



	Who or what is influencing the characters?	What impact might this have on them?	What ideas might TJ develop about vaping as a result?
<p>TJ gets ready for school and goes downstairs for breakfast. There are some pamphlets on the kitchen table about quitting smoking, and how vaping can help. TJ sees Mum through the window using her new vape.</p>			
<p>On the way to school, TJ sees a group from the year above at school, laughing and joking together. One is showing the rest of the group their new vape, and they are passing it around to all have a taste. As they walk past, TJ breathes in and thinks it smells nice.</p>			
<p>At lunch, TJ's friend Ben says he thinks his brother will get them some vapes if they ask. The vape shop advertises all the different flavours and colours they have in stock, and TJ is really tempted to say yes. Ben says that if there is a whole shop just for vapes, and they advertise so openly to people their age, it must be ok to do.</p>			
<p>TJ is scrolling through social media feeds after school. There seem to be vapes in a lot of the photos and videos online nobody is trying to hide what they are doing, not even influencers. And besides, even TJ's mum vapes! TJ decides to speak to Ben about getting a vape tomorrow.</p>			

	Who or what is influencing the characters?	What impact might this have on them?	What ideas might TJ develop about vaping as a result?
<ul style="list-style-type: none"> • In the morning, TJ sees some pamphlets in the kitchen about how to quit smoking. • They say vaping can help. • TJ sees Mum using her new vape. 			
<ul style="list-style-type: none"> • On the way to school, TJ sees someone from the year above them showing a group their new vape. • They are passing it around to all have a taste. • TJ thinks it smells nice. 			
<ul style="list-style-type: none"> • At lunch, TJ's friend Ben says that his brother can buy them some vapes. • The vape shop advertises lots of flavours and colours and TJ wants to say yes. • Ben says that vaping must be ok if a shop is allowed to advertise so openly to people their age. 			
<ul style="list-style-type: none"> • After school, TJ is scrolling through social media feeds. • Lots of people in the photos and videos are vaping, including influencers even TJ's mum vapes! • TJ decides to speak to Ben about getting a vape tomorrow. 			

	Who or what is influencing the characters?	What impact might this have on them?	What ideas might TJ develop about vaping as a result?
<p>TJ gets ready for school and goes downstairs for breakfast. There are some pamphlets on the kitchen table about quitting smoking, and how vaping can help. TJ sees Mum through the window using her new vape.</p>	<ul style="list-style-type: none"> • TJ's mum might be influenced by the pamphlets, or the medical professional she got them from. • TJ might be influenced by Mum's actions. 	<ul style="list-style-type: none"> • Health bodies promote vaping as a way to help adults quit smoking. • The leaflets may have been given to Mum by a GP or medical professional, to support her quitting smoking. • This can have a positive impact on someone's ability to quit smoking. 	<ul style="list-style-type: none"> • TJ might think that vaping is less harmful than smoking, or that it can have a positive impact on someone. Although vapes are less harmful than smoking and can provide a replacement source of nicotine for those who want to quit smoking, they are not recommended for non-smokers, especially children and young people.
<p>On the way to school, TJ sees a group from the year above at school, laughing and joking together. One is showing the rest of the group their new vape, and they are passing it around to all have a taste. As they walk past, TJ breathes in and thinks it smells nice.</p>	<ul style="list-style-type: none"> • TJ might be influenced by their peers. Peers can have a strong influence on someone, so TJ might feel pressure to do what others are doing, in order to fit in. • Looking up to an 'older crowd' or being concerned with impressing others may influence TJ's rational decision making. 	<ul style="list-style-type: none"> • TJ might feel that it is 'normal' to vape and have a desire to fit in with others. • TJ might be drawn to vaping because of the nice smells or vape flavours. 	<ul style="list-style-type: none"> • TJ might think that it is a harmless, social activity that everyone does. • However, the vast majority of young people do not vape - according to ASH, in 11-17 year olds, only 3.6 vape more than once a week, and 3.9% vape less than once a week.

<p>At lunch, TJ's friend Ben says he thinks his brother will get them some vapes if they ask. The vape shop advertises all the different flavours and colours they have in stock, and TJ is really tempted to say yes. Ben says that if there is a whole shop just for vapes, and they advertise so openly to people their age, it must be ok to do.</p>	<ul style="list-style-type: none"> • TJ and friends might be influenced by the marketing techniques used by the vape shop, which make vaping seem appealing, and possibly exciting. • TJ might also feel pressure from Ben, or feel internal pressure (coming from inside themselves), to be involved in vaping, possibly because TJ thinks everyone else is, they want to be part of the group, or to look cool in front of others. 	<ul style="list-style-type: none"> • TJ might feel more comfortable in starting to vape, feeling that it is a safe activity because of the way it has been marketed. • TJ might also worry about their reputation and the impact not joining in will have on it, so might be more inclined to ask for a vape. 	<ul style="list-style-type: none"> • TJ might think that vaping is safe and acceptable at their age, because of the product advertising. According to ASH, 53% of 11-17 year olds reported being aware of e-cigarette promotion, most frequently in shops, or online. The main supplier of vapes to underage young people is shops, followed by being given them.
<p>TJ is scrolling through social media feeds after school. There seem to be vapes in a lot of the photos and videos online nobody is trying to hide what they are doing, not even influencers. And besides, even TJ's mum vapes! TJ decides to speak to Ben about getting a vape tomorrow.</p>	<ul style="list-style-type: none"> • TJ might be feeling online influence - what they are seeing online can make it seem as though vaping is more common than it really is because lots of people talk about or share messages about it on social media. 	<ul style="list-style-type: none"> • Role models and the media can influence decision-making, so TJ might feel more inclined to start vaping. 	<ul style="list-style-type: none"> • TJ may view vaping as a low risk behaviour, because of their perception that everyone is openly doing it. • The fact that TJ's mum vapes may amplify this feeling - according to ASH, children growing up in homes where parents smoke or vape are more likely to smoke or vape themselves.

In the UK, two disposable vapes are thrown away every second. Over a year, this is enough lithium to make around 1,200 electric car batteries (lithium is needed for batteries, decreasing reliance on fossil fuels).

Vaping still exposes users to some toxins. Nicotine is an addictive substance and evidence suggests it may be riskier for young people than for adults.

Organisations are free to make their own policies about where people can vape. This may mean that someone has to separate from their friends/family and go to a designated area where they are allowed to vape.

It is not illegal to smoke or vape underage, but anyone who sells cigarettes or vapes to under-18s, or buys them on behalf of anyone under 18, is breaking the law.

The long-term risks of vaping are unclear. While vaping is far less harmful than smoking (the risks from which are well-evidenced), it is not risk free.

More than half of people who buy single-use vapes bin them and some of the biggest vaping brands do not take any specific steps to promote recycling.

Vapes can help someone to quit smoking, by providing a replacement source of nicotine for those who want to quit smoking (although they are not recommended for non-smokers).

The liquid and vapour in vapes contain some chemicals found in cigarette smoke (although at lower levels) that may be harmful.

Vapes are an age-restricted product because there is potential for users to become addicted to nicotine-containing vapes, and because the long-term effects of vaping on health are unknown.

Vaping can be addictive, mostly due to the presence of nicotine and the ease with which it can be taken and become part of someone's daily routine.

The vaping industry continues to grow (with some vaping companies backed by the tobacco industry) and is solely focused on making a profit.

In the UK, vapes require specialist recycling. If they aren't recycled, the lithium-ion batteries can start fires when crushed in a waste truck or at a waste-processing plant.

Some vapes are produced illegally so the levels of nicotine, other drugs or chemicals can be higher than UK law allows. They may also include illegal substances and are not regulated.

Something else...?

Something else...?



Environmental impact



- In the UK, two disposable vapes are thrown away every second. Over a year, this is enough lithium to make around 1,200 electric car batteries (lithium is needed for batteries, decreasing reliance on fossil fuels).
- More than half of people who buy single-use vapes bin them and some of the biggest vaping brands do not take any specific steps to promote recycling.
- In the UK, vapes require specialist recycling. If they aren't recycled, the lithium-ion batteries can start fires when crushed in a waste truck or at a waste-processing plant.
- The government is planning to ban disposable vapes and place limitations on the variety of flavours.

Health impact



- The long-term risks of vaping are unclear. While vaping is far less harmful than smoking (the risks from which are well-evidenced), it is not risk free.
- Vaping can be addictive, mostly due to the presence of nicotine and the ease with which it can be taken and become part of someone's daily routine.
- The liquid and vapour in vapes contain some chemicals found in cigarette smoke (although at lower levels) that may be harmful.
- Vaping still exposes users to some toxins. Nicotine is an addictive substance and evidence suggests it may be riskier for young people than adults.

Legal impact



- It is not illegal to smoke or vape underage, but anyone who sells cigarettes or vapes to under-18s, or buys them on behalf of anyone under 18, is breaking the law.
- Vapes are an age-restricted product because there is potential for users to become addicted to nicotine-containing vapes, and because the long-term effects of vaping on health are unknown.
- The government plans to make it illegal for anyone to buy tobacco over time. Under the new law, each year the legal age for cigarette sales will increase by a year. It means that people born in or after 2009 will never be able to legally buy cigarettes.

Other impact



- Vapes can help someone to quit smoking, by providing a replacement source of nicotine (although they are not recommended for non-smokers).
- The vaping industry continues to grow (with some vaping companies backed by the tobacco industry) and is solely focused on making a profit.
- Organisations are free to make their own policies about where people can vape. This may mean that someone has to separate from their friends/family and go to a designated area where they are allowed to vape.

Example:

TJ incorrectly thinks that vaping is a safe, social activity, because some other people from school do it.

However, the long-term risks of vaping are unclear.

TJ incorrectly thinks that...

However,...

TJ incorrectly thinks that...

However,...