



LESSON 6

KICKING THE HABIT!

Quitting vaping isn't easy, but this exercise shows how you can do it with the support of those around you.

🔍 OBJECTIVES:

PARTICIPANTS WILL:

- Identify a need to quit vaping.
- Select a start date to stop the vaping habit.
- Visualize one's ideal self as a result of quitting vaping.

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:

- White board or flipchart and markers
- **Calendar Handout** (one copy for each youth)
- Stickers and other items to add to calendars
- Paper and markers or crayons for self portraits
- Blindfold
- ~20 styrofoam cups

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

Even though the major goal of this program is drug and alcohol abuse prevention, it is important to remember that youth make mistakes and can fall into the traps of vaping. Providing youth with the resources needed is essential to kicking the vaping habit for good!

EXPERIENCE THE ACTIVITY

STEP 1

Ask youth the following question: When was the last time you accomplished something that was difficult? What was it? How did it make you feel when you were finished?

Tell youth that they will be formulating a plan for something that will be hard at first but well worth the effort: Quitting vaping!



TEACHING TIP – This lesson should be completed with youth who are vaping. If there are no youth present who admit to vaping, present the lesson as if they need to help others develop a plan to quit vaping.

STEP 2

To set the stage, youth need to form reasons why they are quitting or helping others quit vaping. Forming reasons helps one see the value in quitting vaping. To assist youth in developing these reasons, ask the following questions:

- Is vaping controlling my life?
- How does vaping affect the way I think and feel?
- How does vaping affect my relationships with my friends, parents, boyfriend/girlfriend, or other people important to me?
- How does vaping or thinking about vaping interfere with my schoolwork or grades?
- Are there activities that I used to enjoy that I don't enjoy anymore because of vaping?
- Am I spending a lot of money to keep vaping?
- What am I looking forward to the most after quitting?¹

If youth are compelled, have a conversation about what they are feeling when asking themselves these questions. Jot down responses on a whiteboard or flipchart.



TEACHING TIP – Youth may not feel comfortable sharing their reasons with a group. Having youth journal their responses may be more helpful and confidential. You may also want to ask these questions in a way that would be helpful in assisting a friend quit vaping (i.e., Is my friend spending a lot of money to keep vaping?).

1. National Institutes of Health. (2020). How to quit vaping. Retrieved from <https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping>.

STEP 3

Hand out the **Calendar Handout**. In the next two weeks, have youth circle the date that they will quit vaping. Add stickers and decorate the date with celebratory items! Remind youth that it's a big deal to quit vaping!! Explain to them that it is important to set a date in the near future so they do not forget about it and can start making a plan!

STEP 4

Ask youth to describe how they would look, act, and think in a perfect world. Ideas may include:

- Performing as a top athlete.
- Thinking clearly.
- Maintaining nice hair.
- Feeling awake and alert.
- Being stress-free.
- Taking deep breaths.

Hand out a piece of paper and a variety of markers to youth. Explain to them that they will be drawing their ideal selves! They are to just draw pictures and not words. Give youth 10 minutes to draw their ideal self portraits!

Once they are finished, go around the room and have youth describe their self portraits. Identify key characteristics that make up their self portrait. Then, link their ideal selves with quitting vaping and becoming the best version of themselves. Hang up calendar pages and ideal self portraits around the room as reminders to quit vaping.

STEP 5

In order for youth to be successful, they need to develop a support system who will help them to reach their goals! This may have been done in the previous **Health Rocks!** lesson(s). Refer to Lesson 5 for more details.

STEP 6

Ask for one volunteer to wear a blindfold. As the volunteer is blindfolded, create an obstacle area by setting out 20 styrofoam cups on the ground in a random pattern. Lead the blindfolded person at the beginning of the obstacle course. As the blindfolded person remains silent, other youth must give specific directions to lead the blindfolded individual through the obstacle course without running into a styrofoam cup. Repeat the activity with additional blindfolded volunteers if time remains.

STEP 7

Share:

- How did the blindfolded person feel while moving through the obstacle course?
- How did the other youth feel as they gave directions to the blindfolded person?

Process:

- Why is it important to visualize your ideal self?
- Hanging up your calendar and ideal self portrait is important in this process. Why?
- Who did the blindfolded person represent in this situation? What about the youth giving directions?
- Why is it important to have a support system in place when you quit vaping or try something that might be difficult?

Generalize and Apply:

- In addition to stopping vaping, what else can this process be used for?
- Will the positives outweigh the negatives when quitting vaping? Explain.

STEP 8

Reflection:

- What is one reason to stop vaping?
- Why is it important to pick a date to stop vaping?
- Who are two people in your support system?

STEP 9

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:** Encourage family members to quit a bad habit like vaping or smoking. Help them pick a start date and visualize their best selves.
- **Community Corner:** Run a series of adult-approved vaping cessation articles in the local newspaper.