

# Bitesize resources to discuss vaping with your class



**Better Health** every mind matters

Hello,

There has been a worrying rise in the number of children using vapes, with 9% of 11- to 15-year-old children using e-cigarettes, up from 6% in 2018.<sup>1</sup>

Although the long-term risks are unknown, the government is taking immediate action to restrict the marketing and supply of vapes to young people and close the loophole allowing retailers to give free samples to children.<sup>2</sup>

To support teachers' concern about the rise of vaping in schools, Better Health have created three short, flexible and **evidence-based vaping resources**. These free bitesize activities help young people understand the health and wellbeing risks associated with vaping such as increased anxiety, nicotine addiction and effects on brain development.

They contain interactive activities and engaging videos, perfect for lesson starters or a full lesson. Each resource is linked to the PSHE curriculum and RSHE curriculum, which is currently under review to include vaping.

Start the conversation with students by signing up to the Better Health School Zone and downloading the free resources and a helpful **Teacher Guide**.

[Download resources](#)

*“If you wish to have resources that provide a fascinating insight into the vaping phenomenon impacting schools throughout the UK, as well as facilitating a wide-ranging discussion with your students, look no further.”*

**D Sayer, Hanson Academy, Bradford**



## Further resources to support student wellbeing

You can find more flexible wellbeing resources on the School Zone which tackle topics such as **Mental and physical wellbeing**, **One-to-one relationships**, **Social media** and **Unhelpful thoughts**.

[Subscribe to the School Zone](#)

1. <https://digital.nhs.uk/data-and-information/publications/statistical/smoking-drinking-and-drug-use-among-young-people-in-england/2021/part-4-electronic-cigarette-use-vaping#introduction>

2. <https://www.gov.uk/government/news/no-more-free-vapes-for-kids>