

	Lesson plan
Session title	Young people and Vaping
HWB organiser(s)	Mental, emotional, social and physical wellbeing
Experiences and Outcomes	<p>HWB 2-38a <i>I understand the effect that a range of substances including tobacco and alcohol can have on the body.</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 2-40a <i>I know that alcohol and drugs can affect people's ability to make decisions.</i></p> <p>HWB 2-43a <i>I understand the impact that misuse of substances can have on individuals, their families and friends.</i></p> <p>LIT 2-02a <i>When I engage with others, I can respond in ways appropriate to my role, show that I value others' contributions and use these to build on thinking.</i></p> <p>HWB 2-41a <i>I can identify the different kinds of risks associated with the use and misuse of a range of substances.</i></p>
Success Criteria	<p>The pupil will participate in group discussions to discuss how their behaviour can affect their physical and mental wellbeing.</p> <p>The pupil will participate in group discussions to discuss how their behaviour can affect their own and others social wellbeing.</p> <p>The pupil will participate in group discussion 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 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=dWT9A-lee4I</p> <p>Childline: https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/vaping/</p>	