FACILITATOR CONVERSATION STARTERS FOR EACH LESSON

KEEPING THE DIALOGUE GOING

LESSON 1: WHAT IS VAPING?

- Do the statistics about vaping surprise you? Why or why not?
- Do you know any kids who are vaping?
- Imagine you found an electronic cigarette in the school bathroom. What would you do?

LESSON 2: WHAT ARE THE HEALTH EFFECTS OF VAPING?

- Now that you know the possible side effects and dangers of vaping, why do you think people your age vape?
- Let's pretend one of your friends is currently vaping. What information would you share with them that might help them reconsider their harmful habit?
- Sometimes, when people are warned about the consequences of harmful behaviors like vaping, they might think, "It won't happen to me." What can you do if a friend in that situation told you that?

LESSON 3: WHAT ARE MY STRENGTHS?

- Sometimes, it's easier to pick out your own weaknesses instead of your strengths. Why is it important to focus on your strengths?
- Picture your best friend. Why are you friends with them? Are your strengths the same as their? Are they different?
- Think of something you're not good at. What steps can you take to improve?
- Pretend you're going on a road trip! One person is in charge of organizing the food. One person is in charge of the map and directions. One person is in charge of planning the fun activities. One person gets to make a playlist of songs. Who would you choose to go on the trip based on these activities that need to be done? Why did you choose these individuals?

LESSON 4: BECOMING AN ADVOCATE!

- Think of something hard that's happening right now in your life (examples: getting a bad grade in a class; having a fight with friends; parents who are divorcing; a sick relative). Who in your life—a parent or relative, a teacher, a friend—can you turn to for help in dealing with this kind of a situation?
- Think of the people in your circle of trust. Brainstorm ways to thank these individuals. Examples might include writing a thank-you letter, giving them flowers, giving them a gift card to their favorite coffee shop, etc.
- Were there times in your life when you did not act like an advocate for others? How about times that you did act like an advocate for others? How did you feel in both situations?

LESSON 5: HANDLING THE PRESSURE!

- In your mind, think of two people who are negative influences and two people who are positive influences in your life. How do they make you feel?
- Are you a positive or negative influence on others? Explain.
- Think about social media like Instagram, TikTok, Twitter, or other apps like these. Are you positively or negatively influenced by social media?

LESSON 6: KICKING THE HABIT!

- Pretend that you need help quitting a negative habit. Who are two people you'd turn to for help?
- Do you know someone who vapes or smokes? What can you do to help them quit?
- Think about a goal you'd like to accomplish. Set a date to accomplish your goal. Why does setting a completion date help you reach your goal?

LESSON 7: UNDERSTANDING TRIGGERS!

- Sometimes, a certain sound or smell can bring you back to a particular time or place—we call these things triggers. Name two different triggers for you. Are they positive or negative triggers?
- Think about the following phrase: "Put everything away except for a piece of paper and a pencil." What feelings does this phrase trigger? Are the feelings positive or negative?
- When you are around your friends, are you more likely to act in a positive or negative way?

LESSON 8: MY EMPOWERED SELF!

- What does it mean to feel empowered?
- What do you want to be when you grow up? Even though your plans may change, why is it important to visualize your future?
- Will vaping make you more or less likely to reach your life goals? Why?

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