

**VIRTUAL
INCURSION**

Talk NOW! | Vaping | Year 7-8 | 90 Minutes

VAPING

DEMO ONLY - DEMO ONLY - DEMO ONLY

Student Workbook | Name:

CONVERSATIONS THAT MATTER
**Talk
NOW!**

TR!POD
ENTERPRISE EDUCATION

LEARNING INTENTION

We are learning about the health impacts of vaping and reflecting on strategies to make safe choices.

SUCCESS CRITERIA

I understand the risks of choosing to vape

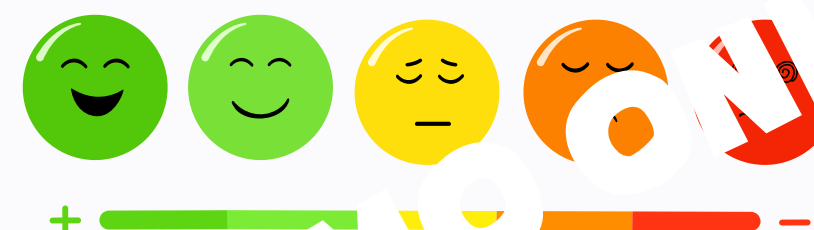
I have strategies to promote healthy choices for myself and my community

I can analyse my own risk and protective factors

VAPING

CHECK IN

Circle the one you feel like today:



Which sentence best applies to you: ✓

- A I feel like I know a lot about vaping
- B I kind of know what vaping is
- C My friends know a lot more than I do
- D I have no idea what vaping is

How much do you already know about vaping?



EFFECTS OF VAPING

Which topic did you become an expert in?

Write down 5 main facts from your information sheet.

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RISK FACTORS

What are some risk factors in your life that put you at risk of giving in to peer pressure?

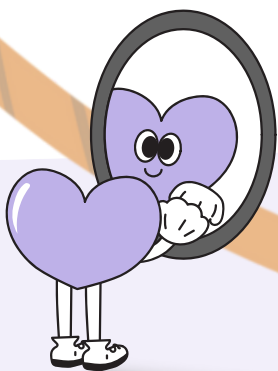
Remember: just because you have risk factors doesn't mean you will end up vaping, but it does mean that you may need to be more assertive and confident when saying no if you are being pressured. You may need to seek support to make good choices. There are some support resources at the back of your workbook.

PROTECTIVE FACTORS

What are some protective factors in your life?

Remember: Just because you have protective factors doesn't mean you can't make bad choices. It is still important for you to be careful and get support if you need help saying no to peer pressure.





REFLECTION

Reflection

Circle how do you feel about vaping after today's lesson...



Something you learnt from this lesson:

Questions or curiosities you still have:

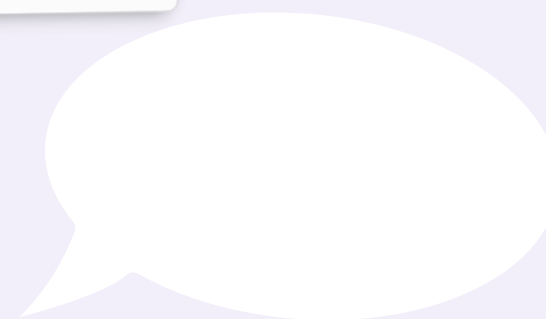
Where can you find answers to those questions or curiosities?

Colour in your 5 finger rating for your parents



Give your parents a 5 finger rating of how much you think they know about vaping. See if you're right with the take home quiz.

Why did you give them that rating?



CONGRATULATIONS

You have completed...



ACKNOWLEDGEMENT OF COMPLETION

OTHER TALK NOW TOPICS



VAPING



THANK YOU

Make sure you share this book with your family at home!

