

Exercise 4 – Young person profiles

- Use these answers or make up your own, but don't make the conversation too difficult
- Keep in character and supplement the information as required
- Don't give all of this information at once, wait to be asked
- At the end, share feedback with each other on how the practical session went in terms of what worked well and what could be even better

Background information: Alex

Age	15
Readiness and ability to stop vaping	Is worried about the risks to their health and wants to save money
Barriers	Their friends vape, it's cool
Vaping history	Since 14, about a year, parents don't know
Current vaping	At break times and when out with friends
Past attempts to stop	Never
Do they or have they ever smoked tobacco?	No never
Challenging statement	<i>"Everyone vapes, I don't want to be left out"</i>
Challenging questions	<i>"Can't I just give up vaping when I'm older?"</i>

Background information: Charlie

Age	17
Readiness and ability to stop vaping	Feels a bit trapped by it, sick of spending money on vapes
Barriers	Something to do, doesn't want to be the odd one out
Vaping history	Since they were 15 or so
Current vaping	Pretty much all the time when they can
Past attempts to stop	Never thought about it a lot
Do they or have they ever smoked tobacco?	Not anymore, starting to vape to stop smoking
Challenging statement	<i>"If I don't vape, I will go back to smoking"</i>
Challenging questions	<i>"Isn't vaping safer than smoking?"</i>