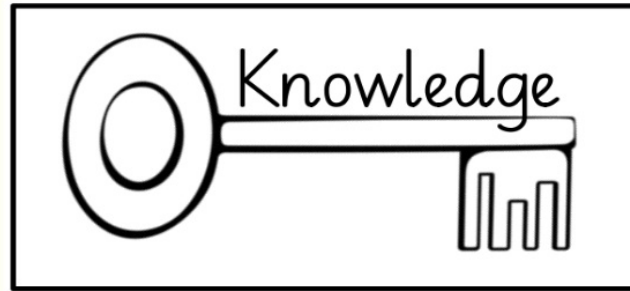


## Key knowledge review



- A drug is a chemical which, when ingested, can produce a physical or psychological change in an organism
- There are many types of drug: medicines, caffeine, alcohol, nicotine and illegal street substances
- Nicotine is a highly addictive substance found in cigarettes, e-cigarettes (vapes) and nicotine pouches

## LO To understand the risks associated with tobacco

Cadmium	Batteries
Arsenic	Rat poison
Hexamine	Barbecue lighter
Butane	Lighter fluid
Stearic acid	Candle wax
Acetic acid	Vinegar
Toluene	Industrial chemical
Nicotine	Insecticide
Ammonia	Toilet cleaner
Methanol	Rocket fluid
Methane	Sewer gas
Tar	Road surfacing
Carbon Monoxide	Odourless gas which can cause unconsciousness and death.

In pairs, the class carried out a matching exercise which involved identifying the uses of some of the chemicals found in cigarette smoke.





L.O. To use the internet to research and assess the pros and cons of a health-related issue

Question: Are e-cigarettes good for you?



What are e-cigarettes?

project know vape debate

<https://www.projectknow.com/the-vape-debate-pros-and-cons-of-e-cigarettes>

On your white board - record at least 2 pros and 2 cons

Pros	Cons

What's your opinion?

Get ready to feedback to the class before we vote

It seems to me...

I believe...

It is my opinion that...

My view is that...

L.O. To use the internet to research and assess the pros and cons of a health-related issue

Question: Are e-cigarettes good for you?



In today's lesson, we researched the potential benefits and clear dangers of e-cigarettes, collated our findings and then shared these with the class. The clear benefits came in providing current smokers with assistance to quit their intractable habit. However, the dangers are myriad, including the ingestion of nicotine - a highly addictive substance - heavy metals and other carcinogens which are particularly damaging for children. The fact that vapes are often marketed to children was especially relevant to our discussion. Following a lively debate, we voted to determine whether, on balance, e-cigarettes perform a benefit to society.

Feedback:

What do you think about the use of e-cigarettes?



Why do you think vaping or using e-cigarettes might be appealing to children and young people?



Brightly coloured, appealing flavours; is this right?

If nicotine is the addictive part of cigarettes and vapes, what do you think companies might create next that still delivers nicotine?



Nicotine pouches are small, white, tobacco-free sachets that release nicotine into the body. Users tuck them between their lip and gum, where saliva breaks down the outer shell and the nicotine is absorbed into the bloodstream.

They're sometimes called *nicopods*, *lip pillows*, *lip cushies*, or *upper deckys*. And unlike vapes or cigarettes, there's no smell, no smoke, and no vapour. Just a discreet hit of nicotine that can happen unnoticed, even in the middle of a lesson.

They are a relatively new, addictive nicotine product *breaking the rules*. Nicotine pouches are far less visible; people might not even realise someone is getting their nicotine hit.

## Why are young people using them?

Rank these reasons in order of their appeal to young people:

Cool packaging

Promoted by influencers

Smoke free = risk free

Appealing flavours e.g 'cool mint' or 'citrus burst'

Easy to hide

The promise of it helping you to relax

Peer pressure

Curiosity

A recent survey found that 1 in 5 professional footballers use nicotine pouches or snus. Interestingly, nearly half of those footballers said they wanted to stop using them within a year, with many citing "relaxation" as the main reason they started.

Whether it's curiosity, peer influence, stress, or just the latest trend, nicotine pouches are gaining attention and normalising nicotine use in new ways.



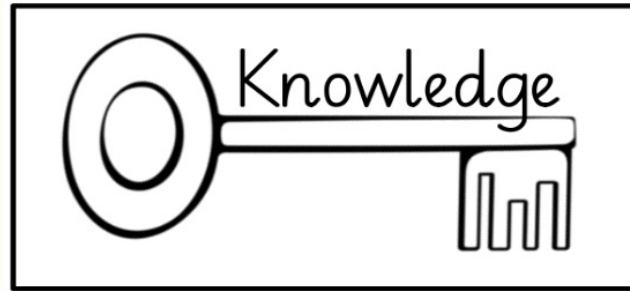
## Are they dangerous?

Here are some facts important to be aware of.

Nicotine pouches are technically legal for under-18s in the UK. They don't contain tobacco. They're marketed as an alternative to smoking. But they also come with risks:

- Nicotine is highly addictive, especially for under-25s whose brains are still developing
- Some pouches contain up to 20mg of nicotine per sachet, about the same as a whole pack of cigarettes
- Their discreet use makes them harder to detect and regulate in school environments

## Key knowledge review



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