

Unit 4. How tough it can be to quit nicotine

Activity 4.2



Materials:

- index cards

Exploring the "why"

1. Distribute an index card to each student.
2. Ask students to independently record responses to the following question on the front side of their index card: Why might young people experiment with vaping?
3. On the backside, record responses to the following question: What are some positive things young people can do instead of vaping?
4. Collect the index cards and read responses aloud to the class.
5. Make a list of the responses on the board. Possible answers are provided below.

Reasons to try vaping	Positive alternatives
To relieve stress	<ul style="list-style-type: none">• Do something active. Exercise reduces levels of stress hormones in your body and increases the production of "feel good" hormones.• Talk to your friends/parents/teachers about how you're feeling.• Make sure you're getting enough rest. Go to bed earlier or take naps.
Wanting to be accepted by friends	<ul style="list-style-type: none">• Be yourself.• Figure out your passion and join a sports team or a club.• Invite friends to a movie.
Curiosity	<ul style="list-style-type: none">• Ask lots of questions and research the facts.
To taste the flavours	<ul style="list-style-type: none">• Make your own smoothie with a variety of fruits• Eat or drink something tasty.
To rebel, to appear older	<ul style="list-style-type: none">• Volunteer to take on more responsibility.• Make mature choices.
To feel less tired	<ul style="list-style-type: none">• Go to bed earlier.• Take a nap.• Spend less time on screens, especially before bed.• Workout/exercise (it gives you more energy).• Visit your doctor to rule out any illness.