

Lesson 2: The Science of Nicotine

"The _____ epidemic is one of the biggest public health threats the world has ever faced..."

Harms of smoking tobacco video

As you watch the video, note down any harms of smoking tobacco that you hear.

True or False?

Statement	True or False?
Occasional or 'social' smoking is harmless.	
It is estimated that for lifelong smokers, each cigarette will take roughly 3 minutes of their life.	
The intake of nicotine (otherwise known as tobacco) is now considered the world's single biggest cause of preventable death.	
By far the most harmful way of consuming nicotine from tobacco is by smoking it.	
Around 7 in every 8 cases of lung cancer and 3 in 4 cases of oral cancer are caused by tobacco	
Half of the people who do not quit smoking cigarettes will die of a smoking-related disease.	
There are significant short-term risks associated with smoking tobacco.	
Smoking interferes with the mineralisation of bone, particularly in young women.	
Smoking reduces the fertility of both sexes	

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What is vaping?

See if you can create a more detailed definition for what vaping is using these words:

E-cigarettes

Lungs

Vapour

Nicotine

Flavourings

Tobacco

Your definition:

... Therefore, vapes do not produce tar and carbon monoxide, two of the most harmful elements in tobacco smoke. There are however significant harms associated with vaping.

What is the law?

- Anyone who sells cigarettes or vapes to under-18s, or buys them on behalf of anyone under 18, is breaking the law.
- There is potential for users to become addicted to nicotine-containing vapes, and the long-term effects of vaping on health are unknown therefore vapes are an age-restricted product.

How do vapes work?



Try to explain:

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Video: What does a person inhale when they vape?

Use the video to help you jot down ideas below:

Task: Let's look at the evidence*!

*Because vaping is a fairly new phenomenon, there is no conclusive long-term evidence yet

25-year-old smoker



Jonny thinks smoking is expensive but is unsure whether to quit smoking as he's heard that vaping is just as bad, and he feels addicted to cigarettes.

14-year-old non-smoker



Aisha loves playing sport but recently she has felt intrigued about trying a vape because it feels like everyone around her is vaping, she loves the smell of the flavours, and she wonders whether it might help her feel less stressed.

Government minister



The government minister is keen to reduce the harms of smoking in the population but is also worried about more young people trying vapes.

I am researching this from the perspective of the _____ profile:

Findings:

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Plenary A:

Design a message that is between 10-15 words in length that could be put on the packets of e-cigarettes that would **discourage non-smokers but encourage smokers** to use them as an alternative to smoking.

Plenary B:

Vapes, otherwise known as _____ are devices that work by heating a liquid that contains _____, other chemicals and sometimes the drug _____.

When heated, the device produces a _____ which is then inhaled into the _____. Vapes, unlike cigarettes, heat nicotine that has been extracted from the tobacco plant rather than burning the entire _____ leaf. Therefore, vapes do not produce tar and carbon monoxide, two of the most harmful elements in tobacco smoke. There are however _____ harms associated with vaping.