

Young people and vaping

Lesson Plan

North West Health Improvement Team, on behalf of Glasgow
City HSCP Health Improvement

What is a vape?

- Vapes are not for children and young people. They can be useful for adult smokers to help them to stop smoking.
- Vapes work by batteries that heat a liquid to produce a vapour that is then inhaled by the user.
- There are many different types and they come in different shapes, colours and flavours.



What is in a vape?

Vapes work by heating a liquid (called an e-liquid), these usually contain:

- Nicotine
- Chemicals
- Flavourings



Discussion point

Why do you think young people try vaping?

In groups chat about all the reasons you can think of why young people may choose to use/try a vape. Think about their design and who they may be advertised to appeal to. Write down your answers.



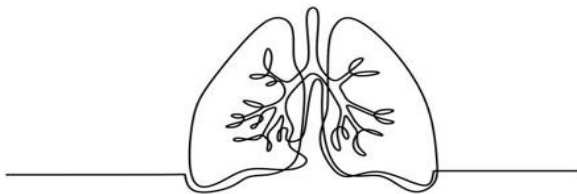
The dangers of nicotine and young people

- Nicotine is a drug that is very addictive. This means it can be very difficult to stop using it once you start.
- Nicotine can harm young people's brain development. Your brain continues growing up to the age of 25.¹
- Using nicotine can harm the parts of your brain that help you concentrate and learn. It can also affect your mood and how you feel.



Health concerns

- Vapes can cause damage to lots of different parts of your body.
- This includes your lungs², heart³, gums and teeth⁴
- People who use a vape can sometimes start to feel short of breath and have headaches too.⁵
- There is not enough evidence available about how vapes may affect us long-term as they haven't been available for long enough.



Discussion point

What do you think are the risks that could be caused by vaping?

Using the body diagram, circle the parts of the body that you think may be effected by vaping.



Discussion point

It can be helpful to think about what you would 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.



Peer pressure

Top tips for saying no...

- Try and think of what you would say if you were offered a vape.
- Be calm when saying no ... remember **it is OK to say no!**
- Be confident when saying no - you've made your decision.
- Hearing you say no might give other people the confidence to say no too.



Environmental issues

In the UK more than 1.3 million single-use vapes are being thrown away every week!

Vape waste is very harmful to the environment.

- The single-use plastic casings found on vapes do not recycle easily.
- The plastic will slowly break down into micro plastics, which can harm sea life.
- Chemicals in the batteries can also leak out and this is dangerous to wildlife.



Activity

Time to get creative – select one of the options below and create a poster to:

- Raise awareness of the harms of vaping in under 18s or,
- Raise awareness of the environmental harms caused by vaping i.e. how they harmful to our wildlife



Class feedback

Head Heart Bin Bag



Head:
something you
learned.



Heart:
something
you felt.



Bin: something
you would
change.



Bag:
something
you will take
away.

References

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4. ASH Scotland (2023). *Young People and Vaping* (online). Available at: [Young-people-and-vaping-2023-Update.pdf \(ashscotland.org.uk\)](#).
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