

Do Now

What are the harms caused by vaping?



BELONG CARE ASPIRE SUCCEED

Despite never smoking, Estelle and her friends all vape. It's getting expensive, but no one has suggested quitting – until recently.

Estelle started getting a weird pain in her chest, it felt a bit like there was some water stuck somewhere, which she just couldn't cough up. Her dad is very worried and has taken her to the doctor.

Discuss: Why are Estelle and her friends vaping in the first place, do you think?



Explain briefly why you think vapes were created in the first place.

I think the reason vapes were created in the first place is...

Belong - Care - Aspire - Succeed

What are the harms caused by vaping?



Learning outcomes:

Describe the different health problems caused by vaping and the link between addiction, nicotine and dopamine.

Explain why vaping is not a safe long-term activity and should be seen primarily as a smoking cessation aid, using new terminology.



Vaping – breathing in a steam-like fume designed as a replacement for tobacco smoking, still containing nicotine in many cases.

What are the harms caused by vaping?



What is Vaping and Why is it Harmful?

What is vaping?

Vaping involves inhaling vapour from an electronic cigarette (e-cigarette). Vapes were originally designed to help adult smokers quit smoking.

Why can vaping be harmful?

Most vapes contain **nicotine**, a highly addictive substance.

Nicotine can increase heart rate and blood pressure and affect developing brains.

Addiction can develop quickly, making it difficult to stop.

Vaping may affect mental wellbeing and concentration.

What are the harms caused by vaping?



The Risks of Vaping

Health and Financial Risks

Vapes can contain chemicals that may damage the lungs.

The long-term effects of vaping are still being researched.

Vaping can be expensive, costing hundreds of pounds each year.

Why Avoid Vaping?

Young people who vape are more likely to start smoking cigarettes.

Healthy alternatives such as exercise, hobbies and socialising can boost mood without health risks.

The safest choice is not to start vaping or smoking in the first place.

Key Message:

Just because vaping is safer than smoking does not mean it is safe.

Vaping – why such a big issue?

<https://www.youtube.com/watch?v=laVaoja2Uk4>

(note: clip shows real life damage done by vaping to a cadaver's organs)

What were e-cigarettes originally designed to do?

What have hospitals noticed in the last few years?

What are the symptoms of hospital patients?

What are GI symptoms?

What is the addictive component which could cause GI issues?

What metal has been found in vape juices?

Why was the vitamin E acetate found in patients' lungs so harmful?



Watch the clips and complete your questions in your booklet. We will then go through the answers together so you can fill in any you've missed.

Vaping – why such a big issue?

<https://www.youtube.com/watch?v=laVaoja2Uk4>

What were e-cigarettes originally designed to do?

Mimic real life cigarettes in a safer way

What have hospitals noticed in the last few years?

An increase in lung damage – due to vaping

What are the symptoms of hospital patients?

Fever, coughing, chills, coughing up blood, racing heart

What are GI symptoms?

Abdominal pain – nausea, tummy aches

What is the addictive component which could cause GI issues?

Nicotine

What metal has been found in vape juices?

Arsenic (a deadly poison), tin, manganese, chromium

Why was the vitamin E acetate found in patients' lungs so harmful?

2807 people were hospitalised and 2.4% of those died. There is no cure, just therapy and breathing aids to eventually help recovery.



What are the harms caused by vaping?



Useful helplines and charities

<https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/>

NHS site with up to date info on using vaping appropriately to quit smoking.

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.royalwolverhampton.nhs.uk/about-us/smoke-free-rwt/the-facts-on-vaping/>

Free vaping and health facts guide

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>