

## E-CIGARETTES/ VAPING RECOMMENDED FOR GRADES 6, 7, 8

Students will discuss the poisonous chemicals found in vape cartridges and will learn about the addictive nature of nicotine. The short and long-term effects of vaping on the body will be explored. In addition, marketing strategies used by e-cigarette producers will be revealed to students to increase their awareness of consumer traps. Students will discuss strategies to remain tobacco-free, despite pressure from peers and the media.

### TOPICS COVERED

- How e-cigarettes work
- Other names for e-cigarettes
- Contents of e-cigarettes including nicotine, flavoring, and carcinogens
- Nicotine's role in addiction
- Vaporized marijuana and increased THC content
- The impact of marketing strategies on adolescent e-cigarette use
- Short and long-term consequences of using e-cigarettes
- e-cigarettes as a gateway to tobacco cigarettes

### OBJECTIVES

- Students will be able to identify the contents of electronic cigarettes.
- Students will be able to explain the role of nicotine in causing addiction.
- Students will be able to explain the risks and consequences of use of electronic cigarettes.
- Students will be able to identify reasons why a person may begin using electronic cigarettes.
- Students will be able to explain the impact of marketing strategies on adolescents' decision-making.
- Students will be able to identify possible reasons for avoiding use of electronic cigarettes.

### National Health Education Standards – Performance Indicators:

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
- Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

### CASEL CORE COMPETENCIES

- Responsible decision-making
- Self-awareness
- Relationship skills

### ACTIVITIES AND ASSIGNMENTS

E-CIGARETTES/ VAPING	10m
SUPPLEMENTAL LESSON PLANS	
While You Watch worksheet	10m
Advertising Strategies	30m
Analyzing Advertisements	30m
Evaluating E-Cigarettes Refusal Skills	10m
K-W-L E-Cigarettes	10m
In the News	15m
Real Time Reporting	20m

Individual Courses are priced at \$75.

