VAPING EDUCATION AND PREVENTION

VIRTUAL DELIVERY MODIFICATIONS

- There are several lessons that include the use of a whiteboard. Virtual Whiteboards, Paint 3D, Google Docs or Word Documents can be used instead of a whiteboard. Consider using fun color and fonts!
- A pdf of all handouts can be emailed to the participants, but alternatives are outlined for youth that aren't able to print at home.
- All other supplies are likely things you have at home or could easily be ordered and shipped directly to students via Amazon.

LESSON 1:

MODIFICATIONS:

- A PowerPoint slide has been developed to create a drag-and-drop matching alternative to the memory game. *Note: Do not share this in slideshow view or you won't be able to navigate the pieces*.
- Consider sending students a handout and asking them to cut out the pieces and play the memory game with another person in their household.

SUPPLIES:

- ***Memory Cards Handout*** (Optional)
- Poster board, regular paper, or computers for posters
- Markers, colored pencils, or crayons

LESSON 2:

MODIFICATIONS:

- A PowerPoint slide has been developed to create a drag-and-drop alternative. *Note: Do not share this in slideshow view or you won't be able to navigate the pieces*.
- Physical Challenge – In step 3, instead of asking the students to run laps, have them run in place or do jumping jacks as fast as they can for 1 minute.

SUPPLIES:

- ***My Body Handout*** (Optional)
- Poster board, regular paper, or computers for posters
- Markers, colored pencils, or crayons

LESSON 3:

MODIFICATIONS:

- Group Strengths Poster: As youth are working on their collages, ask them to each contribute 3 strengths that you can use to create a Word Cloud about the group at wordclouds.com.
- A PowerPoint slide has been developed for Strengths Bingo; youth can draw a card if they aren't able to print.

SUPPLIES:

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

LESSON 4:

MODIFICATIONS:

- A PowerPoint slide has been developed for the Advocate/Not An Advocate activity. You will need to be in slideshow view for the answers to appear on a click.
- A PowerPoint slide has been developed for Circle of Trust; students can draw their own circle if they aren't able to print.

SUPPLIES:

- White board or flipchart and markers
- ***Advocate/Not an Advocate Handout*** (Optional)
- ***Circle of Trust Handout*** (Optional)

LESSON 5:

MODIFICATIONS:

- Balloon Toss Alternative – consider any fun individual physical challenge that can be done in front of the screen. Have students try to balance a cup on their head or a spoon on their nose while standing on one foot, walking in place, clapping, or any simple thing to make it a challenge.

SUPPLIES:

- Alternative to water balloons. Plastic cup or spoon.
- White board or flipchart and markers
- Thank you notecards and pens/pencils

LESSON 6:

MODIFICATIONS:

- Blindfold Challenge Alternative
- A PowerPoint slide has been developed for the Kick the Habit Calendar, youth can draw their own calendar if they aren't able to print.
- Partner Blindfold Maze Alternative – This challenge is intended to demonstrate how much easier a challenge can be with a support system. Put a brainteaser or a riddle up on the screen and give students 2 minutes to complete it on their own. Ask how many were able to solve. Then put up a riddle and let them solve it as a team. Discuss the pros of working together.

SUPPLIES:

- White board or flipchart and markers
- ***Calendar Handout*** (Optional)
- Stickers and other items to add to calendars
- Paper and markers or crayons for self portraits

LESSON 7:

MODIFICATIONS:

- A PowerPoint slide has been developed for the Vaping Triggers Handout.
- A PowerPoint slide has been developed for the Avoiding Vaping Triggers Handout.

SUPPLIES:

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

LESSON 8:

MODIFICATIONS:

- A PowerPoint slide has been developed for the My Empowered Self Handout, youth can record their answers on any paper they have if they aren't able to print.

SUPPLIES:

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