

	Lesson plan
Session title	Young people and Vaping
HWB organiser(s)	Mental, emotional, social and physical wellbeing
Experiences and Outcomes	<p>HWB 3-38a / HWB 4-38a <i>I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances.</i></p> <p>HWB 2-39a <i>I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions.</i></p> <p>HWB 0-16a / HWB 1-16a / HWB 2-16a / HWB 3-16a / HWB 4-16a • <i>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.</i></p> <p>HWB 3-40a <i>I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure.</i></p> <p>HWB 3-43a / HWB 4-43a <i>I understand the impact that ongoing misuse of substances can have on a person's health, future life choices and options.</i></p> <p>LIT 3-02a / LIT 4-02a <i>When I engage with others, I can make a relevant contribution, encourage others to contribute and acknowledge that they have the right to hold a different opinion. I can respond in ways appropriate to my role and use contributions to reflect on, clarify or adapt thinking.</i></p> <p>HWB 3-41a / HWB 4-41a <i>After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.</i></p>
Success Criteria	<p>The pupils will understand how the decisions they make about their behaviour affect their physical and mental wellbeing.</p> <p>They will be able to assess and manage risk and understand the impact of risk-taking behaviour.</p>

Length of time	This lesson plan should take between 1 hour – 1 hour 30 mins. The length is adaptable based on time spent on discussion points.
Resources	Young people and Vaping PowerPoint presentation.
Activities	
<p>Resource: Play presentation and talk through slides.</p> <p>Discussion point one: In groups discuss and write down what you think attracts people to using vapes. Consider who you think they are marketed towards.</p> <p>Discussion point two: Can you identify the risks attached to vaping? In groups discuss and write down the different ways in which vaping could be potentially harmful.</p> <p>Discussion point three: What would you say if you felt under pressure to vape? In groups discuss and make a list of different responses you might give if you were offered a vape.</p> <p>Activity: This could be completed in class or a takeaway activity.</p> <p>Time to get creative – select one of the options below and create a poster to:</p> <ol style="list-style-type: none"> 1. Raise awareness of the harms of vaping in under 18s or, 2. Raise awareness of the environmental harms caused by vaping i.e. how they are recyclable/ harmful to our wildlife etc. 	
<p>Useful resources:</p> <p>ASH Scotland: https://ashscotland.org.uk/get-support/working-with-young-people/young-people-vaping/</p> <p>Health & Wellbeing app website: https://publichealth.nhs.uk/health-and-wellbeing</p> <p>Young people and Vaping Presentation for Parents and Carers https://www.youtube.com/watch?v=qtUTYgnayel</p>	