



Quick activity 

# E-Cigarettes/Vaping: Recognising tobacco industry manipulation



**Evidence ratings:**



This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 9–10

**Targeted Drugs:** Electronic Cigarettes/Vaping, Tobacco

**Tags:** e-cigarettes, vaping

**Time Allocated:** 7 lessons or more

**Links to National Curriculum:**

ACPPS091 (Yr 9–10)

**Origin:** Australian

**Cost:**

Free

## Developers

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Developed by Murrumbidgee Local Health District (MLHD) Health Promotion.

## Format

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The learning package includes 9 activities, with options for individual and group work, class discussion, and a video. Activities do not need to be completed in any particular order, and teachers can select the activities that are most relevant to include in their lesson plans.

## Preparation

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[Access the learning package here](#)

Each activity includes syllabus links, activity length, and instructions for teachers.

## Benefits

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- Understanding of the physical health effects of e-cigarette and tobacco use, including nicotine dependence, and the impacts on social and emotional health.
- Practice responding to peer encouragement to use e-cigarettes.
- Critical thinking about tobacco industry manipulation and advertising techniques.

## Evidence Base

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This is a well-designed activity package from Murrumbidgee Local Health District, developed in line with existing evidence. It covers a range of physical, social, and emotional health issues surrounding e-cigarette and tobacco use. The activities aim to equip students with skills to recognise and resist industry and peer influence.

\*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

