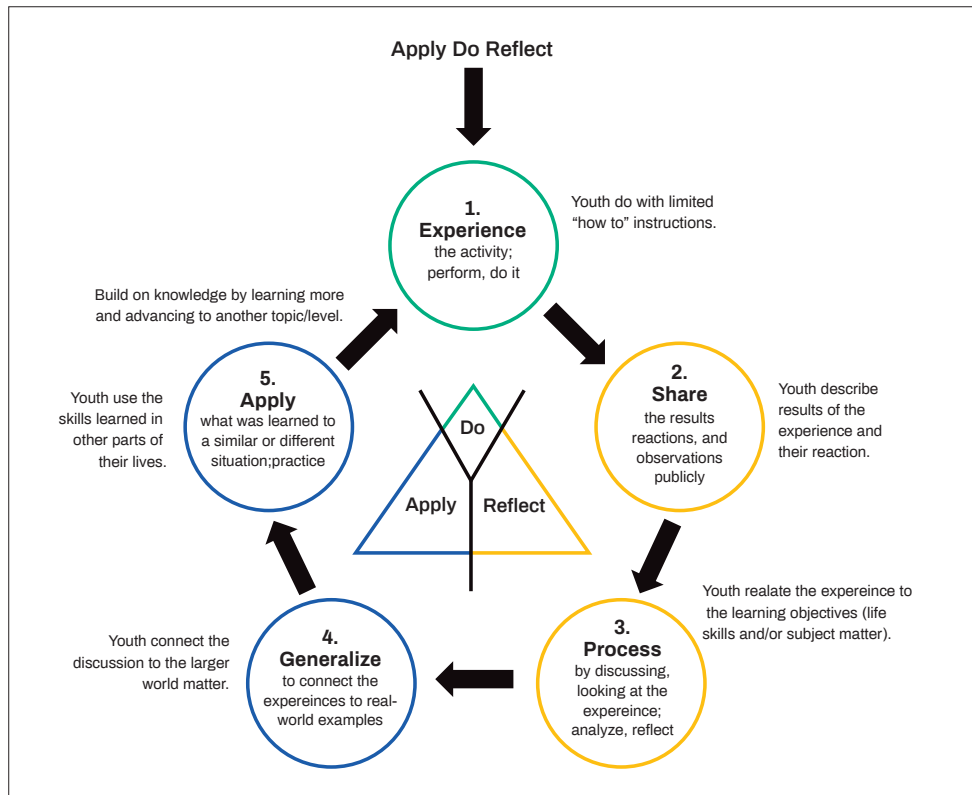




TOBACCO AND VAPING PREVENTION LESSON

Lesson developed following the Apply Do Reflect model.



Keith G. Diem's three step "Do, Reflect, Apply" model for working with youth. Source: Diem, K.G. (2001). Learn by doing the 4-H way. New Jersey 4-H Leader Training Series. Rutgers Cooperative Extension.

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National Institutes of Health

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United States Army Child and Youth Services

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INTRODUCTION

2–3 MINUTES

Hi, my name is _____

and I work at _____.

I am excited to talk to you today about smoking and vaping, which is an unhealthy activity you often see people doing throughout modern society. We have fun activities and items to share with your families. Let's get started!

KNOW

10 MINUTES

About tobacco and vaping substances that cause health hazards

Why vaping and smoking is popular or attractive to youth

Vaping is a popular trend among youth because it is flavored, easier to access and hide than cigarettes, and thought to be less harmful than cigarettes.

Today we will discuss the dangers of smoking/vaping, what is vaping and nicotine, and how both affect the brain and body:

- **Vaping:** A battery-operated cigarette that heats up a liquid that you inhale, such as nicotine, is often sold in sweet flavors.
- **Nicotine:** an addictive chemical that comes from plants; *addictive* means that your body and brain crave it—it can be both physically and mentally addictive. Breathing, swallowing, or absorbing e-liquid through the skin or eyes can cause potentially deadly nicotine poisoning.
- **Brain Development:** When you use nicotine or vape, it can make it hard for you to learn, remember things, and it may affect the way your brain grows and develops.
- **Lung Damage caused by vaping and smoking:** makes it hard to breathe, may make you sick, and may disrupt your ability to run, jump, and play. E-cigarette aerosol vapor may contain small particles, cancer-causing chemicals which may cause serious lung injury or death.
- **Poisonous or harmful ingredients:** Vape pens and cigarettes contain dangerous ingredients that can make you sick, such as nicotine, illegal drugs, formaldehyde, tar, arsenic.

School: _____

Date: _____

Grades: 3–4

Classroom teacher: _____

Number of adults: _____

Number of youths: _____

Ethnicities: _____

Topic: Healthy Living

Estimated time: 20–30 minutes

- The smoke from cigarettes or vape pens used by a person are inhaled (or breathed) into their lungs. This is called firsthand smoke. Secondhand smoke is the smoke or vapors exhaled by the person using the cigarette or vape pen or from the smoke coming directly from the cigarette or vape pen. Thirdhand smoke is the residue left on materials/objects in the room, such as fabric, tables, pets, chairs, or clothing. The chemicals in thirdhand smoke include nicotine as well as cancer-causing substances such as formaldehyde, naphthalene, and others.

Youth will learn by listening to the provided information presented by the instructor about the health hazards caused by smoking and vaping and by looking at the smoking and vaping poison display to recognize common ingredients found at home. Knowledge will be assessed in the survey. Displays from www.healthedco.com available here [“E-Cigarettes and Vaping: A Closer Look 3-D Display”](#) and here [“What’s Your Poison? Display.”](#) Download free images from https://digitalmedia.hhs.gov/tobacco/exhibit_booths/educators.

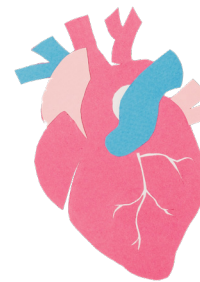
DO

10 MINUTES

About the Tobacco-Prevention Activity

Activities (choose one per class time):

1. Running/jumping jacks and breathing through a straw
 - What does it feel like to smoke and vape?
 - Do 20–25 jumping jacks or 20 seconds of running in place.
 - Have youth try to breathe through straws.
 - How did that make you feel? Do you have enough air/oxygen to breathe normally?
2. Anti-Smoking/Anti-Vaping Art Activity: make anti-smoking/anti-vaping drawing
 - Give children colored pencils and paper.
 - Draw a picture of how you can stop someone from smoking or vaping.
 - Would anyone want to share their drawing?
3. Role-play activity from “This is your Life.” Use information from the KNOW section to share facts with your friends/family who smoke or vape. Respectful comments may be, “I care about you and am concerned smoking may harm your lungs.” Or “Vaping is not a good choice because the nicotine may be addictive.” Or “Smoking and vaping may make it hard for you to breathe.”
 - **Scenario 1:** You are walking home from school. You walk by your friends and see a puff of smoke and smell something sweet. You see your best friends using a vaping pen and they ask if you want to try it. How do respond in a respectful and helpful way that helps your friend?
 - **Scenario 2:** Your brother/sister/cousin vapes/smokes often. How do you manage the situation in a respectful way? How do you help them?
 - **Scenario 3:** You are in a car with your family member and he/she begins to vape/smoke. What are some respectful ways to handle the situation?



APPLY

5 MINUTES

How can you apply this to your life? Choose one action you will make in the coming weeks. I will

- Talk with a family member or friend(s) about what I have learned.
- Choose to be physically active.
- Share an activity I learned today.
- Use the *We Can Say No to Smoking and Vaping* coloring book (item number CBC0158 available at www.channingbete.com) and share with family or friends. Free materials can be found at https://digitalmedia.hhs.gov/tobacco/exhibit_booths/educators.

Have youth complete the Tobacco and Vaping Prevention Survey.

Date _____ Location of class _____ Teacher _____

TOBACCO AND VAPING PREVENTION SURVEY

Grades 3–5

Check the answer that best applies to you.

| | Yes | No |
|---|--------------------------|--------------------------|
| 1. I can name one aerosol in vaping fluid | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I can list one health risk from vaping | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I know one way to protect myself from vaping aerosols | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I know if secondhand and thirdhand smoke and vaping aerosols can enter my body | <input type="checkbox"/> | <input type="checkbox"/> |

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Date _____ Location of class _____ Teacher _____

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SOCIAL MEDIA CAMPAIGN HANDOUT



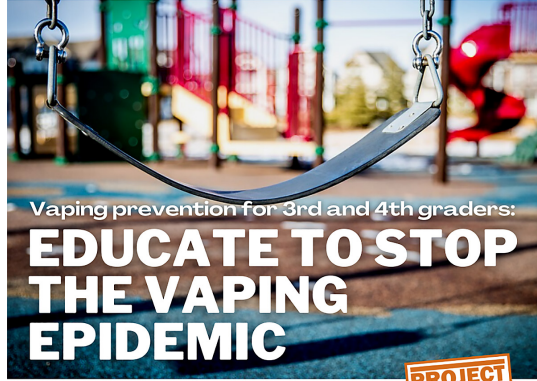
Vaping prevention for 3rd and 4th graders:
**EDUCATE TO STOP
THE VAPING
EPIDEMIC**







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