HEALTH ROCKS! VAPING PREVENTION PROGRAM

TEACHER'S GUIDE TO YOUTH SUCCESS

WHAT IS HEALTH ROCKS! VAPING PREVENTION PROGRAM?

The **Health Rocks! Vaping Prevention Program** is a series of leader's curricula for a healthy living program aimed at 8 to 16 year olds, with the goal of bringing youth, families and communities across the United States together to reduce youth vaping. The goal is to prevent youth from vaping or stop vaping if it has begun.

The beginning **Health Rocks! Vaping Prevention Program** lessons are designed to teach youth about the importance of staying vape-free by identifying what vaping is, health effects resulting from vaping, personal strengths, and the power of advocacy. This guide gives background information and required materials for each lesson. Additionally, resources and **Learn it, Live it!** activity ideas are provided to dig deeper on selected topics.

DRUGS – Reference to drugs includes those drugs not permitted by law (illegal) and lawful drugs (prescription or over-the-counter) which are obtained or used illegally unless otherwise specified.

LESSON 1: WHAT IS VAPING?

The purpose of Lesson 1 is to educate youth about vaping and trends surrounding electronic cigarettes. Specifically, Lesson 1 objectives include:

- Learning common names for vaping devices.
- Discovering the extent of vaping among youth.
- Uncovering harmful effects of vaping.

REQUIRED MATERIALS:

- **MEMORY CARDS** – cut apart into 24 individual cards
- Additional copies of **MEMORY CARDS** (for youth to take home)
- Poster board, regular paper, or computers for posters
- Markers, colored pencils, or crayons

LESSON 2: WHAT ARE THE HEALTH EFFECTS OF VAPING?

The purpose of Lesson 2 is to educate youth about the negative health effects of vaping. Specifically, Lesson 2 objectives include:

- Discovering physical and mental effects of vaping.
- Understanding which parts of the human body are affected by vaping.
- Experiencing what it may negatively feel like as a result of vaping.

REQUIRED MATERIALS:

- **My Body Handout** (one copy for each youth)
- **Health Effects of Vaping Handout** (one copy for each youth)
- Markers, colored pencils, or crayons

LESSON 3: WHAT ARE MY STRENGTHS?

The purpose of Lesson 3 is for youth to identify their strengths so they have the inner confidence to say no to vaping. Specifically, Lesson 3 objectives include:

- Identifying personal strengths.
- Identifying strengths of others.
- Exploring feelings associated with strengths and weaknesses.

REQUIRED MATERIALS:

- White board or flipchart and markers
- Blank white paper (one per youth)
- Magazines and other print resources for collage creation
- Scissors and glue
- **Strengths Bingo Handout** (one copy for each youth and adult)

LESSON 4: BECOMING AN ADVOCATE!

The purpose of Lesson 4 is for youth to identify qualities of an advocate and people in their lives who can help them to take a stand against vaping. Specifically, Lesson 4 objectives include:

- Defining “advocate.”
- Describing qualities of an advocate.
- Identifying helpful individuals in your support circle.

REQUIRED MATERIALS:

- White board or flipchart and markers
- **Advocate or Not an Advocate Handout**
- **Circle of Trust Handout**

HELPFUL RESOURCES

The Health Rocks! Vaping Prevention Program is based on research listed from the following sources. Check them out for additional information to assist you in helping youth steer clear of vaping.

- National Institute on Drug Abuse. (2019). Drug facts: What is marijuana? Retrieved from https://www.drugabuse.gov/publications/drugfacts/marijuana
- Campaign for Tobacco-Free Kids. (2019). Juul e-cigarettes: Fueling a youth epidemic. Retrieved from https://www.tobaccofreekids.org/what-we-do/industry-watch/e-cigarettes
- Centers for Disease Control and Prevention. (2020). About electronic cigarettes (e-cigarettes). Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html
- National Institute on Drug Abuse. (2019). Monitoring the future 2019 survey results: Vaping. Retrieved from https://www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-vaping
- Selekman, J. (2019). Vaping: It's all a smokescreen. Pediatric Nursing, 45(1).
- American Lung Association. (2020). The impact of e-cigarettes on the lung. Retrieved from https://www.lung.org/stop-smoking/smoking-facts/impact-of-e-cigarettes-on-lung.html
- Centers for Disease Control and Prevention. (2020). Quick facts on the risks of e-cigarettes for kids, teens, and young adults. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html