

BREAKING NEWS



HEALTH RISKS OF SMOKING AND VAPING

LESSON PLAN

OVERVIEW

Lesson Section	Time	Activity	Teaching Methods	Resources
Introduction	10 min	- Explore student perceptions of smoking and vaping. - Discuss the difference between smoking and vaping.	- Class discussion - Questioning	- Whiteboard & marker
Main Activity: Breaking News	20 min	- Group activity: Students become "health reporters" investigating the effects of smoking & vaping on different parts of the body.	- Group work - Research & creative thinking	- Role cards for each group - Worksheet templates
Presentations	10 min	- Each group presents their reports.	Peer presentation	
Quiz	20 min	- Quiz mix of true/false, multiple choice & fill-in-the-blank). Discussion on answers.	- Quiz (individual or team-based) - Class discussion	- Printed/digital quiz sheets - Answer key

PRESENTATION

Slide 2: Introduction – What Do You Know?

- Ask: "What comes to mind when you hear 'smoking' or 'vaping'?"
- Take 2-3 answers and write them on the board.

Slide 3: Smoking vs. Vaping – What's the Difference?

- Ask what they think the differences are.

Slide 4-6: What's Inside? (Visual: Chemical breakdown of cigarettes & e-cigarettes)

- Explain what's inside a cigarette and what's in a vape
- Cigarettes contain **Tar**: A residue that accumulates in the lungs, leading to respiratory issues. **Carbon Monoxide**: A poisonous gas that reduces oxygen delivery to the body. Cigarettes have over 7,000 chemicals including Arsenic is a poison Cadmium is used in batteries Vaping contains **Formaldehyde**: A chemical found in floor cleaner that can permanently damage the lungs and cause cancer **Diacetyl**: A chemical linked to a lung disease called bronchiolitis obliterans, also known as "popcorn lung" **Heavy metals**: Such as nickel, tin, lead, and arsenic, which can cause cancer

Slide 7: Short-Term Health Effects

- Explain immediate effects of nicotine:
- Question: "How do you think these effects impact daily life?"

Slide 8: Long-Term Health Risks

- "The longer someone smokes or vapes, the worse the damage gets." Key Message: Both have serious health risks!

Slide 9: Myth-Busting – True or False?

Go through these quickly, reading the common myths aloud and then revealing the truth.

Slide 10: Introduce the activity

"Now it's time for YOU to uncover the truth! Imagine you're investigative reporters, and your job is to expose the dangers of smoking and vaping."

Each team will investigate one of these topics:

1. Lungs & Breathing – How do cigarettes & vapes damage your lungs?
2. Heart & Blood – How does nicotine increase the risk of heart disease?
3. Brain & Addiction – Why does nicotine make quitting so hard?
4. Skin & Appearance – How does smoking/vaping change the way you look?

"In teams, you'll have 10 minutes to prepare a short news bulletin. Be creative! Then, each team will present their report to the class. Let's see who can deliver the most hard-hitting story!"

LESSON PLAN

Objective:

Students will investigate and present the effects of smoking and vaping on different parts of the body.

Instructions:

Set the Scene (5 min)

- Tell students: "Imagine you're health reporters investigating what happens to the body when someone smokes or vapes. Your job is to uncover the truth and report back to the class!"
- Divide students into four groups.

Group Task (15 min)

Each group is assigned a different body system affected by smoking & vaping.

- Group 1: Lungs & Breathing (Damage to lung tissue, difficulty breathing, asthma risk)
- Group 2: Heart & Blood (Increased risk of heart disease, strokes, high blood pressure)
- Group 3: Brain & Addiction (Nicotine rewires the brain, affects memory and concentration)
- Group 4: Skin & Appearance (Yellow teeth, bad breath, premature ageing)
- Each group receives:
 - A fact sheet with key health impacts.
 - A "reporter worksheet" to organise their findings.
 - 10 minutes to prepare a short news report (e.g., a TV-style news bulletin).

Presentations (5 min)

- Each group presents their "Breaking News" report on their assigned body system.
- Encourage creativity (e.g., using dramatic headlines, role-playing a doctor or patient).

Slide 13: Introduce the Quiz

This is the Myth-Busting Quiz—where we separate facts from fiction and see who's been paying attention. Some questions might seem easy... but be careful! A few are designed to trick you. Let's see who can spot the myths!

LESSON PLAN

Objective: Challenge misconceptions and reinforce key messages.

Quiz Time! (15 min)

- Hand out quiz sheets (or display on screen).
- Students answer in teams.
- Go through answers together, letting students self-mark.

Reflection (5 min) – What Surprised You?



Help to Quit Smoking (Age 12+)

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