

## Substance Use Education

<b>Stage:</b> <b>Second</b>	<b>Lesson: Vapes &amp; E-cigarettes</b>
<p><b>Expected national standards for each level:</b></p> <p>Learners develop their understanding of the use of a variety of substances including over the counter and prescribed medicines, alcohol, drugs, tobacco and solvents. They explore and develop their understanding of the impact of risk-taking behaviour on their life choices. The experiences and outcomes will enable learners to make informed personal choices with the aim of promoting healthy lifestyles.</p>	
<p><b>Substance Misuse Experiences and Outcomes:</b></p> <p><b>HWB 2-38a</b> I understand the effect that a range of substances including tobacco and alcohol can have on the body.</p> <p><b>HWB 2-39a</b> 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.</p>	
<p><b>Resources Required for Lesson:</b> Paper &amp; pens</p>	
<p><b>Introduction to E-cigarettes:</b></p> <p>E-cigarettes or vapes are battery powered devices that heat a liquid, that often contains nicotine, into vapour which is inhaled.</p> <p>Risks of vaping – limited information on the long term effects. Recent studies suggest negatively impact heart and lung health. Minor side effects of vaping include: dry cough, shortness of breath and headaches. Vaping can lead to other conditions such as gum disease, tooth decay and early tooth loss.</p> <p>Nicotine &amp; Addiction – Most E-cigs contain nicotine. Young peoples brains are still developing and they can become addicted quickly. Nicotine use in young people can increase the risk for future substance use</p> <p>Marketing – E-cig marketing is often based on social media, concerts and sports events, all of which young people attend. TikTok contains content that portrays vaping positively. This leads to glamourising e-cigs, misinformation and influencer marketing is often effective. Most E-cigarettes brands are owned by big tobacco companies.</p> <p>Environmental concerns – E-cigarettes produce significant environmental concerns such as batteries or single use plastic</p>	

**Main Activities / Discussion:**

Split into small working groups and mind map the following topics:

- What are the risks of vaping?
- Why do people vape?
- Who / what can influence how I feel about vaping?
- Overall pros and cons list for vaping

**Possible answers:****What are the risks of vaping?**

Heart health – effecting blood pressure & heart rate

Lung health – particularly negative for those who already have asthma or other respiratory health issues

Children & Young people who vape are more likely to smoke

Addiction – nicotine can have a negative impact on brain development

Other conditions - gum disease, tooth decay and early tooth loss.

**Why do people vape?**

E-cigs are less harmful and risky than smoking tobacco – often used to help people who already smoke, to stop smoking. In Scotland, people can access free support to help them stop smoking.

Peer pressure

Marketing

Flavours aimed at young people i.e. bubblegum

**Who / what can influence how I feel about vaping?**

Peer pressure

Marketing

Social media

Family

Friends

**Overall pros and cons list for vaping:**

Pros	Cons
<ul style="list-style-type: none"> <li>• Used by people already smoke to stop smoking</li> <li>• Less harmful than smoking tobacco</li> </ul>	<ul style="list-style-type: none"> <li>• Health concerns</li> <li>• Addiction</li> <li>• Environmental support</li> <li>• Risky behaviour – Those who vape are more likely to smoke, those who smoke are more likely to drink alcohol</li> <li>• Money worries</li> <li>• Negative effects on brain development</li> <li>• E-cigarettes often contain a lot of nicotine (most contain up to 20 cigarettes)</li> </ul>

Bring the groups together to share what they discussed.