smoking... so what is the problem with young people doing it?

At what age does the brain stop developing?

25



True or false?

Nicotine is an  
addictive drug from  
the tobacco plant



# How could nicotine affect a young person's brain?

## The Brain on Nicotine

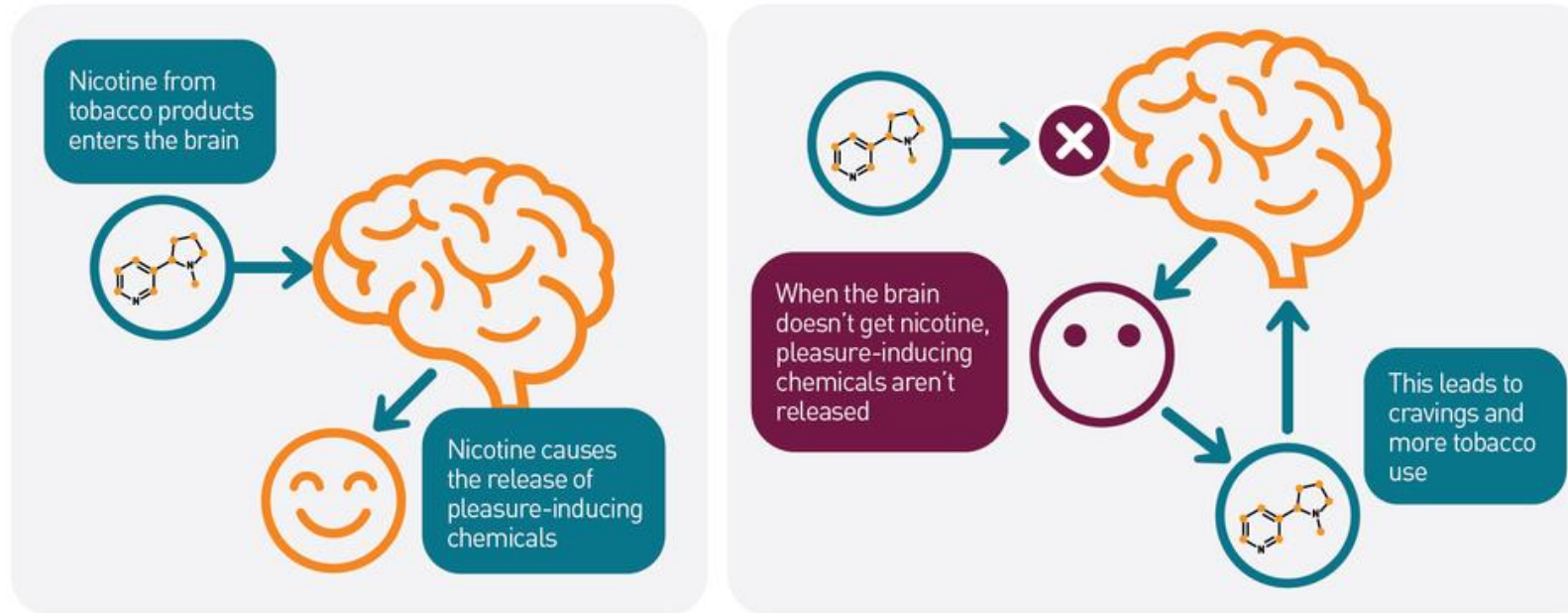


Image from [Nicotine use and stress \(truthinitiative.org\)](https://truthinitiative.org)

# How could nicotine affect a young person's brain?

Attention



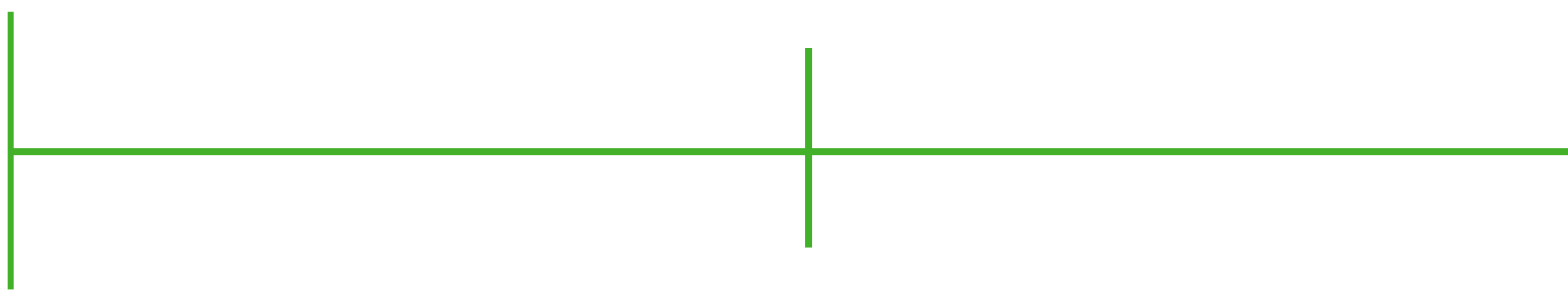
Mood

# It's illegal to buy vapes 18



Agree

Disagree



It is illegal to sell vaping equipment to anyone under 18.

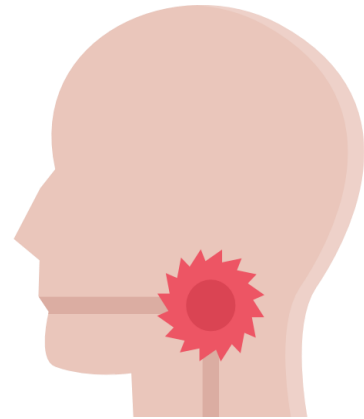
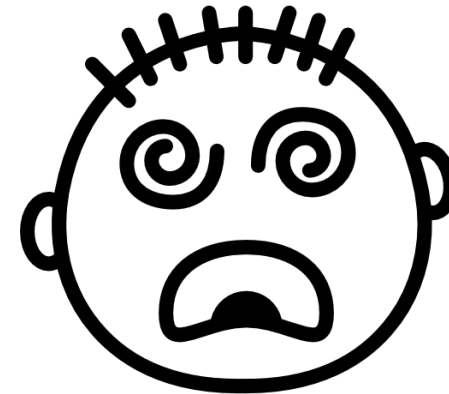
Vapes are a stop smoking tool for adults

Vapes and vaping equipment are for over 18's

It is illegal to buy vaping equipment for anyone under 18



# What are the short term effects of smoking?



Legal vapes are 95% safer than smoking but we don't know the long term effects

# Vapes and the environment



What are the harms?  
What other harms can you think of?

How could the harms be reduced?



# Where can I find more information and support?



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

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

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

Your GP

School nurse

Trusted adults in school

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



**How have your  
views on vaping  
changed?**