

LESSON PLAN

VAPING THE FACTS

Duration: 45 – 60 minutes

LEARNING OBJECTIVES

By the end of this lesson, students will:

- Understand what vaping is and how it compares to smoking.
- Understand that vaping is a useful quit aid for adults to stop smoking.
- Recognise the health risks associated with vaping for young people.
- Understand the legal age restrictions and implications of illegal vape sales.
- Explore the environmental impact of both vaping and tobacco.
- Identify sources of support and advice.

MATERIALS NEEDED

- Presentation: Vaping – the facts
- Whiteboard or flip chart
- Markers
- Printed copies of presentation
- Internet access (optional for visiting resources like Talk to Frank and local support services).

LESSON STRUCTURE

INTRODUCTION (10 mins)

Ask students:

“What do you already know about vaping?”

Encourage an open, honest, non-judgmental discussion.

Reassure students that there will be no repercussions as a result of their honesty around nicotine vape use in terms of behavioral sanctions in school.

PRESENTATION DELIVERY (20 mins)

Use the presentation to guide the students through these topics:

- What is vaping? How does it compare to smoking?
- How vaping is a useful tool to support adults to quit.
- Why vaping is not for children along with the health risks.
- The law.
- Illegal vapes.

ACTIVITY A (15 mins)

Discussion prompts (pair or group work)

- Why do you think some young people vape?
- How do you think vaping impacts their lives?
- How could someone say ‘no’ to peer pressure? (direct or indirect)
- What else could someone do instead of vaping? What are the healthier alternatives?

PRESENTATION CONTINUED (10 mins)

- Environmental impact from smoking and vaping.
- Support and advice.

ACTIVITIES B AND C (optional)

Activity B:

Develop a true or false quiz using the presentation as a guide to test learning. Ask them to complete alone or work in tables/teams.

Activity C:

Poster challenge (homework)

In groups, design a poster warning others about vaping risks or, how to say no to vaping or showing where to get help.

CONCLUSION (5 mins)

Ask:

“What is one thing you learned today?”

“What would you say to a friend who vapes?”

Emphasise key points:

- Smoking remains a leading cause of disease, poor health and early death.
- Switching completely to nicotine vapes can help adult smokers to quit smoking.
- Most young people don't vape or smoke.
- Vaping is less harmful as you don't inhale the toxic tar and carbon monoxide you get from tobacco smoke. But vapes are not harmless.
- Young people's bodies are developing and may be more sensitive to the impacts of vaping.
- Short-term effects of vaping can include coughing, headaches, dizziness and sore throats. And, as yet, the long-term effects are unknown.
- Also, most vapes contain nicotine, which is an addictive substance that can be hard to stop using once you have started.
- Vapes and vaping products are age-restricted so it's against the law to sell them to anyone under 18 and for adults to buy them on their behalf.

- Besides the health impact, there's the environment to think about too.
- Over 8 million vapes are thrown away every week or recycled incorrectly.
- Vapes contain batteries and difficult-to-recycle plastics that break down in landfills.
- Vapes should be recycled using a recycling scheme rather than placed in general household waste.
- Like tobacco and cigarette butts, vapes contain chemicals that can pollute the soil and water.
- Vapes are meant to help smokers quit tobacco for good.
- Help and advice is available.

ASSESSMENT / EVALUATION

- Participation in discussions or activities.
- Responses to quiz or group questions.
- Reflective homework (e.g., journal reflection or poster).

FOLLOW-UP / EXTENSION

Connect with your local public health service, school nurse, school safeguarding lead and Smokefree support services and ensure appropriate referrals as needed.

