Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

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

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

Format

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

Access the learning package here

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

Benefits

- 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

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.

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