

Section 5. How to handle peer pressure

Activity



Reasons not to vape

1. Select a student and have that student come to the front of the classroom.
2. Explain: We have just found out their friend (the child in the front of the class) has started vaping. We are worried about their health, so we need to think of the TOP TEN reasons not to vape.
3. Write their answers on the board.

Possible responses:

- Your parents will be mad at you
- You may lose your friends
- You'll become dependent
- You won't be as good at sports, no endurance
- If you have asthma you'll need more medicine
- Your heart will have to work harder even after one inhale
- The stuff in e-liquid with nicotine is like taking small doses of poison
- It costs money to buy a vape and e-liquid
- You have to be outside in the rain and cold
- You will be a bad role model for little children