

LESSON 1

WHAT IS VAPING?

Vaping is growing in popularity. This exercise teaches students the key concepts and health concerns they need to know to help them make healthy choices about vaping.

OBJECTIVES:

PARTICIPANTS WILL:

- Learn common names for vaping devices.
- Discover the extent of vaping among youth.
- Uncover harmful effects of vaping.

LIFE SKILLS LEARNED:

- Healthy Lifestyle Choices
- Concern for Others
- Personal Safety

NATIONAL HEALTH EDUCATION STANDARD 1:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

TIME NEEDED: 45 minutes

MATERIALS NEEDED:

- **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

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.

CONNECTING TO TOBACCO, ALCOHOL & DRUG USE

In order for younger youth to have the tools to resist the temptation of vaping and other drugs, they must know the facts surrounding electronic cigarettes and vaping. Youth vaping levels have made alarming increases throughout the past year. Not only are youth vaping nicotine, but they are also inhaling marijuana in attempts to reduce stress, look cool, and fit in with peers.

EXPERIENCE THE ACTIVITY

STEP 1

Tell participants they are going to learn the facts about vaping by playing a simple memory game. Before playing the memory game, ask youth the following questions to obtain baseline knowledge levels:

- What is vaping?
- Out of ten 8th graders, how many do you think vaped last month?
- What is one possible side effect from vaping?
- Why do youth vape?

STEP 2

Using the Lesson 1 Handout, cut apart cards and lay them face down on a table or other hard surface. Mix up the cards. To begin the game, have the youngest youth turn over the first two cards. If the cards match, read the match aloud, including the supplemental facts. If a match is not drawn, turn the cards back over. Repeat this process with each youth until all cards are matched and facts are read aloud.

Matches and corresponding facts include:

THC	Main psychoactive chemical found in marijuana. In addition to being illegal for youth, THC can impair thinking and learning and cause serious brain development issues in youth.[1]
Cotton Candy	Flavor that can be added to e-cigarette juice. Many e-cigarettes come in flavors that appeal to youth, such as mint, menthol, cucumber, mango, and other fruity flavors.[2]
Vape Pens	Another name for electronic cigarettes. E-cigarettes are known by many other names and brands, including e-cigs, e-hookahs, juuls, mods, vape pens, vapes, tanks, airs, SMOK, Nords, Origins, Morphs, MAG Baby, Riptide, Puff Bar, and reefers.[3]
Marijuana	Common additive to e-cigarettes. Additional potentially harmful substances found in e-cigarettes include nicotine, ultrafine particles that can go into the lungs, flavorings linked to lung diseases, cancer-causing substances, metals like tin, nickel, and lead.[4]

1. National Institute on Drug Abuse. (2019). Drug facts: What is marijuana? Retrieved from https://www.drugabuse.gov/publications/drugfacts/marijuana
2. Campaign for Tobacco-F ree Kids. (2019). Juul e-cigarettes: Fueling a youth epidemic. Retrieved from https://www.tobaccofreekids.org/what-we-do/industry-watch/e-cigarettes
3. 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
4. Ibid.

25%	Percent of high school seniors who vaped nicotine during the last month. Nearly 12% of seniors vape on a daily basis.[5]
10%	Percent of 8th graders who vaped nicotine during the last month. Nearly 2% of 8th graders vape daily.[6]
Lung Cancer	Possible side effect of vaping. Other side effects include harm to youth brains, other cancers, poisonings, and toxicity to babies in the womb.[7]
14%	Percent of high school seniors who vaped THC during the last month. This is the chemical found in marijuana. Nearly 4% of seniors vaped THC every day.[8]
4%	Percent of 8th graders who vaped THC during the last month. This is the chemical found in marijuana. Nearly 1% of 8th graders vaped THC every day.[9]
To Experiment	Number one reason why teens try vaping. Other reasons include the flavor, to have a good time with friends, to feel good or get high, and to look cool.[10]
21%	Percent of high school seniors who vaped marijuana during the last year.[11]
7%	Percent of 8th graders who vaped marijuana during the last year.[12]



TEACHING TIP – Print copies of memory cards and facts for youth to take home. Encourage youth to share the information on vaping with their families.

5. 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
6. Ibid.
7. 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
8. 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
9. Ibid.
10. Ibid.
11. Ibid.
12. Ibid.

STEP 3

Divide youth into smaller groups. Hand out one memory card pair to each group. Using poster board, paper, or computers, have youth create WARNING posters about the vaping fact on their cards. Display posters in a public space, like a school, community building, coffee shop, or bus stop. Remember to gain permission before hanging up posters in various locations.



TEACHING TIP – Based on size of group, divide students into smaller groups so that all 10 matching pair cards are distributed among youth.

STEP 4

Share:

- What facts about vaping surprised you?
- Were you aware of these vaping facts? What information was new to you?
- What is one reason why youth vape?

Process:

- Why do you think vaping numbers among youth are increasing at such high levels?
- Do any of the side effects scare you? Why or why not?
- Why do e-cigarette manufacturers add flavors to vape pens?

Generalize and Apply:

- What general statements can you make about vaping and health effects?
- How might you use scientific data to convince your peers not to use e-cigarettes?
- Does vaping seem to be a problem among youth? Why or why not?
- How might the vaping facts posters help to discourage youth from vaping?

STEP 5

Reflection:

- What is one potential health consequence of vaping?
- Why do youth vape?
- How does it make you feel when you see someone vaping?

STEP 6

Discuss the “Family Corner” and “Community Corner” with participants. Encourage them to do one or both. If they choose to work as a group, help them follow through.

- **Family Corner:** Talk about the health effects of vaping with your family. Discuss how you might feel when you see a friend or family member vaping. With your family, talk about ways to respond to these friends who are using electronic cigarettes.
- **Community Corner:** Develop a social media post about the effects of vaping. Post it to social media with adult permission.