

Smoking and vaping

16/07/2026

Instructions for Every Lesson:

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for metacognition



Do you agree with the Government ban smoking?

What do you consider to be the arguments for and against banning smoking?

Rishi Sunak considers banning cigarettes for next generation

Exclusive: Sources say law could gradually increase the smoking age, ultimately prevent sales to people born after certain date

Smoking age should rise from 18, by one year every year - Rishi Sunak



Smoking and vaping

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Key Vocabulary: Metacognition, self-regulated learning, growth mindset

Cigarette, Vaping, Smoking, cilia, carbon monoxide, oxygen, bronchitis, emphysema, respiratory diseases



How might education about substance use be further improved?



How far is it true that young people are going to try substances regardless of the education they receive?

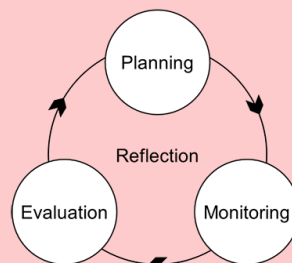


Why are young people more likely to try substances than an older person?

Instructions:

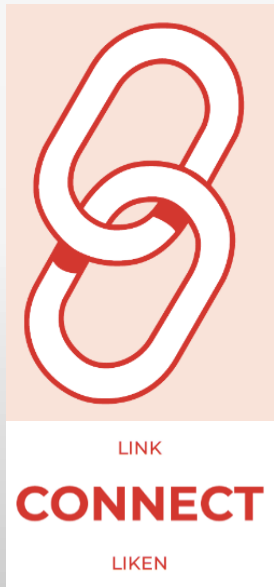
1. Answer the most challenging progress question possible in your book.
2. Evaluate your thinking in today's lesson and how well you think you've answered your progress question.
3. Make final improvements in green pen.

Metacognition phases



Why do young people vape?

Discuss the reasons and connect back to our last lesson.



Structured Talk Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.



B B C NEWS



Faculty of Personal and Physical Development



News recently (Nov 24)

Smoking ban introduced to protect children and most vulnerable

- The government will introduce plans for tougher action to protect people from the harms of smoking in the Tobacco and Vapes Bill today.
- World-leading reforms introduced to **phase out smoking**, protecting the public, NHS and economy and put us on track to a smoke-free UK
- Government will be given powers to extend indoor smoking ban to certain outdoor settings, focused on protecting children and the most vulnerable, in addition to **creating the first smoke-free generation**
- Bill will also **ban vape advertising** and sponsorship, as well as create new powers to **restrict the flavours**, display and packaging of all types of vapes
- Combined with **on-the-spot fines**, tougher action on enforcement and tighter regulation on vaping, the bill will protect children and young people from harm and addiction

newsround

B B C



Faculty of Personal and Physical Development



How far do you agree with this news headline?
What reasons may make this so?

Smoking: Children of parents who smoke four times more likely to start, study says

🕒 28 December 2021



Structured Talk Instructions:

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).

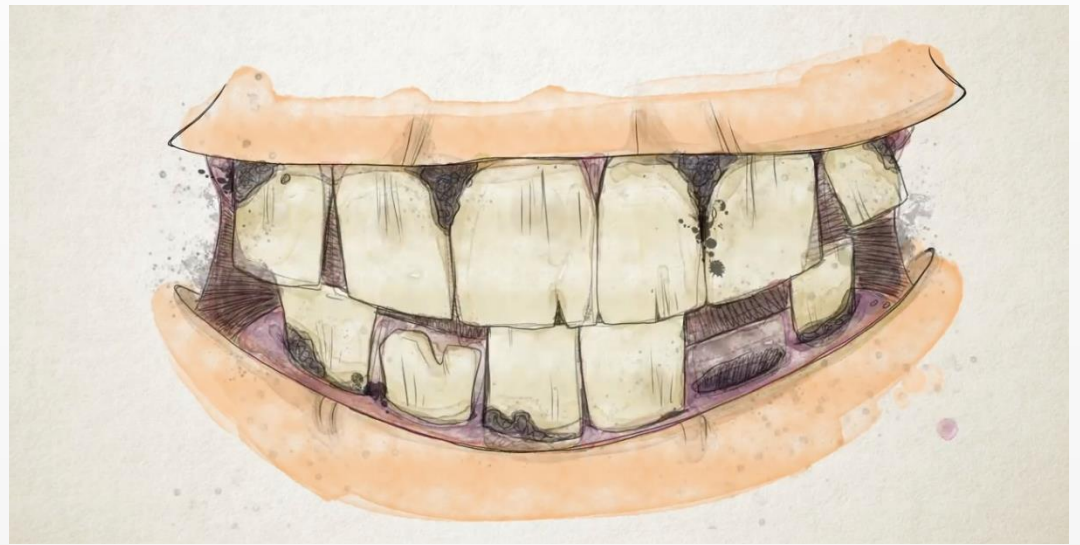
How vaping affects health

Instructions:

In your exercise books explain how vaping would affect a young persons health

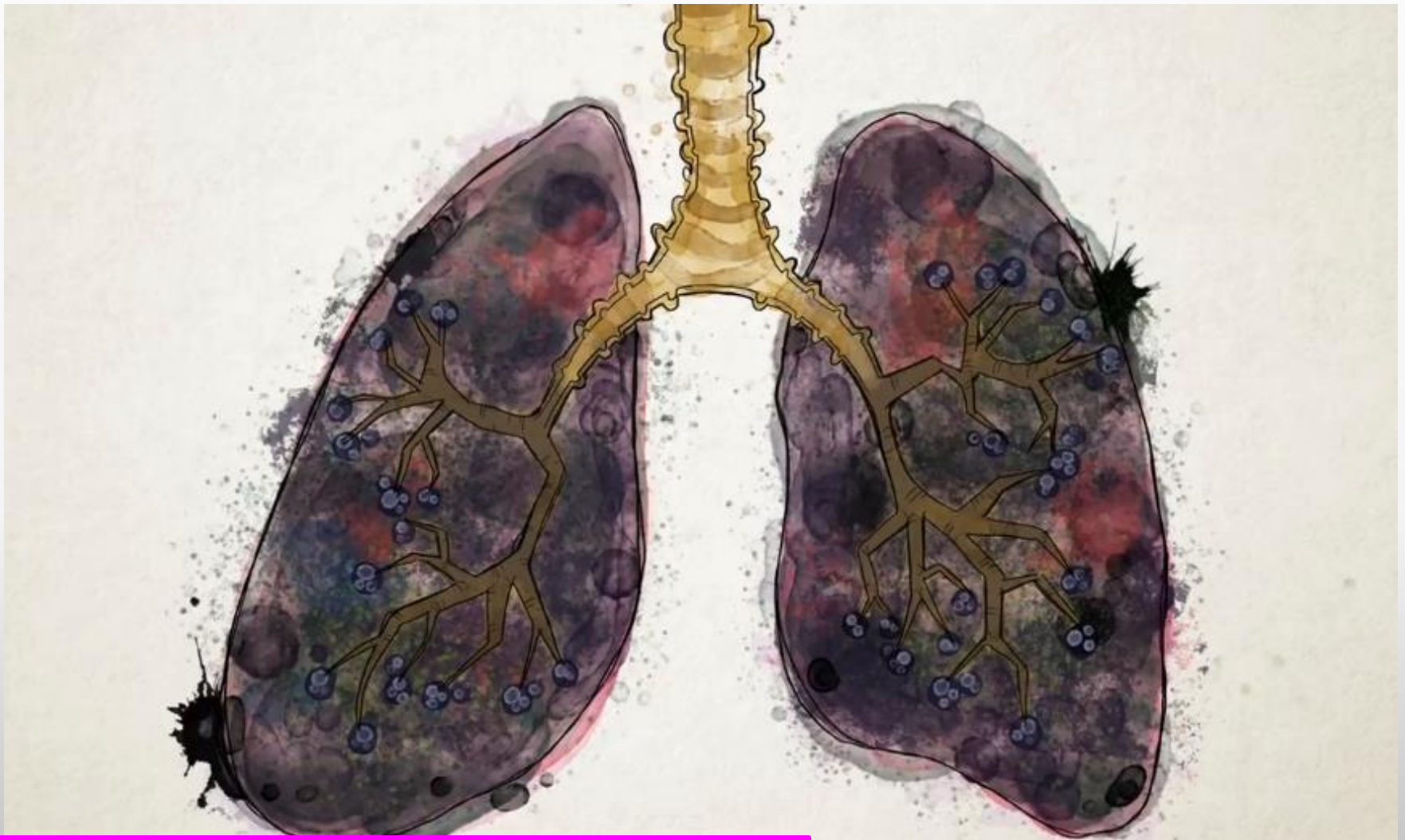


Tar builds up
on the teeth



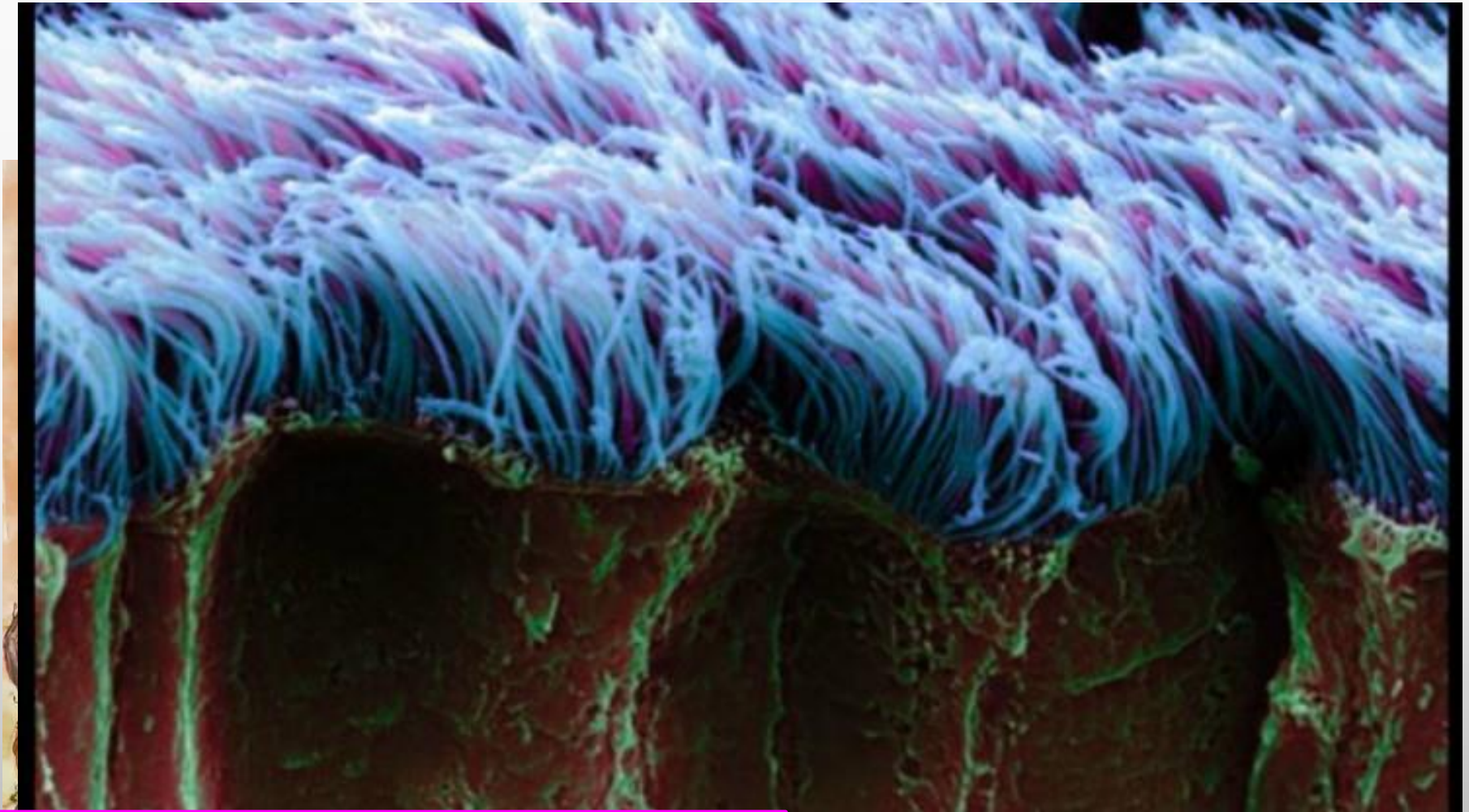
This leads to tooth
decay





Smoke increase the likelihood of infections and disease like bronchitis and emphysema



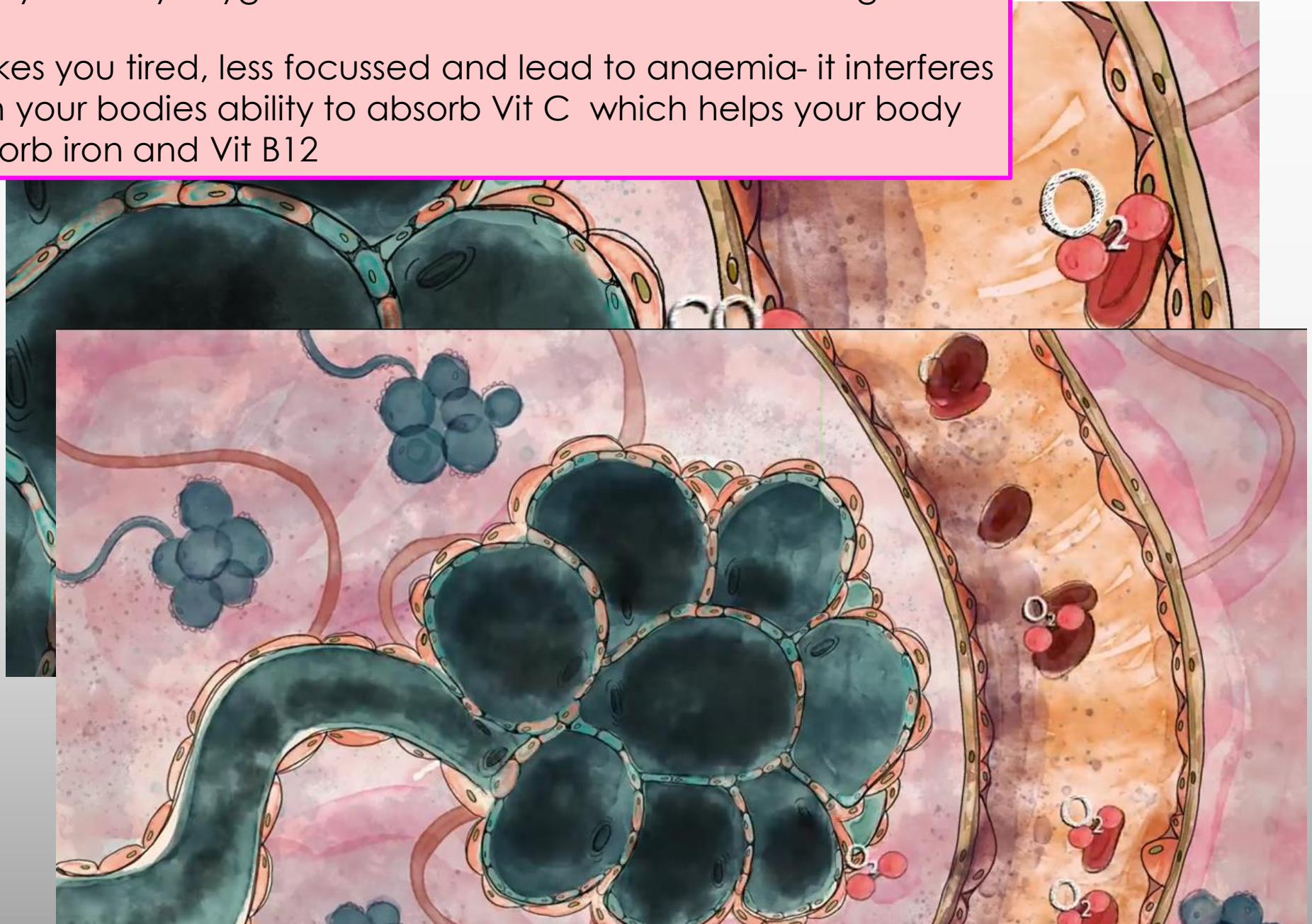


Smoking damages the cilia; these *cilia* sweep out mucus and dirt so your lungs stay clear and help you fight infections

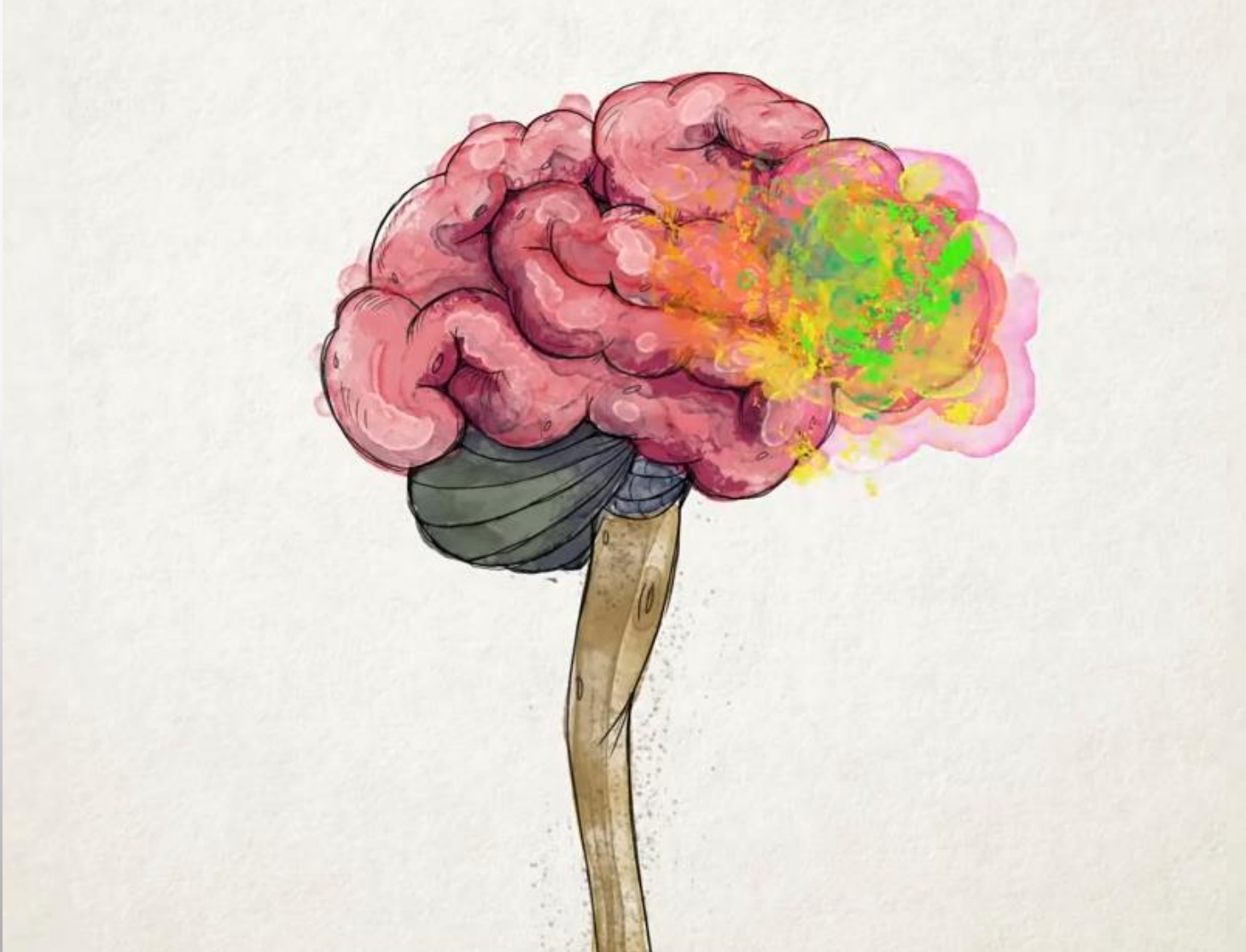


Carbon monoxide pass in to the blood reducing the bloods ability to carry oxygen because it binds with the haemoglobin.

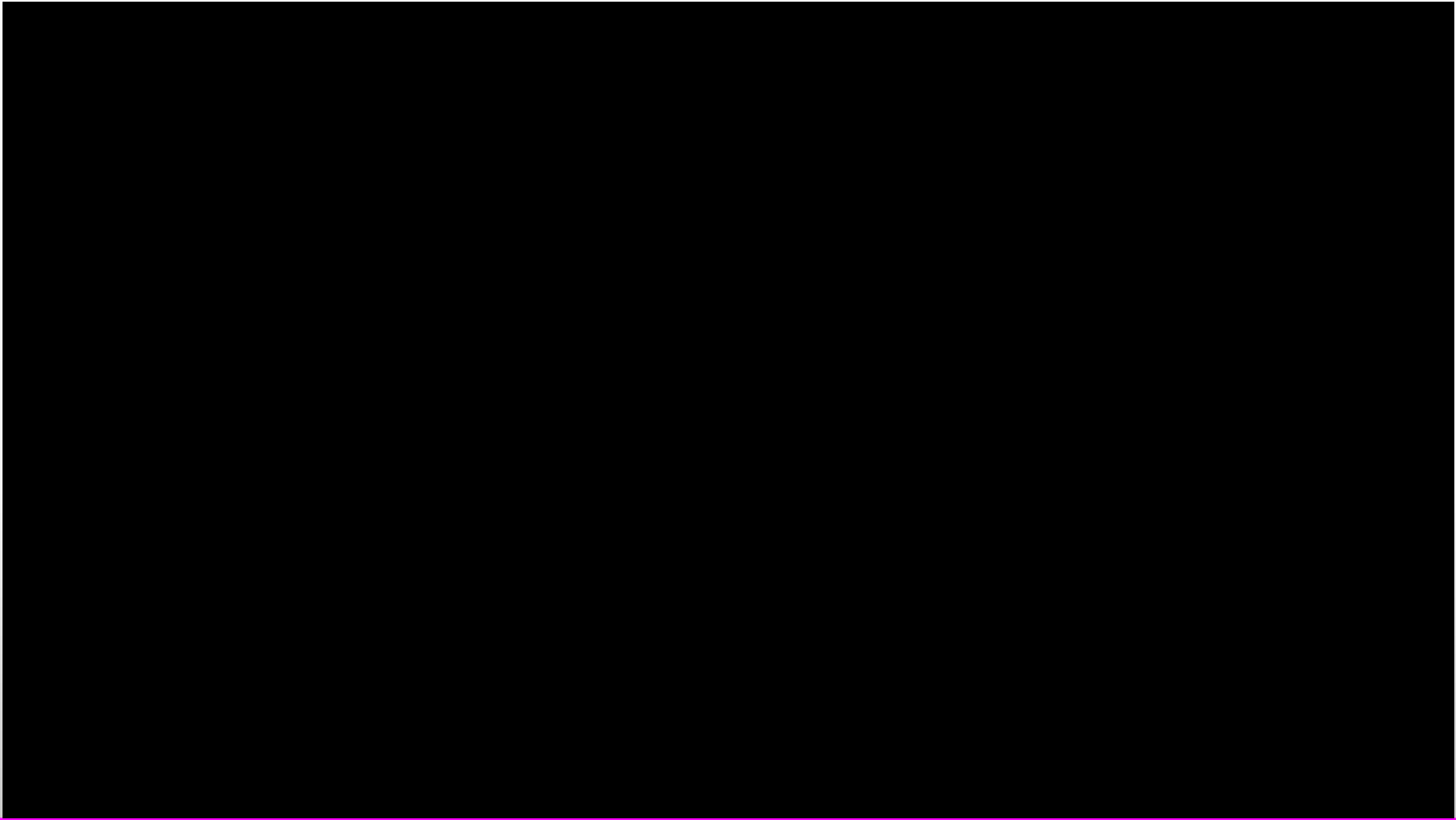
Makes you tired, less focussed and lead to anaemia- it interferes with your bodies ability to absorb Vit C which helps your body absorb iron and Vit B12



Within ten seconds nicotine is carried to the brain which is a stimulant that triggers the release of dopamine and other neurotransmitters such as endorphins that make you feel good.



E Cigarettes & Vaping:



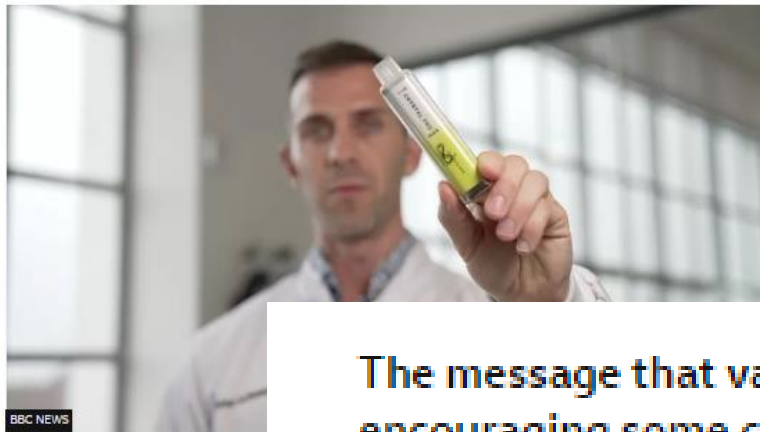
Instructions:

Copy the heading and then copy and complete the following sentence starter:

Tobacco manufacturers make vaping appealing to children by...

Vaping: High lead and nickel found in illegal vapes

4 hours ago • Comments



BBC NEWS

David Lawson says the results were the w

By Hugh Pym and Lucy Watkins
BBC News

Vapes confiscated from school pupil:
chromium, BBC News has found.

Used vapes gathered at Baxter College
laboratory.

The results showed children using the
daily safe amount of lead, and nine times

Vapes '95% safer' than cigarettes messaging backfired

1 day ago • Comments



The message that vaping is 95% safer than smoking has backfired, encouraging some children to vape, says a top health expert.

Dr Mike McKean treats children with lung conditions and is vice-president for policy at the Royal College of Paediatrics and Child Health.

He says the 2015 public messaging should have been clearer - vapes are only for adults addicted to cigarettes.

Evidence on the possible health risks of vaping is still being gathered.



Vaping is the most commonly used substance by teenagers and is known as a gateway substance. How far do you agree with the statement.



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How can young people resist the pressure to vape?



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Poster Task!

Using the facts below, create an eye catching anti-vaping campaign!



- Smoking is the biggest cause of preventable deaths in England, accounting for nearly 80,000 deaths each year.
- One in two smokers will die from a smoking-related disease.
- Every 15 cigarettes you smoke will cause a mutation in your body, mutations are how cancers start.
- smoking increases your risk of having a stroke by at least 50%, which can cause brain damage and death.
- Smoking causes 84% of deaths from lung cancer and 83% of deaths from chronic obstructive pulmonary disease (COPD).
- Smoking prematurely ages your skin by between 10 and 20 years, and makes it three times more likely you'll get facial wrinkling.
- The good news is that after only one year of not smoking, your risk is reduced by half. After stopping for 15 years, your risk is similar to that of someone who has never smoked.



Where to seek further information and help



Help!

Where can you get help?

HOME

Try talking to your parents. If you feel that you cannot talk to them consider talking to another family member or a good friend.

MEDICAL

Ms Harman is trained to help with a wide range of young people's problems. You can talk to Ms Harman in confidence. Drop in to see her in Medical.

SCHOOL COUNSELLOR

If you feel you need to talk to a counsellor, please see your Head of Year.

SCHOOL

Friends, Form Tutors, Subject Teachers, Pastoral Support Assistants, Year Tutors or any member of staff who you feel comfortable talking to.

DOCTOR

Make an appointment with your GP.



We're all here to help

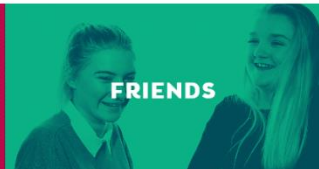


TOPICS ▾ GAMES ABOUT FIND ▾



alt. life

Is that your real body online?

[WATCH NOW](#)

BODY TALK

MY MIND

FRIENDS



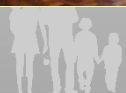
yes to a healthier you [Take assessment](#)

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Stopping smoking

Why quit?	Stopping smoking is one of the most important things you can do to help improve your health. Stopping smoking will not only benefit your own health but your family's health as well.
Smoking and pregnancy	The nicotine found in cigarettes, and other tobacco products, is highly addictive which can make it hard to stop but you're not on your own.
E-cigarettes	If you're interested in taking part in Live Life Better's stop smoking service then you can take part in our online assessment .
Stop Smoking - useful tools	Or call Live Life Better Derbyshire on Freephone 0800 0852299.
Stop smoking clinics	Find out about health benefits of stopping smoking , and of course the money you can save.
Top stop smoking tips	Quitting smoking is the best thing you and your partner can do for your baby. Visit our smoking



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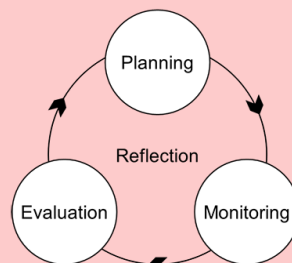


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Metacognition phases



How dangerous is vaping - and why the concern over young vapers?

12 September



REX/SHUTTERSTOCK

By John Hand

[://www.bbc.co.uk/news/health-66784967](https://www.bbc.co.uk/news/health-66784967)

<https://www.votesforschools.com/teacher-toolkit/pshe-rse/vaping-lessons/#>

Vaping – KS3 form time activities

Students explore the facts and impacts of vaping in these flexible NHS-approved activities



<https://campaignresources.phe.gov.uk/schools/resources/vaping-ks3-form-time-activities>



Faculty of Personal and Physical Development

