

Year 9 – Smoking and Vaping

Activity Overview

Navigating Life's Choices: Inner Conflicts and Influences of smoking and vaping

This lesson guides students through reflecting on personal wants and needs, sharing observations in groups.

They then explore inner and external conflicts, considering how smoking and vaping might affect their top aspirations. Specifically, students discuss the impact of smoking and vaping on their goals.

The lesson promotes self-awareness and critical thinking about the relationship between personal objectives and substance use.

Learning Intentions

- Students explore the different societal influences on drug-use.
- Students reflect on the influences in their own lives and how they can navigate their choices.

Success Criteria

- Students can identify what influences are present in their lives.
- Students can identify strategies used to navigate their influences.

Resources

- PowerPoint Presentation

Teacher Notes

Warm-up: Wants and Needs Ranking

15 minutes

Place the wants and needs on the board (Refer to Slide 2).

- Students then rank them in their books individually.
- Ideally this is in silence so that it is self-reflective
- They then share their list in pairs or threes.

Activity Reflection

5 minutes

Within their groups, students are required to think of 3 interesting observations. (Refer to Slide 3)

These are then shared with the class

Introduction to Conflict

20 minutes

Refer to Slide 4 - descriptors of inner and external conflict.

Group discussion questions:

- What would internal conflicts and external conflict be in their life?
 - Which of them would affect the statements above?
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Personal Reflection

10 minutes

For their Top 5 wants and needs, ask students to write down or discuss how smoking and vaping may affect their ability to achieve these objectives.

- How do E-Cigarettes affect each of the headings?
 - Does it increase the chances of any of those things happening?
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Recap: Share and Summarise

5 minutes

In pairs, students share their responses to following questions:

- What did I learn that was new?
 - What was something I already knew?
 - What's something I still don't know but would like to find out.
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