

# CONSULTATION

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# QUESTIONS SUITABLE FOR 7-8 YEAR OLDS (EARLY-PRIMARY)

## General Awareness

**Do you know what smoking is?**

Answer:

Smoking is when someone lights a cigarette and breathes in the smoke from it. The smoke has chemicals that can be harmful to the body. Smoking is not healthy and can make people sick, so it's best to avoid it.

**Have you heard about vaping- what do you think it is?**

Answer:

Yes, vaping is when someone uses an electronic device called a vape to breathe in flavoured vapour. The vapour has chemicals in it that can be harmful to the body. Just like smoking, vaping is not healthy and can make people sick, so it's best not to vape ever.





## Perception of harm:

**Do you think smoking is good or bad for people?**


Answer:

Smoking is bad for people. It can hurt their lungs and make it hard to breathe. It can also cause other health problems and make people very sick. It's much healthier to stay away from smoking.

**What about vaping- do you think it's good or bad for people?**

Answer:

Vaping is bad for people. Even though it doesn't make smoke like cigarettes, it still has harmful chemicals that can hurt the lungs and make people sick. It's much healthier to stay away from vaping.



## Health implications:

**What do you think happens to people who smoke/vape?**

**Do you think smoking/vaping can make people sick?**

Answer:

When people smoke or vape, it can make them sick. It can hurt their lungs, heart and brain and make it hard for them to breathe. Sometimes, it can cause other problems in their bodies too. That's why it's important to stay away from smoking and vaping to keep ourselves healthy and happy.



# QUESTIONS SUITABLE FOR 9-12 YEAR OLDS (SENIOR-PRIMARY)

## General Awareness

**What do you know about smoking and vaping- can you explain what they are?**

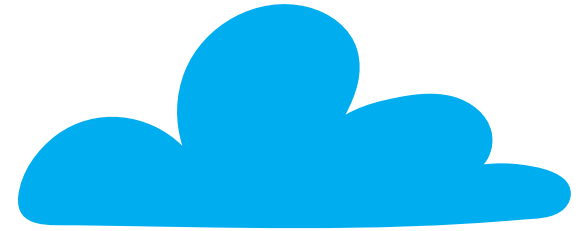
Answer:

Smoking is when someone lights a cigarette and breathes in the smoke. This smoke has chemicals that can harm our bodies, especially our lungs.

Vaping is similar, but it uses an electronic device called a vape pen or e-cigarette to create a vapour that people breathe in. It also contains chemicals that can be harmful.

Both smoking and vaping are not good for our health. They can cause serious problems like lung disease and heart disease and make it harder for us to stay healthy and fit. That's why it's important to avoid smoking and vaping altogether. They both also contain an addictive drug called nicotine which makes it very difficult to stop vaping or smoking once you start.

## Recognition:



### What is the difference between smoking and vaping?

Smoking and vaping are both ways that people use to inhale substances, but they are different in how they work:

**1.Smoking:** Smoking involves burning tobacco in a cigarette or cigar. When someone smokes, they inhale the smoke that comes from the burning tobacco. This smoke contains harmful chemicals like nicotine and tar, which can damage the lungs and cause health problems.

**2.Vaping:** Vaping uses an electronic device called a vape pen or e-cigarette. Instead of burning tobacco, vaping heats up a liquid (called e-liquid or vape juice) that often contains nicotine, flavourings, and other chemicals. The device turns this liquid into vapour, which is then inhaled. While vaping doesn't produce smoke like smoking does, the vapor still contains chemicals that can be harmful to the lungs and overall health.

Both smoking and vaping can be harmful to our bodies, so it's best to avoid them altogether to stay healthy.



## Perception of harm:

**Do you think smoking is good or bad for people?**

Answer:

Smoking is bad for people. It can cause serious health problems, especially for our lungs. The smoke from cigarettes has chemicals and poisonous gas that can make it hard to breathe and can even lead to diseases like lung cancer. It's really important to stay away from smoking to keep our bodies healthy and strong.

**What about vaping- do you think it's good or bad for people?**

Answer:

Vaping is also bad for people. Even though it might seem different from smoking because it doesn't produce smoke, it still has chemicals that can harm our bodies. Vaping can affect our lungs and make it hard to breathe well. It's best to avoid vaping too, just like smoking, to stay healthy and feel good.

## Health implications:

**What do you think happens to people who smoke/vape?**

**Do you think smoking/vaping is bad for your health? Why/why not?**

Answer:

When people smoke or vape, it can really affect their health. Smoking can make it harder for them to breathe and can cause problems like coughing, asthma or even serious diseases like lung cancer. The chemicals in cigarettes are not good for our bodies. Vaping also has risks because the vapour can contain chemicals that are harmful when we breathe them in. It can affect our lungs and make us feel sick too. That's why it's important to stay away from smoking and vaping to keep ourselves healthy and strong.





# QUESTIONS SUITABLE FOR 13-18 YEAR OLDS (SECONDARY)

## General Awareness

**What do you know about smoking and vaping- can you explain what they are?**

Answer:

**Smoking** involves inhaling smoke produced by burning tobacco. It usually comes from cigarettes, cigars, or pipes. Cigarette smoke has over 4,000 chemicals, including 69 that can cause cancer and more than 400 other harmful substances. Nicotine, one of the main ingredients, is very addictive. When you smoke, nicotine goes to your brain in just six seconds. Cigarette smoke also contains carbon monoxide, a poisonous gas with no colour or smell. In smokers, carbon monoxide replaces oxygen in the blood, taking oxygen away from the heart, brain, and other important organs.

**E-cigarettes** are electronic devices that produce an aerosol by heating a liquid (often called 'e-liquid'). This e-liquid usually contains nicotine, which is an addictive drug found in regular cigarettes and other tobacco products. The e-liquid used in e-cigarettes also contains flavourings and other chemicals. Users breathe this aerosol into their lungs. This is commonly referred to as 'vaping'. The words e-cigarettes and vapes or vaping mean the same thing.

Both smoking and vaping are addictive and can lead to long-term health problems. It's important to be aware of the risks associated with both and make informed choices to protect your health.

# Perception of harm/Health Implications



**Can you explain how smoking affects your health?**

**What about vaping- do you think it has similar effects?**

Answer:

Smoking can have serious effects on your health. When you smoke, you inhale chemicals like nicotine, tar, and carbon monoxide. These chemicals can damage your lungs and make it harder for you to breathe. Smoking increases the risk of lung diseases like chronic bronchitis and emphysema, and it can also lead to lung cancer and heart disease. Besides harming your lungs, smoking can affect your skin, teeth, and overall fitness. When people smoke or vape, it can really impact negatively on your health. People who smoke tend to reduce their life expectancy and therefore live a shorter life.

Smoking also stains your teeth and gives you bad breath. Second-Hand smoking is harmful too, producing similar consequences for our health and wellbeing

Vaping, although different from smoking, also has health risks. We are still learning about the long-term health effects of vaping. Here is what we know now. The vapor from vaping contains chemicals that can harm your lungs and overall health. Some vape liquids contain nicotine, which is addictive and can affect brain development, especially in teenagers. While vaping might seem less harmful than smoking because it doesn't produce smoke, it still poses risks, especially when it comes to lung health and addiction.

Both smoking and vaping can be harmful to your health in different ways. It's important to understand these risks and make choices that support your long-term well-being. If you have questions or want more information, it's always good to talk to a trusted adult or healthcare provider.

## Health Implications

**How do you feel about smoking or vaping around you?  
- subjective - do we answer this?**

**Follow up: do you think this affects your health?  
(think about 2nd hand smoking and vaping)**

Answer:

Breathing in other people's cigarette smoke is known as second-hand smoking. Second-hand smoke is dangerous because it contains harmful chemicals that can cause breathing problems, heart disease, and cancer, even if you don't smoke. Vaping is also risky because it can harm your lungs and heart, and many vaping products contain nicotine, which is addictive and bad for your health.



## Do you think smoking/ vaping affects your mental health?

Answer:

Yes, smoking and vaping can affect your mental health too. Here's how:

**1.Addiction and Dependence:** Both smoking and vaping can be highly addictive because of nicotine. Addiction can lead to stress and anxiety because your brain starts to crave the nicotine, making you feel uneasy when you can't get it.

**2.Mood Swings:** Nicotine can mess with your brain chemistry, leading to mood swings. While it might give you a short-term buzz or sense of relaxation, once it wears off, you can feel irritable or anxious.

**3.Increased Anxiety and Depression:** Studies have shown that people who smoke or vape are more likely to experience anxiety and depression. It's like a vicious cycle—the more anxious or depressed you feel, the more you might want to smoke or vape, which then negatively impact your mental health.

**4.Brain Development:** For teenagers, smoking or vaping can affect brain development. Your brain is still growing, and nicotine can interfere with its development, affecting your attention, learning, and memory.

So, while it might seem like a stress-reliever in the short term, smoking and vaping can actually make your mental health worse in the long run. Taking care of your mental health is super important, and staying away from smoking and vaping is a big part of that.

## Do you think smoking or vaping impacts your fitness or ability to play sport?

Answer:

Yes, smoking or vaping can seriously impact your fitness and ability to play sports. Here's how:

**1.Reduced Lung Function:** Smoking and vaping damage your lungs, making it harder to breathe. For sports and physical activity, you need strong lungs to get enough oxygen. Reduced lung function can cause you to get tired more quickly and impact performance and fitness levels

**2.Lower Stamina:** Nicotine and other chemicals in cigarettes and vapes can reduce your stamina. This means you won't be able to run as fast, jump as high, or play as long without getting exhausted.

**3.Weaker Immune System:** Smoking weakens your immune system, making you more susceptible to illnesses like colds and respiratory infections.

**4.Slower Recovery:** Young people who are physically active need to recover quickly from workouts and injuries. Smoking slows down your body's ability to heal, meaning you'll take longer to bounce back from a tough game or an injury.

**5.Decreased Muscle Strength and Flexibility:** Smoking affects your blood circulation, which can reduce muscle strength and flexibility. This makes it harder to build muscle and stay flexible, both of which are crucial for performance.

**6.Heart Health:** Your heart pumps blood to your muscles during exercise. Smoking and vaping can harm your heart, making it work less efficiently. This means less oxygen and nutrients get to your muscles, reducing your overall performance.

So, if you want to stay fit and excel in sports, it's best to stay away from smoking and vaping. They can really hold you back from reaching your full potential.

# Personal Experience

## Follow up: what do you think could prevent young people from starting?

Answer:

Suggested Strategies:

- 1.Education and Awareness:** comprehensive health education programs in schools that teach students about the dangers of smoking and vaping. An effective strategy for young people could involve students to become peer educators who can talk to their classmates about the risks of smoking and vaping. Young people might listen more to their peers. Parents also need to be educated about the risks of smoking and vaping and how to talk to their children about these issues. Parental guidance can be very influential.
- 2.Public Campaigns:** Use social media, posters, and videos to spread awareness about the negative effects of smoking and vaping. Make these campaigns engaging and relatable for young people.
- 3.Role Models and Influencers:** Encourage athletes, celebrities, and influencers to speak out against smoking and vaping. Young people often look up to these figures and are influenced by their behaviours.
- 4.Signposting:** Provide easy access to resources for quitting or never starting smoking or vaping
- 5.Smoke& Vape-Free Policies:** Enforce smoke and vape- free policies are in your organisation and other public places where young people gather. This reduces exposure and promotes smoke and vape-free environments, de-normalising the behaviour
- 6.Participation in health enabling activities:** Promote involvement in sports, exercise classes, arts, music, and other activities. These activities can provide a sense of belonging and purpose, reducing the temptation to smoke or vape.
- 7.Stress Management and Resilience Programmes:** Teach young people healthy ways to manage stress, such as through mindfulness, yoga, or physical exercise. Often, smoking and vaping are used as coping mechanisms for stress.

# Social influence and media influence

## Follow up: how would you support a friend who wants to quit smoking or vaping

Answer:

Supporting a friend who wants to quit smoking or vaping is a great way to help them make a positive change. Here are some strategies for teenagers to effectively support their friends:

**1.Be Supportive and Understanding.** Listen Without Judgement, let your friend know that you're there for them and to their reasons for wanting to quit and any challenges they are experiencing. Empower their journey by acknowledging their effort and encourage them to keep going. If you smoke or vape, consider quitting with them. It's easier to quit when you're not surrounded by the habit.

**2.Signposting to information and Quit Services:** Encourage your friend to talk to a healthcare professional/youth service/teacher for advice and support.

**3.Emotional Support:** Understand that quitting is hard and your friend might have setbacks. Be patient and keep offering your support even if they slip up. Help your friend remember why they want to quit. Whether it's for better health, saving money, or another reason, keeping these motivations in mind can help them stay focused.

**4.Smoke-Vape-Free Environments:** Help your friend avoid places and situations where they might be tempted to smoke or vape. If you're hanging out, choose environments that are smoke and vape-free.

**5.Remove Temptations:** If they keep cigarettes or vapes at home, offer to help them get rid of these items. Sometimes, just having a clean break from the triggers can help.

**6.Be active and distract:** Physical activity can reduce cravings and improve mood. Go for a run, hit the gym, or even just take a walk together. Engage in fun activities that can help take their mind off cravings. Watching movies, playing games, or going on outings can be great distractions.