

Vaping:

What and why?

Bitesize session
Lower KS3



What do you already know about vaping?



Keywords:

- **Electronic device:** an item with a battery.
- **Aerosol:** a gas substance (sometimes called a vapour).
- **Nicotine:** a chemical found in tobacco and most vaping products.

What is vaping?

Vapes, also known as e-cigarettes, are electronic devices. People use them to inhale nicotine in the form of an aerosol. Nicotine vapes can help adult smokers to stop smoking.

It is illegal in the UK to sell nicotine vaping products to anyone under the age of 18 or for adults to buy them on behalf of under-18s.



Why do young people vape?



What can you add to your mind map about vaping?

What can you add to your list of reasons why young people might vape?

Worried about vaping?

Whether you currently vape or not, if you have any concerns at all around vaping, speak to a trusted adult.

If you or a friend are currently vaping and want some support to stop, you can visit the FRANK website, call their helpline or use their text service (Text 82111)

www.talktofrank.com/drug/vapes

If you want any support around resisting peer pressure, Childline offer some excellent tips: **www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/**



Vaping: saying no



‘Come on, just have a puff
and if you like it, I’ll sort you
out with one...’