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 5: HANDLING THE PRESSURE!

The purpose of Lesson 5 is for youth to realize the power of positive influences. Specifically, Lesson 5 objectives include:

- Defining positive and negative influences.
- Linking positive influences with saying no to vaping.
- Identifying and thanking positive influences in one's life.

REQUIRED MATERIALS:

- 4-5 filled water balloons or 1 beach ball
- White board or flipchart and markers
- Thank you notecards and pens/pencils (one for each youth)

LESSON 6: KICKING THE HABIT!

The purpose of Lesson 6 is to provide tools to help youth quit vaping. Specifically, Lesson 6 objectives include:

- Identifying a need to quit vaping.
- Selecting a start date to stop the vaping habit.
- Visualizing one's ideal self as a result of quitting vaping.

REQUIRED MATERIALS:

- White board or flipchart and markers
- **Calendar Handout** (one copy for each youth)
- Stickers and other items to add to calendars
- Paper and markers or crayons for self portraits
- Blindfold
- ~20 styrofoam cups

LESSON 7: UNDERSTANDING TRIGGERS!

The purpose of Lesson 7 is for youth to learn how to avoid vaping triggers. Specifically, Lesson 7 objectives include:

- Defining trigger.
- Recognizing social, emotional, and everyday triggers to vaping.
- Discovering alternatives to avoid vaping triggers.

REQUIRED MATERIALS:

- Device to play trigger sounds (computer, phone, tablet, etc.)
- **Vaping Triggers Handout** (one copy for each youth)
- White board or flipchart and markers
- **Avoiding Vaping Triggers Handout** (one copy for each youth)

LESSON 8: MY EMPOWERED SELF!

The purpose of Lesson 8 is to develop empowered youth who will make positive life choices. Specifically, Lesson 8 objectives include:

- Reviewing personal strengths.
- Defining empowerment.
- Connecting empowerment with making positive life choices.

REQUIRED MATERIALS:

- Blank paper (one paper for each youth)
- Markers/colored pencils
- **My Empowered Self Handout** (one copy for each youth)
- White board or flipchart and markers

HELPFUL RESOURCES

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

- National Institutes of Health. (2020). How to quit vaping. Retrieved from https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping.
- The Truth. (2020). Take action. Retrieved from https://www.thetruth.com/take-action
- National Institute of Health. (2020). Understand your vaping triggers. Retrieved from https://teen.smokefree.gov/quit-vaping/understand-your-vaping-triggers