

# VAPING AND SMOKING

HOW CAN WE MAKE POSITIVE CHOICES?

LIFE  
EDUCATION

Learning with Harold



# Kia ora Kaiako

This resource has been designed for you to print for your rangatahi, to support their mobile classroom learning. You can print the full file or choose the activities that are most of interest.



# What is peer pressure?

Write your definition here:

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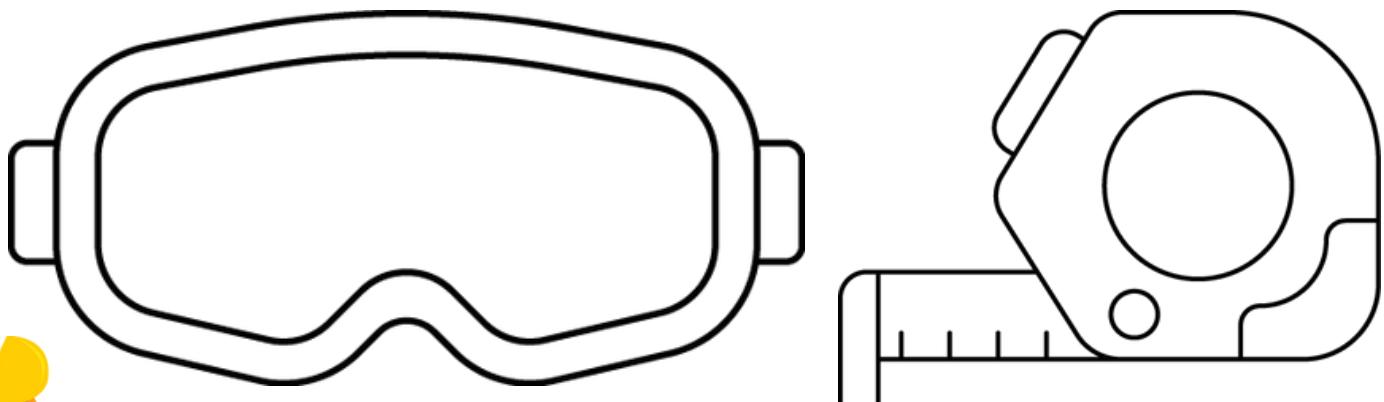
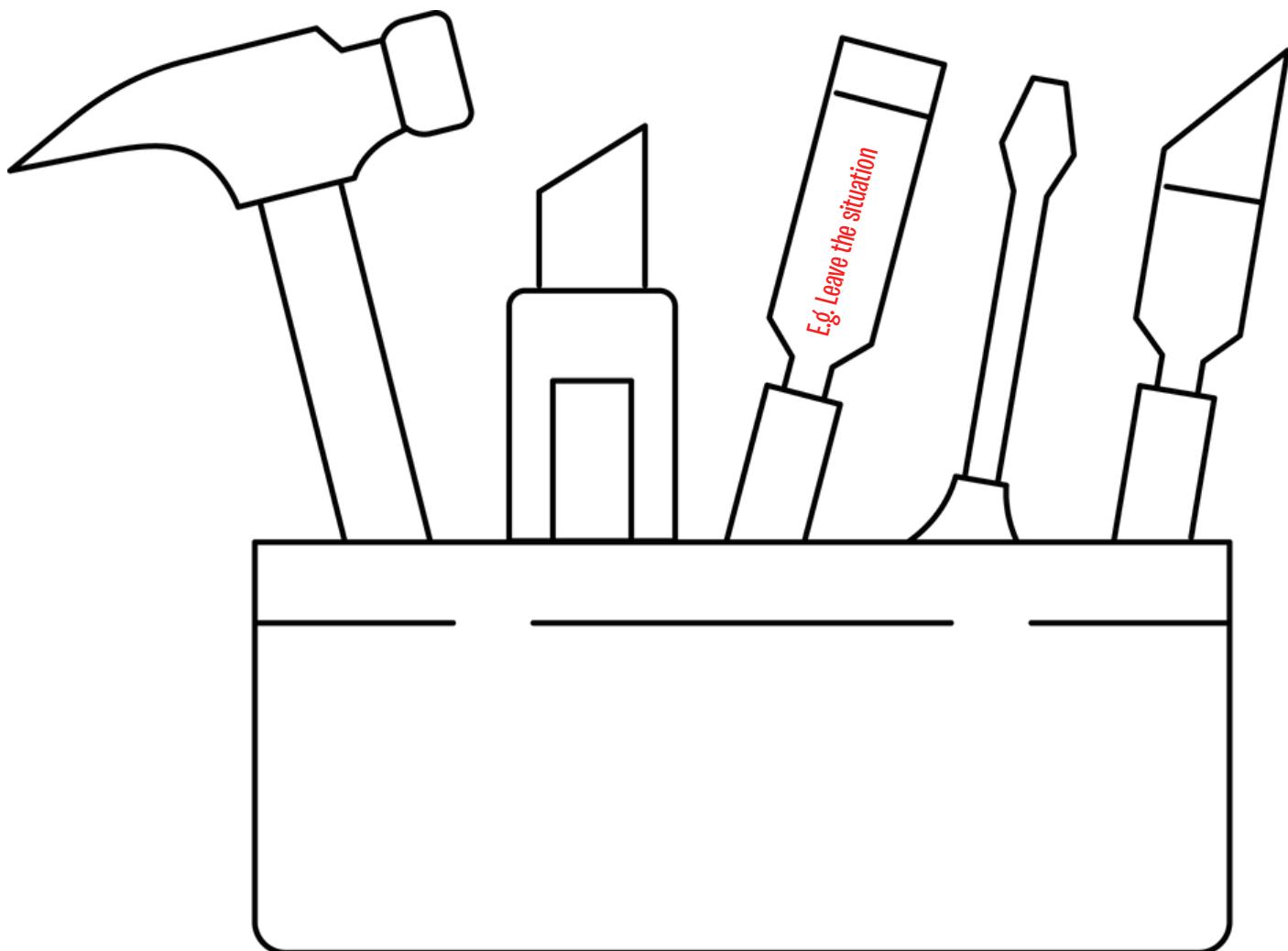


Positive examples

Negative examples

# Peer pressure toolbox

What tools could you use to get yourself out of a sticky situation?



# Decision making



**To make good decisions we need to think about:**

- Choices (what choices do I have?)
- Information (up-to-date reliable info)
- Influences (what is influencing me to make this choice?)
- Consequences (what are the possible positive or negative consequences?)
- Decision (what is the best decision for me)

**Think of a decision you have recently made and write about it here:**

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# Smoking



What is this plant?

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Record any facts you know about what is in a cigarette:

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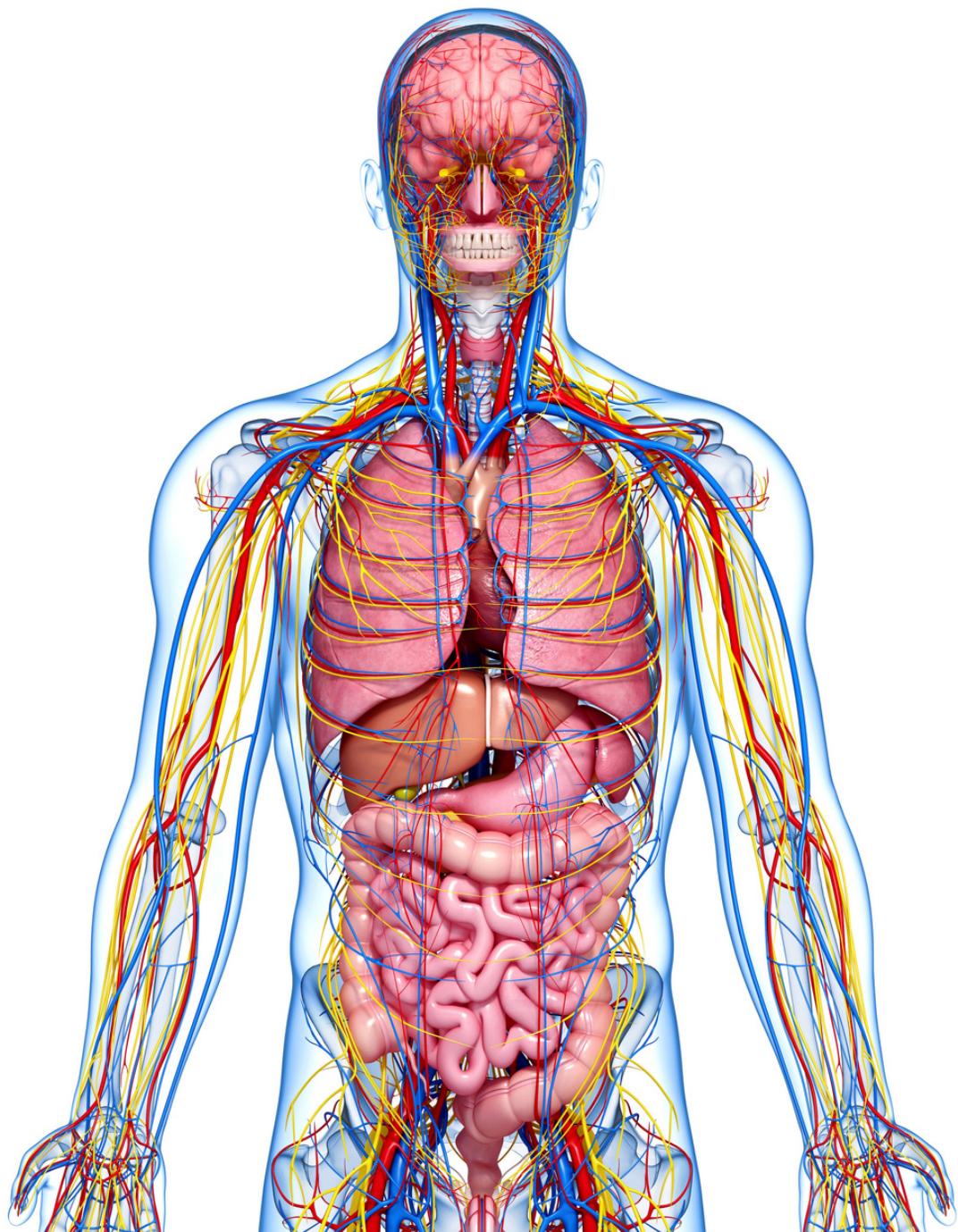
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# Smoking and the body

Label the parts of the body affected by smoking and explain how they are affected.

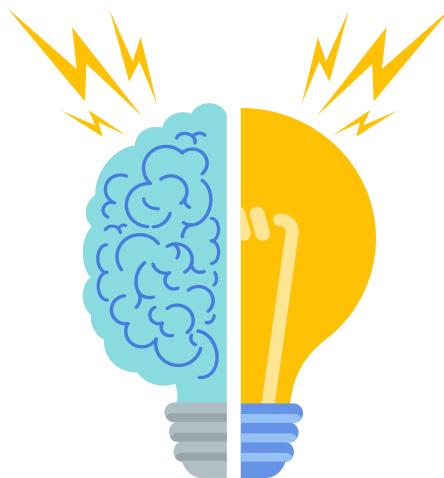


# Laws around smoking and vaping



What laws do you know about?

Brainstorm your ideas here first, then create a poster on your device or on the next page.





# Vaping



What are the positives and negatives of vaping?  
Record your thoughts below, including any  
interesting ideas you have.

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# Vaping word match

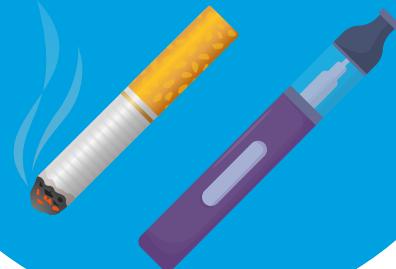
Vapor	The legal age for purchasing a vape
e-cigarette/vape	The organ in our body we need to breathe
nicotine salts	The amount of time it takes for nicotine to enter the brain
addiction	Where flavoured vapes can be purchased
50mg	A cloud created when a vape is used
18+	The strong urge and need to keep vaping
EVALI	A lung disorder caused by vaping
coil	A device used to vape
vape store	The maximum amount of nicotine in a vape that can be sold in NZ
lungs	Type of nicotine added to vape juice
10-20 seconds	The part of the vape that heats the juice

Are there any words or terms you were unsure of?  
Research these to improve your knowledge.

# Addictive Cycle

Cut and paste in the correct order to make a cycle (glue on the next page)

## The addictive cycle of nicotine



The person inhales a vape and tops up their nicotine levels

Soon after, their nicotine levels begin to fall, leaving them feeling anxious and craving another vape

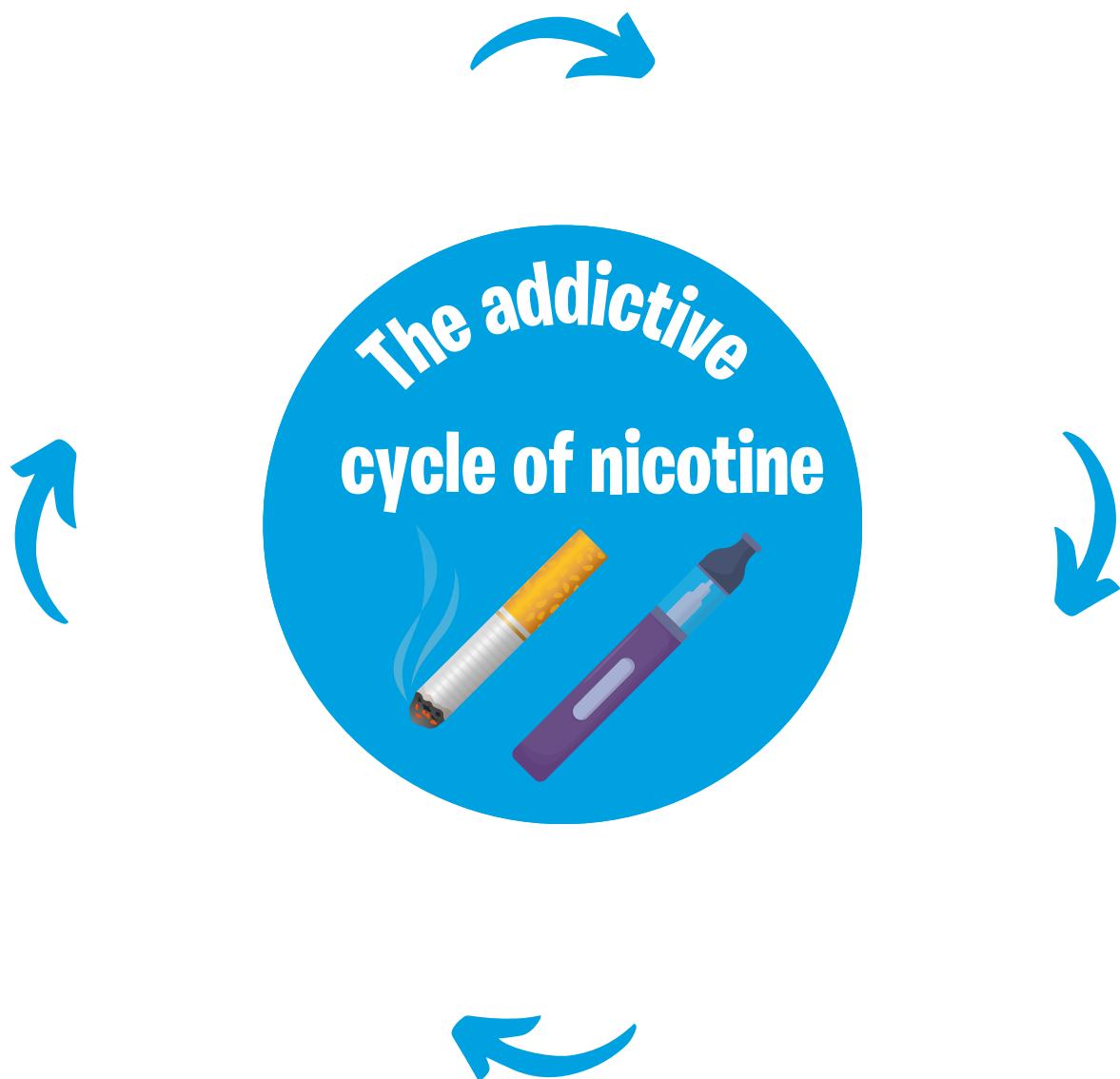


Their nicotine withdrawal symptoms are relieved, making them feel temporarily relaxed



When the nicotine levels drop even more, they become tense and irritable

# Addictive Cycle



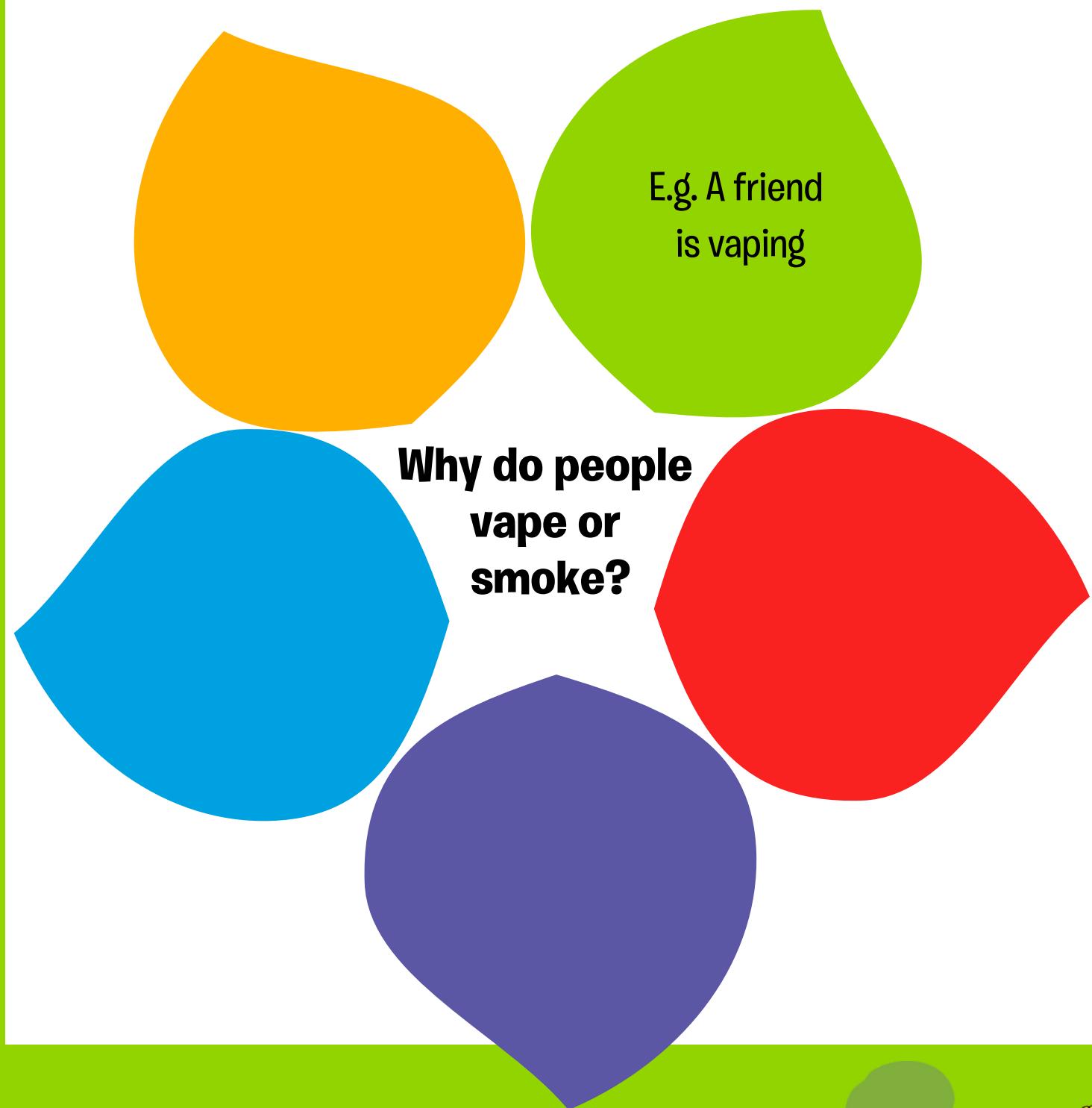
Investigate extra information about each of the stages.

# Why do people choose to smoke or vape?

In a group, brainstorm all the different reasons people may choose to vape. Then group the reasons into categories and add them to the chart below.

**Why do people vape or smoke?**

E.g. A friend is vaping



Share your findings with other groups to compare.