

THIS ACTIVITY EXPLORES:

Relative risk, product awareness and nicotine dependence

YOU WILL NEED:

- Product cards
- A table or clear floor space

HOW TO SET-UP?

Print and cut out one set of product cards. Give the group enough space to arrange them in a line.

TIME NEEDED: 20-30

HOW TO RUN IT

1. Split the young people into small groups.
2. Give each group a set of product cards.
3. Ask them to arrange the cards from higher risk to lower risk.
4. Explain that lower risk does not mean safe or risk-free.
5. Let groups place cards together or set one aside if they need more information.
6. Ask each group to explain the choices they found hardest.
7. Share the suggested broad order and quick facts from the facilitator notes.
8. Let groups move any cards after hearing the information.

QUICK DEBRIEF

- Which cards caused the most disagreement?
- What type of risk influenced your decisions?
- Which products involve harmful smoke?
- Which products contain nicotine?
- Where did unknown contents affect your decision?
- Why is NRT gum different from recreational nicotine products?
- Did any cards move after the discussion?

Make it harder

Ask whether any cards would move if the group focused on immediate harm, long-term harm, dependence or unknown contents.

KEY MESSAGE

Different products carry different types and levels of risk. Lower risk does not mean safe, harmless or suitable for young people. Licensed NRT gum is a stop-smoking treatment when used as directed.