

Scenario A: The Hidden Cloud

Jessica a bright 16-year-old, had always been lively and active. But after being pressured by her friends to try vaping at a party to show off to the others there, she quickly became addicted. Her friends had been thrilled with their new trend, the tricks they could do, and how cool they looked, but for Jessica, it turned into a secret habit she couldn't control.

Initially, the weight loss from not feeling hungry seemed like a bonus. She wore her gym clothes proudly, and her friends, noticing the change, complimented her on her "fitness regime." Jessica didn't mention the truth. She told them she was just working out more.

At home, Jessica's bedroom became a sanctuary for her vaping sessions. Her parents noticed she was more withdrawn and ate less, but she brushed off their concerns, saying she was just busy with school. She kept snapping at her mum every time she tried to talk to her about what was happening at school and with her friends, etc. Her parents were very anti-vaping and always talked about how many horrible chemicals were in vapes.

One afternoon, during period 3 Maths, Jessica sat in the school bathroom, hiding from her peers while she took another hit from her vape pen to get her through the day. Another part of a lesson she was missing, this was becoming a more regular thing for her. She hoped she could keep up with the work load. She was worried about failing. The brief relief the vaping offered her was overshadowed by the guilt and anxiety of hiding her addiction.

When her friends invited her to hang out at the mall, Jessica's heart sank. She wanted to join them but was trapped in the cycle of her secret. She declined, saying she had homework, but inside, she felt increasingly isolated.

Jessica watched her friends from afar, feeling a growing divide between her real self and the image she projected. The weight loss no longer felt like a victory, but a reminder of the hidden struggle she was trying to escape.

In the quiet of her room, she faced the mirror, her reflection showing exhaustion and inner turmoil. The vape pen on her desk seemed more like a chain than a comfort, and the mask she wore was beginning to crack.

Jessica realized she was losing more than just weight—she was losing herself. The vaping that was once about showing off to her mates and looking cool had become her worst nightmare. She never imagined she could get addicted so easily.

Scenario B - Hooked

Like many teenagers in New Zealand, Chrissie and Craig have both tried vaping. While Craig decided he didn't like it, he still vapes occasionally, especially when all his friends are vaping and he does it to fit in.

Chrissie however can't last for more than a class period without vaping. She buys vapes with high levels of nicotine in them and likes the colourful vape pens and the fruity flavoured vapes. Craig keeps telling her she's 'addicted' and she needs to cut down because she's always so irritable and restless and can't concentrate in class. He's told her that her behaviour is damaging their friendship and she's not always nice to be with.

Chrissie spends a lot of time on social media where there is a lot of advertising of vape products and a lot of pictures of people vaping. Although the vape shop near her school won't sell to anyone in school uniform, she has found she can buy them online without having to prove how old she is.

She's been caught vaping in the school toilets and the in playground. This meant having a meeting with the principal and her parents to reach an agreement and make a plan about the way her behaviour would improve at school - before there were more serious consequences - but she's still really struggling not to vape at school.

Chrissie recently got into an argument with Craig over the safety of vaping. She was making the excuse that the Ministry of Health promote e-cigarettes (vapes) as a way to give up smoking and they promoted it a safe option. But when Craig pointed out to her that she had never been a smoker, that wasn't good reason to take up vaping and also, while vaping is not thought to be as damaging as tobacco smoking, it still has health risks.

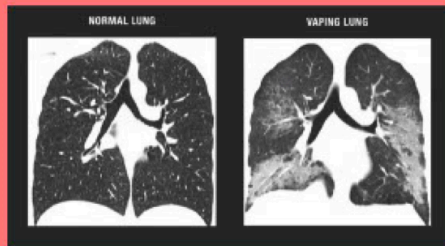
Substance use - Vaping		
Investigation summary		Complete all the sections relevant to the investigation using the resources and suggested tasks as well as other learning about this topic.
Describe the Health situation (or topic) for the investigation.		Impacts of being addicted to vaping on the overall well being of a teenager.
Was the investigation an activity you participated in or one where you viewed or read about the participation and experiences of others (e.g. in a video, on a website, news items etc)?		
Name of health or wellbeing model selected for use in the investigation		Te whare tapa wha (taha tinana, taha wairua, taha hinengaro, taha whanau, whenua) (physical, mental&emotional, social, spiritual)
<ul style="list-style-type: none"> List the main aspects (dimensions, domains) of the model most relevant to the situation in your investigation. List a minimum of 4 - maximum of 6 aspects below. Explain how each of these aspects of hauora feature in the activity that you or another person participated in. Focus on HOW hauora is affected and then WHY hauora is affected. 		
1		HOW hauora is affected WHY hauora is affected
2		HOW hauora is affected WHY hauora is affected
3		HOW hauora is affected WHY hauora is affected

4		HOW hauora is affected WHY hauora is affected
5		HOW hauora is affected WHY hauora is affected
Explain how you see all these aspects of hauora and wellbeing interconnecting in some way, based on the model you selected. <i>Overall your ideas should show the need for balance between the aspects of hauora and how they interrelate and/or how one aspect affects another.</i>		
In this situation, how is hauora and wellbeing affected in the short-term ? That is, immediately while involved in the activity or over the next few days or weeks.		
In this situation, how is hauora and wellbeing likely to be affected in the long-term ? That is, months or years. <i>You may need to draw on other information and learning for this and think beyond your experiences or those of the person/people in the resources you were viewing or reading.</i>		
What other questions were raised for you about the situation or topic that were not answered by the resource material? Where do you think you could find further information about this topic (e.g. a website, or the name of someone with expert knowledge).		

E-Cigarettes & Vaping

What Teens Need to Know

Vaping is NOT SAFE for children, adolescents, and young adults.



Dangerous Ingredients in E-Cigarettes

Nicotine Salts

Addiction & stunted brain development

Propylene glycol

Worse lung function & harder to breathe

Flavoring chemicals

Toxicity to your body's cells

Immediate Consequences of Vaping

- Worse anxiety and depression
- Less focus in school
- Worse at playing sports
- Feeling tired more often
- Leads to other addictions
- Spending a lot of your money



14.7% of Wisconsin high schoolers admit to vaping in the past month

Nationally, that number is 11.3%.



Long-Term Consequences of Vaping

- Lifelong addiction
- Greater lung damage
- Risk of heart disease
- Potential cancer
- Many unknown risks!

Talking with a Friend Who Vapes:

- Keep self-awareness of your own attitude towards vaping
- Listen to their reasons why they vape and if they want to quit
- Respond back with empathy to check for understanding
- Share quitting vaping resources with them



Resources for Quitting Vaping

- Text DITCHVAPE to 88709
- Visit teen.smokefree.gov/quit-vaping
- Talk to your doctor or local pharmacist for treatment options

Scan this QR code for links to more information and references for this handout

