

LESSON 7

UNDERSTANDING TRIGGERS!

Certain moments and emotions can make it harder to stay on track toward our personal goals. Here, we teach students the triggers that may cause them to consider vaping.

OBJECTIVES:

PARTICIPANTS WILL:

- Define trigger.
- Recognize social, emotional, and everyday triggers to vaping.
- Discover alternatives to avoid vaping triggers.

LIFE SKILLS LEARNED:

- Healthy Lifestyle Choices
- Self-Discipline
- Disease Prevention

NATIONAL HEALTH EDUCATION STANDARD 8:

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

TIME NEEDED: 1 hour

MATERIALS NEEDED:

- 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)

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

Triggers can be defined as activities, objects, people, or other items that make you want to do something, like vape. When kicking the vaping habit, youth will be faced with many triggers that may push them to vape again. Youth need to identify these triggers and learn to deal with them to avoid vaping for a lifetime!

EXPERIENCE THE ACTIVITY

STEP 1

Play familiar sounds that youth will recognize. Possible sounds include a text message notification, a ringtone on your phone, a school bell, a car door ajar notification, and a doorbell. Ask the youth what they would do after each sound!

Next, read off the following aromas, such as cookies baking, freshly cut grass, a spring day after a rain shower, and a school locker room. After stating each aroma, ask youth how the different aromas make them feel or think.

Finally, speak common expressions such as "Hello," "Goodbye," "It's so good to see you," "What time is it?" and "Good morning! It's time to wake up!". After each phrase, ask youth how they would respond or feel.

Each of these sounds, scents, or expressions triggered some type of reaction. Either you felt a certain way or acted in a particular manner. They can cause positive or negative reactions. The same can be said about vaping. There are many social, emotional, and everyday triggers that make you want to step back into the bad habit of vaping. Today, we are going to look at these triggers and think of ways to deal with them in positive manners.

STEP 2

Give each youth a copy of the **Vaping Triggers Handout**. Explain to youth that there are many social, emotional, and everyday triggers that can cause someone to feel like vaping. It's important to understand and recognize these triggers and then develop a plan to resist the temptation of vaping.

STEP 3

Divide youth into three groups: Social triggers, emotional triggers, and everyday triggers. Each group will act out the different triggers, having the other groups guess what the trigger is. Give youth 10 minutes to develop simple skits to demonstrate each trigger from the handout. As the groups go through each trigger, ask about possible ways to avoid or deal with the triggers. Write ideas on dealing with triggers on a white board or flipchart.

STEP 4

Pass out the **Avoiding Vaping Triggers Handout**. Talk about each possible way to deal with social, emotional, and everyday triggers. Ask for questions or points of clarification as you go through each item.

STEP 5

Share:

- How do triggers make you feel?
- Do all triggers lead to negative behavior? Why or why not?

Process:

- Why is it important to be able to identify vaping triggers?
- Why is it difficult to be around friends who vape?
- Why is it important to stay busy when quitting vaping?

Generalize and Apply:

- What happens if you slip up and yield to one of the vaping triggers?
- Who can you turn to for different ideas on how to avoid vaping triggers?

STEP 5

Reflection:

- What is a trigger?
- What are the three types of vaping triggers?
- What is one method of avoiding emotional vaping triggers? What about social vaping triggers?

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 to your family about the vaping triggers that you or someone you know struggle(s) with on a regular basis. Discuss ways for your family to help provide alternate activities to replace the vaping triggers.
- **Community Corner:** Create posters with ideas to avoid vaping triggers. With adult permission, hang up posters in your meeting space to remind youth to avoid the vaping triggers!