



## LESSON 2

# WHAT ARE THE HEALTH EFFECTS OF VAPING?

Vaping harms more than just your lungs. In this exercise, students explore the full range of health effects caused by vaping.

## 🔍 OBJECTIVES:

### PARTICIPANTS WILL:

- Discover physical and mental effects of vaping.
- Understand which parts of the human body are affected by vaping.
- Experience what it may negatively feel like as a result 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:

- **My Body Handout** (one copy for each youth)
- **Health Effects of Vaping Handout** (one copy for each youth)
- 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

Vaping causes serious physical and mental health effects. In fact, the health effects from vaping can be more dangerous than smoking cigarettes. Higher chances of asthma, lung cancer, and other lung diseases are a few of the known physical effects of using electronic cigarettes.<sup>1</sup> When considering mental health effects, the use of nicotine products causes serious interruptions in how the youth brain develops.<sup>2</sup> This activity helps to demonstrate how one may feel as a result of vaping.

1. American Lung Association. (2020). The impact of e-cigarettes on the lung. Retrieved from <https://www.lung.org/stop-smoking/smoking-facts/impact-of-e-cigarettes-on-lung.html>

2. Centers for Disease Control and Prevention. (2020). Quick facts on the risks of e-cigarettes for kids, teens, and young adults. Retrieved from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

# EXPERIENCE THE ACTIVITY

## STEP 1

Ask youth the following question: How does vaping affect your health? Write their responses on a dry erase board or flipchart.

## STEP 2

Give each participant a copy of the **My Body Handout**. Individually, have youth star areas of the body that may be affected by vaping either nicotine or THC. Once they are finished, divide youth into partner groups. With their partner, have each youth share what they believe may happen to certain parts of the body as a result of using e-cigarettes.



**TEACHING TIP** – In case youth struggle to brainstorm health effects, have **Health Effects of Vaping Handout** available.

## STEP 3

Next, tell participants they are going to experience how one may physically feel as a result of using electronic cigarettes. To begin, have students run laps around the room, building, or track depending on location. Stop students after you notice them becoming winded or out of breath. As they come to a stop, immediately have them sing the ABC's at a quick pace.

## STEP 4

Tell participants they are going to experience how one may mentally feel as a result of using electronic cigarettes. To demonstrate this, have youth sit in a circle. The first youth starts the game by selecting an object that starts with the letter A. The second youth repeats the A object and then selects an object that starts with the letter B. The third youth repeats the A and B objects and then selects an object that starts with the letter C. Continue going around the circle until the alphabet is completed. For the second round, play music at a moderate/loud volume and have youth go around the circle selecting new objects that begin with each letter of the alphabet.

## STEP 5

**Share:**

- What effects of vaping surprised you?
- How did you feel after running around the classroom and reciting the alphabet song?
- How did you feel after trying to remember each object beginning with each letter of the alphabet? What about after the music was playing?

**Process:**

- What areas of the body are hit especially hard as a result of vaping?
- Why are youth brains especially susceptible to damage as a result of vaping?
- What did the running activity represent? What about the ABC memory game?
- How might you feel with increased blood pressure and heart rate?

**Generalize and Apply:**

- What might you say to a friend to discourage them from vaping?
- Does vaping seem safer or less safe than smoking cigarettes? Why?
- Who can you turn to if you or someone you care about is experiencing negative health effects from vaping?

## STEP 6

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**Reflection:**

- What is one potential health consequence of vaping?
- What two areas of your life are affected by vaping?

## STEP 7

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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:** Go through the running and ABC objects activities with your family. Ask them how they feel following each activity and relate it to the physical and mental effects of using e-cigarettes.
- **Community Corner:** Create a YouTube video warning people of the health effects of vaping. Post the video to social media sites, with adult permission.