

Teacher Notes: Vaping and Young People

Associated Lesson Plans		
Stage	Lesson	Title
P5-P7	1	Vaping and Young People
Useful Websites	ASH Scotland: https://ashscotland.org.uk/get-support/working-with-young-people/young-people-vaping	
	NHS Inform: https://www.nhsinform.scot/healthy-living/stopping-smoking/how-to-stop/e-cigarettes	
	Glasgow City HSCP Vaping presentation for Parents and Carers: https://www.youtube.com/watch?v=dWT9A-lee4I	
	Tobacco-free schools resource pack: ASH Scotland has a tobacco-free schools resource pack that addresses a range of themes including electronic cigarettes (e-cigarettes)/vapes. You will find classroom activities on vaping on page 19-22. You can download all of the accompanying worksheets and materials by creating a free account at www.ashscotlandmoodle.org.uk	
	Health and Wellbeing app for Glasgow City Education staff website: https://publichealth.nhsggc.org.uk/health-and-wellbeing	

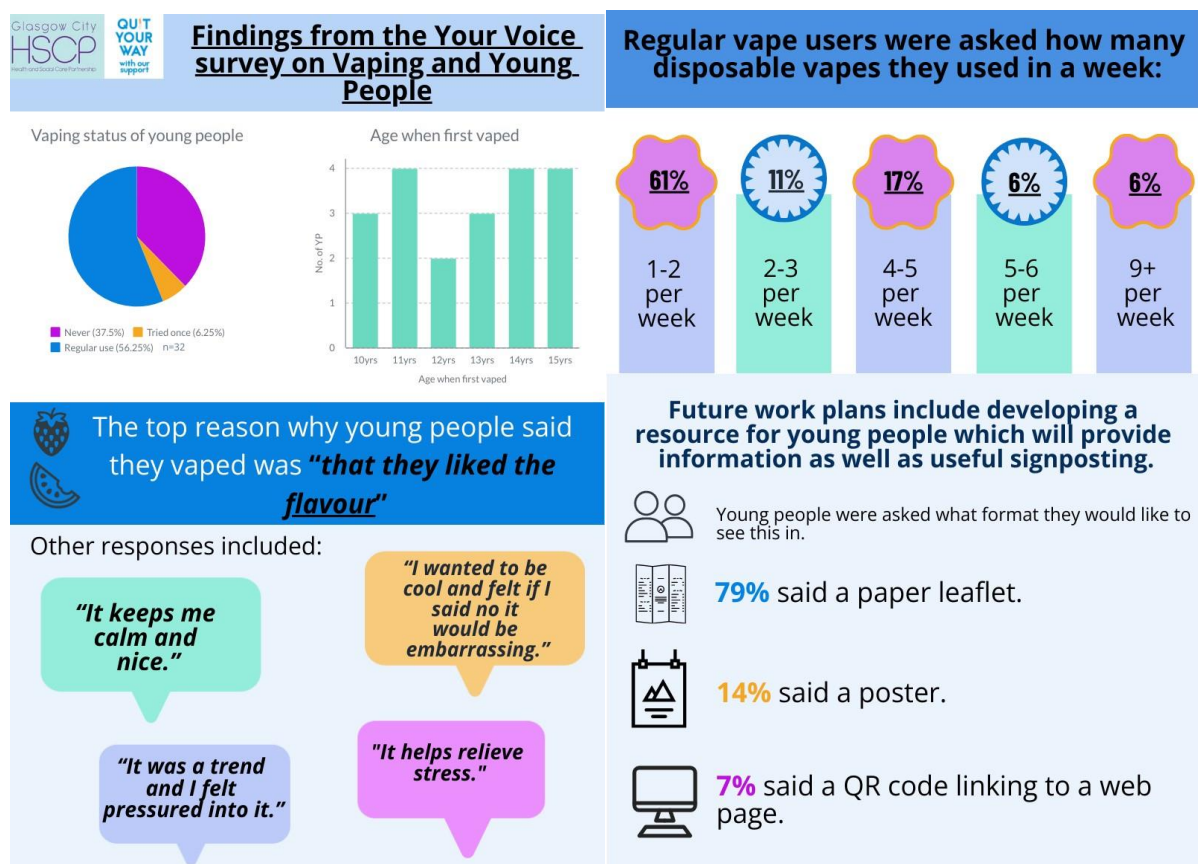
Background

The [Health and Wellbeing Census 2012-2022](#) data highlights the significant increase in the amount of young people using vapes in Scotland and found that 4.3% of S2 pupils and 10.1% of S4 pupils were regularly using vapes.

Due to this rise in figures, we aim to educate young people early about the risks associated with vaping for adolescents.

From consultation with young people, we know that some of the reasons that young people are attracted to vapes are due to their appearance, the flavours and colours. This is also reinforced by observing others use them - role modelling, peer choices and peer pressure. Image 1 shows feedback from young people who attended the Your Voice Event in North West Glasgow in February 2024.

Image 1: Feedback from young people in Glasgow on vaping (2024).



Key messages

1. Nicotine is a stimulant drug which is highly addictive. Using nicotine in early years may lead to subsequent abuse of nicotine and other substances.
2. Using nicotine from a young age can harm young people's brain development, affecting the parts of the brain that influence concentration levels, learning ability, mood, and impulse control.
3. Vaping is not risk-free, particularly for young people and those who have never smoked. Vaping can lead to both short and long term health impacts.
4. One of the main identifiable reasons that young people choose to vape is down to peer groups and peer pressure.
5. Vape waste is extremely harmful to our environment as it consists of three different forms of environmentally harmful waste - plastic, electronic and chemical.