

Activity: Reasons why people vape

Purpose:

This activity helps young people to discover that there are many different reasons why people may choose to vape, as well as reasons that people choose to remain vape-free. Gaining this knowledge can help them to reflect on their own situations, make healthy choices, and use positive coping strategies when faced with peer pressure and life's challenges.

Helpful info:

Peers, friends, family, and the environment can all influence decisions that people make. It is important for young people to understand this so that they can try to surround themselves with positive influences as much as possible. Using their passion and interests to guide them, young people can also focus their energy on positive activities and build healthy, supportive relationships to help them handle stress and adversity.

Activity:

Option 1: For smaller classes (20 participants or less)

1. Put the following headings at the top of 3 flip chart papers (or make 3 columns on a SMART board or white board):
 1. Why do you think young people vape?
 2. Why do you think adults vape?
 3. Why do you think young people choose not to vape?
2. Starting with #1, ask the participants to identify as many reasons as they can for each category.
3. Once all three categories have been populated with reasons, ask the participants what similarities and differences they notice. Use the discussion questions listed below as a guide.

Option 2: For larger classes (more than 20 participants)

1. Divide the class into either 3 or 6 groups, depending on the size of the class. Ideally each group will have no more than 6 participants.
2. Distribute a piece of chart paper and markers to each group.
3. Assign each group one of the following questions:
 1. Why do you think young people vape?
 2. Why do you think adults vape?
 3. Why do you think young people choose not to vape?

4. Provide the following instructions to participants:
 - Each group will brainstorm ideas for the question they were assigned and write or draw them on their chart paper.
 - All participants need to contribute ideas.
 - Gather as many ideas as you can.
 - Choose a spokesperson to present your ideas to the group.
 - You will have 5 minutes to complete the brainstorm.
5. Invite the group(s) assigned to question #1 up to the front and, one group at a time, ask the designated spokesperson to share their group's ideas.
6. Ask the rest of the class if they have any other ideas to add.
7. Repeat steps 5 and 6 with the group(s) assigned to question #2, followed by the group(s) assigned to question #3.
8. Facilitate a large group discussion using the discussion questions below.

Discussion questions:

1. What are some similarities and differences in the reasons why youth may choose to vape and the reasons why adults may choose to vape?
2. What similarities and differences do you notice about the reasons why youth may choose to vape versus the reasons why youth may choose not to vape? Why do you think there are these differences?
3. What do you think influences youth who don't vape to make that decision?
4. What are some things that any young person can do to set themselves up to make healthy decisions and positive life choices?

During the discussion:

- Highlight that there are multiple factors that influence people's decisions to vape or not to vape, including personal, social, and environmental factors.
- Explain that knowing this information can allow each participant to reflect on what is happening in their personal life, as well as any emotions that may be contributing to their decisions.



Adapted and translated with permission from the Tobacco Prevention Toolkit, Division of Adolescent Medicine, Stanford University, <http://med.stanford.edu/tobaccopreventiontoolkit.html>. Ce document est également disponible en français.

02-2023