

Do now

Page 14 of your booklet.

Tick fix

What are the different factors which influence a person's decisions or actions.
Parents/families/carers, friends, the media, school, adverts, social media...

Stretch

What are the impacts of alcohol use.

Addiction, increase in depression and anxiety, legal consequences (if under the age of 18), liver disease, can increase the likelihood some cancers...

Big question: Why are vapes dangerous?



Ground Rules

Safe Space

Show Mutual Respect

Challenge Yourself

TJ: A day in the life

1. Read the timeline of TJ's day
2. Answer the questions on pages 15 and 16 of your booklet.

	Who or what is influencing the characters?	What impact might this have on them?	What ideas might TJ develop about vaping as a result?
<p>TJ gets ready for school and goes downstairs for breakfast. There are some pamphlets on the kitchen table about quitting smoking, and how vaping can help. TJ sees Mum through the window using her new vape.</p>	<ul style="list-style-type: none"> • TJ's mum might be influenced by the leaflets or medical professionals. • TJ might be influenced by their mum. 	<ul style="list-style-type: none"> • Health bodies promote vaping as a way to help adults quit smoking. This could have a positive impact on someone's ability to quit smoking. 	<ul style="list-style-type: none"> • TJ might think that vaping is less harmful than smoking or that it has a positive impact.

	Who or what is influencing the characters?	What impact might this have on them?	What ideas might TJ develop about vaping as a result?
<p>On the way to school, TJ sees a group from the year above at school, laughing and joking together. One is showing the rest of the group their new vape, and they are passing it around to all have a taste. As they walk past, TJ breathes in and thinks it smells nice.</p>	<ul style="list-style-type: none">• TJ's might be influenced by their peers.• Looking up to an older peer group might influence TJ's decision making.	<ul style="list-style-type: none">• TJ's might feel that it is normal to vape and have a desire to fit in with the others.• TJ might be drawn to vaping because of the 'nice' smell or flavour.	<ul style="list-style-type: none">• TJ's might think it's a harmless social activity that everyone does.

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<p>At lunch, TJ's friend Ben says he thinks his brother will get them some vapes if they ask. The vape shop advertises all the different flavours and colours they have in stock, and TJ is really tempted to say yes. Ben says that if there is a whole shop just for vapes, and they advertise so openly to people their age, it must be ok to do.</p>	<ul style="list-style-type: none">• TJ and his friends might be influenced by the marketing techniques.• TJ might feel pressure from Ben or internal pressure to fit in.	<ul style="list-style-type: none">• TJ might feel more comfortable with the thought of vaping because of how it's been advertised.	<ul style="list-style-type: none">• TJ might think that vaping is a safe and acceptable choice at their age.

	Who or what is influencing the characters?	What impact might this have on them?	What ideas might TJ develop about vaping as a result?
<p>TJ is scrolling through social media feeds after school. There seem to be vapes in a lot of the photos and videos online – nobody is trying to hide what they are doing, not even influencers. And besides, even TJ’s mum vapes! TJ decides to speak to Ben about getting a vape tomorrow.</p>	<ul style="list-style-type: none">TJ might be feeling online influence.	<ul style="list-style-type: none">Role models and the media can influence decision making so TJ might feel more inclined to start vaping.	<ul style="list-style-type: none">TJ may view vaping as a low-risk behaviour because of the perception that everyone is doing it. TJ’s mum vaping may amplify this.

What are the impacts of vaping?

Page 13: Decide what category the following impacts belong to.

- **Environmental**
- **Legal**
- **Health**
- **Other**

Consequences of vaping

Environmental impact

- In the UK, two disposable vapes are thrown away every second. Over a year, this is enough lithium to make around 1,200 electric car batteries (lithium is needed for batteries, decreasing reliance on fossil fuels).
- More than half of people who buy single-use vapes bin them and some of the biggest vaping brands do not take any specific steps to promote recycling.
- In the UK, vapes require specialist recycling. If they aren't recycled, the lithium-ion batteries can start fires when crushed in a waste truck or at a waste-processing plant.

Consequences of vaping

Health impact

The long-term risks of vaping are unclear. While vaping is far less harmful than smoking (the risks from which are well-evidenced), it is not risk free.

Vaping can be addictive, mostly due to the presence of nicotine and the ease with which it can be taken and become part of someone's daily routine.

The liquid and vapour in vapes contain some chemicals found in cigarette smoke (although at lower levels) that may be harmful.

Vaping still exposes users to some toxins. Nicotine is an addictive substance and evidence suggests it may be riskier for young people than adults.

Consequences of vaping

Legal impact

It is not illegal to smoke or vape underage, but anyone who sells cigarettes or vapes to under-18s, or buys them on behalf of anyone under 18, is breaking the law.

Vapes are an age-restricted product because there is potential for users to become addicted to nicotine-containing vapes, and because the long-term effects of vaping on health are unknown.

Consequences of vaping

Other impact

Vapes can help someone to quit smoking, by providing a replacement source of nicotine for those who want to quit smoking (although they are not recommended for non-smokers).

The vaping industry continues to grow (with some vaping companies backed by the tobacco industry) and is solely focused on making a profit.

Organisations are free to make their own policies about where people can vape. This may mean that someone has to separate from their friends/family and go to a designated area where they are allowed to vape.

How can we challenge misconceptions?

Turn and talk:

We know that there were lots of times within TJ's story where he was influenced by people or other factors.

What could TJ have done to try and limit or reduce some of those factors?

The questions are on **page 18 & 19**.

Tick and fix using green pen. If your answer is wrong, you **must** correct it using green pen.

After marking the quiz, you should write your score at the bottom.

There will be lots of merits available so try your best!

1. What is a drug?

A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.

2. What is the difference between recreational drug use and medicinal drug use?

Medicinal drug use – treats an illness, ailment etc.

Recreational drug use – illegal, for personal use, no medical benefit

3. How many classes of illegal drugs are there in the UK?

Three.

4. Give **one** reason a person might use drugs.

Peer pressure, dependency, curious...

5. True or false: caffeine is a drug.

True.

6. Give **one** example of a product that contains caffeine.

Coffee, tea, soft drinks, energy drinks

7. 'A clear liquid that can make you drunk' is the definition of which key term?

Alcohol

8. Give **one** long-term effect of drinking alcohol.

Liver disease, acne, dependency, dental issues, obesity, depression, fertility problems and high blood pressure

9. What is tobacco?

A plant grown for its leaves

10. Why might a young person smoke?

Peer pressure, dependency, curious, the media, family/friends...

NHS website or your GP

www.nhs.uk

Childline

www.childline.org.uk

0800 1111

NACOA

<https://nacoa.org.uk/>

Frank

<https://www.talktofrank.com/>

You can also:

- Speak to a member of staff at school – your Form Tutor, Head of Year or Key Worker. Any member of staff is here to help!
- Send an email to safe@castle-tmet.uk.
- Speak to an adult that you trust – this might be a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!