



# Educator Guide: Impacts of Vaping on Health Lesson

## **Recommended for Grades:**

9<sup>th</sup> – 12<sup>th</sup>

## **Time:**

7 minutes

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 5: Use a decision-making process to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this lesson students will be able to:

1. Determine if vaping is a safe alternative to smoking.
2. Differentiate the risks of nicotine and THC vape products.
3. Recognize that most young people don't vape.
4. Practice ways to say no to vaping and peer pressure.

## **Lesson Description:**

In this lesson students will learn about vaping and how it can negatively impact health. They will learn about short-term impacts, long-term impacts and consequences of vaping. They will also learn about peer pressure and ways that they can say no to vaping. At the end of the lesson, they will get to demonstrate what they learned by doing a knowledge check activity.



## Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. The vaping industry wants young people to start vaping. True or false?
  - a. **True**
  - b. False
2. Vaping can lead to:
  - a. Dry mouth, trouble focusing and addiction
  - b. Coughing, anxiety and getting in trouble at home
  - c. Trouble breathing, exposure to chemicals that cause cancer and getting suspended
  - d. **All of these are consequences of vaping**
3. Vaping is a safe alternative to smoking. True or false?
  - a. True
  - b. **False**
4. Most young people vape. True or false?
  - a. True
  - b. **False**

## Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Impacts of Vaping on Health Lesson. You may choose to use this list in any way that fits your needs.

- Addiction – when someone can't stop doing or using something, even if they know it has negative consequences, because their body becomes dependent on it
- Additives – ingredients that are put into vaping products to change the effect or flavor of a product. Additives can be harmful or toxic to consume.
- Alternative – a different option or possibility
- Consequences – the result or outcome of an action or situation, which can be positive or negative
- Delta-8 – a chemical substance found in marijuana plants that produces mind-altering effects. Delta-8 products are not well regulated.
- Delta-10 – A chemical that is derived from cannabis plants that can impact mood. Delta-10 products are not well regulated.
- Health impacts – the effect something has on the body and well-being, either good or bad
- Nicotine – a highly addictive chemical and stimulant drug found in tobacco and vaping products
- Peer pressure – feeling like you need to do something or behave in a certain way to be accepted and valued by people your age
- Regulate – to control or keep in order by rules or laws
- THC – a chemical found in marijuana that causes a high feeling when used and impacts moods, thoughts and perceptions. It is also known as delta-9.
- Vaping – breathing in a vapor that usually contains a liquid, nicotine and other chemicals and then breathing that vapor out
- Vaping devices – something that uses a battery to heat up a vaping liquid into a vapor that is breathed in
- Vaping industry – people and companies that make, sell and market vaping products
- Withdrawal – what happens to the body and mind when someone quits or cuts back on using a drug they are addicted to. It is also known as detoxification or detox.

# Supplemental Activity: What Would You Do?

## Objectives:

After completing this activity students will be able to:

- Recognize a peer pressure situation.
- Demonstrate one way to say no to vaping.

## Materials Needed:

- Scenarios (included below)
- Whiteboard for brainstorming

## Time Required:

30 minutes

## Instructions:

Review the definition of peer pressure with your students.

- Peer pressure – feeling like you need to do something or behave in a certain way to be accepted and valued by people your age

If there's time, you can introduce different types of peer pressure to your class.

- Spoken peer pressure is when a person asks, suggests or tries to talk someone into a specific behavior, such as vaping.
- Unspoken peer pressure is when someone observes or is around vaping and they choose whether engage in that behavior or not.
- Direct pressure involves being encouraged by friends or peers to vape. It can also include being teased or made fun of for not vaping. Someone handing another person a vape device is an example. Direct pressure can be either spoken or unspoken.
- Indirect pressure, or social acceptance, includes wanting to fit in or be socially accepted even if there isn't anyone directly asking someone else to vape.
- Positive peer pressure encourages behaviors that are healthy, age appropriate and socially acceptable.



- Negative peer pressure encourages someone to behave in a way that goes against their values and beliefs or encourages them to engage in risk-taking behaviors, such as vaping.

As a class, brainstorm different ways to say no to vaping and write them on the board. Common types of refusal skills include:

- Directly refusing by saying, “No.” or “No thanks.”
- Giving a reason or an excuse which could include, “I could get detention if we’re caught.” or, “No, I know vaping isn’t good for me.”
- Changing the subject or suggesting something else like, “Have you seen that new video?” or “Let’s go get a smoothie instead.”
- Leaving the situation by walking away

Now, break the class into five different groups and assign each of the groups a scenario. Each group will come up with a way to say no to vaping. Then, they will role-play their scenario and refusal skill to the class.

- Scenario one: You’re at a sleepover with a group of friends, and someone gets out their vape device. They tell you, “It’s not bad for you, don’t be lame and just try it.” How would you tell them no?
- Scenario two: During lunch, someone at the table starts talking about how they started vaping and it’s really fun. They invite everyone at the table to come and vape with them after school. How would you tell them no?
- Scenario three: You see a group of kids vaping in the bathroom at school. On your way out of the bathroom one of them says to you, “You should try it with us next time. Nobody ever gets caught in the bathroom.” How would you tell them no?
- Scenario four: You’re in a friend’s car heading home from watching a basketball game. Someone in the back seat starts vaping and asks if anyone else wants to vape. Another friend in the back seat takes a hit and tries to pass it to you. How do you tell them no?
- Scenario five: You’re hanging out with a group of friends after school. A few of them start passing around a vape and start to pressure you by saying, “If you were really our friend, you’d try it.” How would you tell them no?

After each group has done their role play, tell your class that they don’t need to give into peer pressure. Let students know that practicing ways to say no to vaping can help them be prepared for a real-life situation.

# Supplemental Activity: Ksenia's Story 3-2-1 Response

## Objectives:

After completing this activity students will be able to:

- Identify three things they noticed while watching Ksenia's Story.
- Summarize two feelings they experienced while watching Ksenia's Story.
- Identify one thing they will remember or apply about vaping.

## Materials Needed:

- Copies of Ksenia's Story 3-2-1 Response Worksheet (included below) or something to write on
- Pen or pencil

## Time Required:

20 minutes

## Instructions:

Ksenia was a healthy 17-year-old who started to experience chest pain and went to the doctor. She was transported to Children's Wisconsin and went into respiratory failure. Her doctors determined that her symptoms were the result of vaping.

Have your students watch the Ksenia's Story video either as a class or on their own. Then, have them reflect on what they saw and how it impacted their feelings and thoughts about vaping.



They can use the Ksenia's Story 3-2-1 Response Worksheet or answer the following questions and prompts on a piece of paper.

1. What are three things that you noticed in the video?
  - a. Think about things that stood out while watching or any details you saw.
2. What are two feelings you had while watching the video?
  - a. Think about your emotions and why you think you felt that way.
3. What's one thing about vaping that you will remember or apply in your own life?
  - a. Reflect on how this story might impact your choices about vaping in the future.

# Ksenia's Story 3-2-1 Response Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** After watching the Ksenia's Story Video, take some time reflect on what you saw, how you felt and what actions you might take. Complete each of the sections below.

1. What are three things you noticed in the video? Think about what stood out while watching or any details you saw.

One:

Two:

Three:

2. What are two feelings you had while watching the video? Think about your emotions and why you think you felt that way.

One:

Two:

3. What's one thing about vaping that you will apply to your own life? Reflect on how this story might impact your choices about vaping in the future.

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# What is Vaping? What Parents and Caregivers Should Know

## What Is Vaping?

Vaping is breathing in and out the vapor from an e-cigarette or vape device.

- Most vape devices have nicotine.
- They also have a liquid with harmful chemicals.
- There is often a vape mist or a vape cloud when it's breathed out.

## What Are the Risks of Vaping?

Vaping is harmful. Vape products are new, so we do not know all of the ways it can affect health. But we do know some of the health risks:

- Addiction
- Sleep issues
- Mental health issues
- Lung damage
- Breathing in chemicals that cause cancer

For kids in school, vaping can lead to:

- School issues, like trouble with focusing and self-control
- Being kicked off of sport teams or other school activities
- Social changes with family and friends
- Problems with money, because of vaping costs

## The Tobacco 21 Law

In 2019, the United States raised the minimum age to buy tobacco and vaping products to 21. This law is often called Tobacco 21.



## Vape Companies Are Focused on Kids

The vaping and tobacco industry uses social media to reach kids and teens. They try to get them to use their products.

- They also add flavors to vape products to make them fun for kids.
- They make vapes that look like things kids and teens use each day. This helps kids hide vaping at school and from their families.
- The vape industry finds ways around rules the government makes so they can keep selling their products.

## What You Can Do to Help

Talk to your child about vaping and answer questions they might have. It is okay if you don't know all of the answers. You can look up answers together and keep the conversation going. Be sure to keep checking in with your child about vaping. See if they have anything new they would like to talk about.

## Vaping Resources

Visit the websites below for more information about vaping and help quitting.

- American Heart Association: [heart.org](https://heart.org)
- American Lung Association: [lung.org](https://lung.org)
- My Life, My Quit: [mylifemyquit.org](https://mylifemyquit.org)
- The National Cancer Institute's Tobacco Control Research Branch: [smokefree.gov](https://smokefree.gov)
- Truth initiative: [truthinitiative.org](https://truthinitiative.org)
- Wisconsin Quit Line: [quitline.wisc.edu](https://quitline.wisc.edu)
- Wisconsin's tobacco prevention and control movement: [tobwis.org](https://tobwis.org)



# What to Do if Your Child Is Vaping

When talking to your child about vaping, there are many ways to get started. Here are a few tips:

- Focus on their health and safety, not punishment.
- You can start by talking about vaping you have seen on a show or share a news article about vaping.
- Ask your child open-ended questions that do not have a simple yes or no answer.
- Focus on listening to your child.

## Signs Your Child Is Vaping

Companies that make vape products and devices are making them look like everyday items. This makes devices difficult to notice. Here are some common things to look for:

- USB or flash drives that are vape devices
- Pods or cartridges that hold the vape liquid
- Flavoring scents

Vaping can impact how your child acts. Here are some signs your child may be vaping:

- They are more anxious or annoyed
- They eat less food and drink more
- Their mood and behavior is different

Vaping can lead to health-related symptoms that can include:

- Breathing issues
- Cough or sore throat
- Headaches
- Dry mouth

## What to Do if Your Child Is Vaping

If your child is going to quit vaping, they need to want to stop. Let them know you are there to help them. Here are some things you can try:

- Ask them why they started vaping. This can help them to come up with a plan to avoid those things that cause them to vape. This will help them quit.
- Explain that there are resources to help them quit. They are not in this alone.
- Ask their doctor for resources and help.
  - Make sure to bring up vaping at your child's yearly visit.
  - If your child needs help right away, make an appointment.
  - If you think your child trusts their doctor, they might be willing to talk with them about vaping.

## Vaping Resources

Visit the websites below for more information about vaping and help quitting.

- American Heart Association: [heart.org](https://heart.org)
- American Lung Association: [lung.org](https://lung.org)
- My Life, My Quit: [mylifemyquit.org](https://mylifemyquit.org)
- The National Cancer Institute's Tobacco Control Research Branch: [smokefree.gov](https://smokefree.gov)
- Truth initiative: [truthinitiative.org](https://truthinitiative.org)
- Wisconsin Quit Line: [quitline.wisc.edu](https://quitline.wisc.edu)
- Wisconsin's tobacco prevention and control movement: [tobwis.org](https://tobwis.org)



# Tips and Resources to Help Quit Vaping

Quitting vaping can be hard, but there are things you can do to make it easier. It's important to identify your triggers, which are the things that make you want to vape and make a plan of action to avoid using again.

If you have a craving to vape, keep in mind that they last 10-20 minutes. To get through a craving without slipping, you can:

- Remind yourself why you want to quit.
- Keep yourself busy while the craving passes.
- Exercise, take a walk or call a friend.
- Chew gum or suck on a piece of candy.
- Listen to music or try a mindfulness activity.
- If you feel like you need to inhale from a device, find a straw and suck air from it.

If you have a slip, just re-start your quitting plan.

## **Mindfulness Resources to Help Deal with Stress and Cravings**

Mindfulness practices will help you most if you do them for five to ten minutes each day. Here are some things you can try:

- Watch this mindful jar video to help settle your mind.
  - <https://youtu.be/1MefB0P8ptA?feature=shared>
- Use this Hoberman sphere video to focus on your breathing.
  - <https://youtu.be/QX1LgYMdHw0?feature=shared>
- Try things to keep your hands and mind focused:
  - Adult coloring
  - Playing with play foam or clay
  - Making and playing with slime
- Visit Mindfulness for Teens from Dr. Dzung Vo.
  - [www.mindfulnessforteens.com/guided-meditations](http://www.mindfulnessforteens.com/guided-meditations)
- Use the [Headspace](https://www.headspace.com) website or app: [headspace.com](https://www.headspace.com)



## Resources You Can Use to Quit Vaping

### Smokefree Teen

- Web-based quit plan tool for teens
- Offers text support and app support
- Teen specific management of triggers and cravings
- <https://teen.smokefree.gov/>

### Truth Initiative

- Designed for teens and young adults
- This is Quitting text messaging program for teens and young adults
  - Text DITCHVAPE to 88709
- Text program for parents
  - Text QUIT to (847) 278-9715
- <https://truthinitiative.org/>

### Wisconsin Quit Line

- 24/7 support online, through text or over the phone
- Free coaching support
- Medication or nicotine replacement therapy (NRT) for 18 years or older
- Call 800-QUIT-NOW or text VAPEFREE to 873373
- <https://quitline.wisc.edu/>

### My Life, My Quit

- Free and confidential way for teens to quit vaping
- Offers coaching support
- Text Start My Quit to 36072
- <https://mylifemyquit.com>

### American Lung Association

- Offers quitting information and programs for teens
- Has information to help someone else quit
- Vape-free school programs
- <https://www.lung.org>



# Resources and Services: Alcohol and Other Drug-Use Prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, [www.childrenswi.org](http://www.childrenswi.org)
- KidsHealth, [www.kidshealth.org](http://www.kidshealth.org)
- LifeStance Health, [www.lifestance.com](http://www.lifestance.com)
- National Institute on Drug Abuse (NIDA), [www.drugabuse.gov](http://www.drugabuse.gov)
- Partnership to End Addiction, [www.drugfree.org](http://www.drugfree.org)
- Rogers Behavioral Health, [www.rogersbh.org](http://www.rogersbh.org)
- The Tobacco Control Resource Center for Wisconsin, [www.tobwis.org](http://www.tobwis.org)
- United States Government-Drug Enforcement Administration (DEA), [www.getsmartaboutdrugs.gov](http://www.getsmartaboutdrugs.gov)
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW



# Transcript

## Introduction

Hey, in this lesson, we're going to talk about vaping and how it can impact your health.

We'll go over reasons young people vape, ways to say no to vaping and the health impacts or consequences of vaping. We'll also talk about some different types of products, including nicotine and THC.

## Slide 2

The vaping industry wants young people to start vaping so they can have more customers and make more money.

They do this by:

- Using colorful packaging
- Making sleek vape devices that are easy to hide from parents and teachers.
- And using flavors that young people might like, such as candy and fruit.

The industry has also marketed vaping as a safe alternative to smoking, or a way to help quit smoking cigarettes. And that's just not the truth.

## Slide 3

It may seem like a lot of people at your school are vaping. But the truth is, most young people don't vape regularly.

There are different reasons that a young person might try vaping. One of those reasons is peer pressure.

If someone tries to pressure you into vaping, you can tell them no. Here are some things you can try:

- You could make up an excuse to get out of the situation.
- Let them know vaping isn't worth the risk.
- Or you can simply tell them, "No." You don't always need a reason.

It can be helpful to be prepared if you're pressured to vape, so practice ways to say no using your own words.



## Slide 4

Vaping can negatively impact health. Click on each button to learn more.

### Slide 4 Short-Term

In the short-term, vaping can lead to coughing, trouble breathing, headaches, dry mouth, eye irritation and nausea. Vaping liquid can cause poisoning if it's swallowed, breathed in, or if it comes into contact with someone's skin or eyes.

### Slide 4 Long-Term

In the long-term, vaping can make it harder to focus or pay attention. It can also lead to anxiety, depression, organ damage, and exposure to chemicals that cause cancer. Vaping can cause lung damage, heart damage, and even death.

### Slide 4 Addiction

We know that vaping can lead to addiction, and people who vape are more likely to get addicted to other drugs.

If someone is addicted to vaping and they try to quit, they go through something called withdrawal. Withdrawal symptoms can include headache, anxiety, being irritable or cranky, feeling restless, feeling hungry, having tremors or shaking, sweating, and feeling dizzy.

## Slide 5

Besides having negative health impacts, vaping can lead to other consequences. Click on each button to learn more.

### Slide 5 Laws

In the United States, it's illegal for anyone under 21 to purchase or use vape products that have nicotine in them.



### Slide 5 Rules

Your school, or teams that you are a part of, probably have some rules about vaping. The consequences of breaking these rules might include being benched, getting suspended, or even getting kicked off of the team or out of the activity.

### Slide 5 Family

If your parents or family find out that you're vaping, you could get in trouble at home. It could cause tension at home, you might get grounded, or you might lose privileges.

### Slide 6

We know that nicotine is addictive. It's what is in cigarettes, and it's added to most vape products to get people hooked.

What you might not know is that the amount of nicotine in a vape device or e-liquids can vary. This means that addiction to vaping can happen even faster than cigarettes.

Once someone is addicted to nicotine, it's really hard for them to stop using it. They are also more likely to try and use other addictive drugs.

### Slide 7

Most young people that vape are using products that contain nicotine. But if someone offers you a vape, it can be impossible to know what's in it.

Besides nicotine, there are other chemicals and ingredients found in vaping products. THC is one. The Food and Drug Administration, or FDA, has approved THC to treat some medical conditions. But they don't regulate THC products.

Each state makes their own laws about THC, and these laws change all the time. No matter what the law is where you live, THC is not safe for growing brains.

Using THC can lead to problems with learning and memory, and it can make it harder to think and solve problems.

THC can affect reaction times, coordination and ability to focus. So, driving after using THC is dangerous.



## Slide 8

Delta-8 and delta-10 are other chemicals that can be found in vaping devices. They haven't been around long enough to be well studied or tested, so we don't know how they impact health in the long-term. They also aren't well regulated, which means there are no safety standards in place for the companies that make them.

These products contain additives that are often dangerous and can harm your body. They are created by companies in labs, making it risky to use these products.

## Knowledge Check Introduction

We've covered a lot about vaping and how it can impact your health. Now, let's see what you've learned. Select the best answer for the following questions.

### Question 1

Vaping is a safe alternative to smoking cigarettes. True or false?

### Question 1 Incorrect

Actually, vaping is not a safe alternative to smoking cigarettes.

### Question 1 Correct

That's correct. Vaping is not a safe alternative to smoking cigarettes.

### Question 2

It can be helpful to practice ways to say no to vaping using your own words. True or false?

### Question 2 Correct

Yes, this is true. Having something prepared to say makes it easier to say no if someone is pressuring you to vape.



### Question 2 Incorrect

Actually, this is true. Having something prepared to say makes it easier to say no if someone is pressuring you to vape.

### Question 3

THC is safe for growing brains.

- Yes, it's safe
- No, it's not

### Question 3 Incorrect

THC is not safe. And people's brains grow and develop until they're about 25 years old.

### Question 3 Correct

That's correct, THC is not safe. People's brains grow and develop until they're about 25 years old.

### Question 4

Most young people vape regularly. True or False?

### Question 4 Incorrect

This isn't true. It might seem like many of your peers are vaping, but most high school students don't vape.

### Question 4 Correct

That's right! It might seem like many of your peers are vaping, but most high school students don't vape.

## Conclusion

I knew that vaping was bad for me, but I learned some new things. Now, I can say no to vaping and know that I'm making the best choice for my health.



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