

Name: \_\_\_\_\_

## How to Refuse a Vape From Friends - Grade 5

### How to Refuse a Vape From Friends - Grade 5

Do you know what vaping is? Vaping is when people use an e-cigarette to breathe in an aerosol that is often called vapour. Most e-cigarettes have nicotine, which is a drug, and is very addictive. Vaping can be dangerous for our health because it can hurt our lungs and change the way our brains develop and function.

Sometimes, our friends might offer us a vape and it can be hard to say no. But it's important to know how to refuse a vape if we don't want to do it. We can use different tactics to say no. We can keep it simple and just say "No thanks" or "I'm good". We can also give reasons like "I have a game on Friday" or "I need my voice for the play". If we want to be funny, we can make a joke like "No way, I need every brain cell I've got!". We can even make up a little lie if it helps us say no, like "I have asthma and vaping makes it worse" or involve your parents by saying something like "My mom will take away my phone if I do that".

If our friends keep pressuring us to vape, it's okay to walk away from the situation. We can also avoid places where our friends vape if it's too hard to say no. It's important to remember that we don't have to do something just because our friends want us to. Not everyone vapes, so perhaps we try to make friends with people who don't vape. Friends don't pressure friends to do things that they do not want to do. We should always listen to our own reasons for not wanting to vape and stick to them.

If you are struggling with peer pressure to vape, it can help to talk to your parents or a trusted adult about it. They can give you advice and support you in saying no. Remember, it's okay to say no to vaping and take care of your health!

### Reading Summary

- Vaping is when people use e-cigarettes to breathe in an aerosol that is often called vapor.
- Vaping can be dangerous for our health and hurt our lungs.
- We can say no to vaping by using different tactics and seeking support from trusted adults
- Nicotine changes the way our brains develop.

Terms	Definition	Example Sentence
Addictive	Causing a strong and harmful need to regularly have or do something.	Nicotine is an addictive drug that can be found in some e-cigarettes.
Asthma	A medical condition that makes it difficult to breathe because of inflamed airways.	I can't vape because I have asthma and it makes it worse.
Avoid	To stay away from or prevent something from happening	I try to avoid eating too much candy because it's not good for my teeth.
Peer pressure	The influence that people of the same age or social group have on each other to behave in a certain way.	If we're struggling with peer pressure to vape, we can talk to our parents or a trusted adult about it.
Tactics	Methods or strategies used to achieve a particular goal.	We can use different tactics to say no to vaping, like giving reasons or making a joke.

### Short Answer Questions

<b>Question #1</b>	What are some tactics we can use to say no to vaping?
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<b>Question #2</b>	Who can you talk to if you're feeling pressured to vape?
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**Question #3**

How do you feel about telling a lie to deal with peer pressure?

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