



Educator guide: What is vaping? lesson

Recommended for grades:

5th – 8th grades

Time:

6 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.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Define vaping.
2. List at least three short term health impacts associated with vaping.
3. Describe two long term health impacts associated with vaping.

Lesson description:

In this lesson students will learn about vaping and how it can negatively impact health. They will also learn about nicotine and the rules and regulations for vaping products. To reinforce what they have learned students will complete a true or false 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. What is the best definition of vaping?
 - a. What someone does when they are trying to stop using other drugs
 - b. When someone uses a device that heats a vaping liquid into a vapor that is breathed in**
 - c. When someone drinks a vaping liquid
2. Most vaping liquids contain nicotine. True or false?
 - a. True**
 - b. False
3. Why is nicotine harmful?
 - a. It's a depressant
 - b. It isn't harmful
 - c. It makes you tired
 - d. It's an addictive drug**
4. What are four short-term health impacts of vaping?
 - a. Improved hydration
 - b. Trouble breathing**
 - c. Nausea**
 - d. Losing teeth
 - e. Headaches**
 - f. Feeling hungry
 - g. Coughing**
 - h. Blurry vision
5. What are two long-term health impacts of vaping?
 - a. Better mood
 - b. Can pay attention for a longer time
 - c. Lung damage**
 - d. Anxiety**
6. What is the best definition of addiction?
 - a. A condition or disease in which a person is unable to stop using a substance or engaging in a behavior**
 - b. When someone keeps doing something because they think it's really fun
 - c. A period of time when a person can't stop thinking about doing an activity
7. In the United States, how old does someone need to be to purchase vaping products and devices?
 - a. 18 years old
 - b. 21 years old**
 - c. 25 years old

8. If someone asks you to vape, the best choice is to say no. True or false?
- a. True
 - b. False

Vocabulary:

In this lesson you can hover over a highlighted word to see the definition. The terms and definitions below are included in the lesson, and you and your students can use the list below as a reference if you would like.

- Addiction – a condition or disease in which a person is unable to stop using a substance or engaging in a behavior
- Anxiety – a mental health condition when a person worries even though there is nothing to worry about, or worries all the time and it affects their daily life
- Chemical – any substance that has a defined composition because it is always made up of the same stuff
- Chemical exposure – this occurs when a person comes into contact with a substance. Exposure can happen by breathing in a substance, eating or drinking it, or by contact with the body
- Depression – a mental health condition when a person feels sad (or has a low or irritable mood) for an extended period of time and often loses interest or pleasure in doing usual activities
- E-cigarette or Vaping Use Associated Lung Injury (EVALI) – a serious medical condition in which a person’s lungs become damaged from substances in e-cigarettes and vaping products
- Eye irritation – a feeling of dryness, itchiness, pain or feeling that there is something in the eye
- Inhaled – happens when air, smoke or gas is breathed into the lungs
- Lung damage – vaping can lead to swelling in the lungs, which are the organs that air goes into when you breathe, that results in coughing, wheezing and shortness of breath. Over time, that swelling can lead to scarring and permanent harm to the lungs.
- Nausea – feeling an urge to vomit or an uneasy stomach feeling
- Nicotine – a highly addictive stimulant drug found in tobacco and vaping devices
- Organ damage – occurs when the structure or function of an internal organ, such as kidneys, liver, brain, or heart, is impaired
- Regulations – rules made by a government or other authority in order to control the way something is done or the way people behave body systems and may make someone energetic, alert, overly excited or very talkative
- Vaping – breathing in a vapor that usually contains a liquid, nicotine and other chemicals and then breathing that vapor out



- Vaping device – something that uses a battery to heat up a vaping liquid into a vapor that is breathed in
- Vaping liquid – this is also called e-liquid, e-juice or vape juice. It typically contains water, nicotine and other chemicals. It can also contain chemicals that add flavors to the liquid.
- Vapor – this is the common term for the aerosol mist that vaping devices make by heating up the liquid. It contains ultra-fine, or very tiny, particles that are breathed into the lungs.
- Vitamin E acetate – an oily chemical added to some vape liquids and devices that contain THC and has been linked to lung issues like EVALI
- Warning labels – included on packaging or in an instruction manual and are designed to inform people about the risks of using a product
- Withdrawal – this occurs when someone is addicted a drug and stops using. It includes physical, mental and emotional symptoms that make quitting a drug really hard to do. Nicotine withdrawal symptoms can last from several days to several weeks after quitting.

Supplemental activity: Vaping perceptions versus reality

Objectives:

After completing this activity students will be able to:

- Explain how perceptions of norms influence healthy and unhealthy behaviors.

Materials needed:

- Internet access
- Vaping perceptions versus reality worksheet

About the Youth Risk Behavior Survey (YRBS):

The YRBS is led by the Centers for Disease Control and Prevention (CDC), and it is taken every two years by high school and middle school students across the country. Students answer questions in six areas, and one of the areas is alcohol and drug use. It is a good way to find out what students are doing and to track how behaviors change over time.

Time required:

20-30 minutes

Instructions:

Show your class the Youth Risk Behavior Survey results from either the Wisconsin Department of Health Services or the CDC for national-level data. Explain to students that this survey is taken by students, so the results are what their peers self-report about their behaviors.

Either print out the Vaping perceptions versus reality worksheet or send it to students to fill out on their computer or tablet. Ask them to complete the worksheet individually or in small groups.

If time allows, ask individual students or small groups to share the results with the class.



Vaping perceptions versus reality worksheet

Name: _____ Date: _____

Instructions: Start by finding the most recent Youth Risk Behavior Survey results for the state you live in. If the results are not available for your state, find the national-level data and complete the activity for the country as a whole.

The Youth Risk Behavior Surveillance System (YRBSS) keeps all of the data over time, and the CDC website (cdc.gov) is a good place to start. Be sure to search for YRBSS. Then, answer the following questions by yourself or in a small group.

1. What percentage of high school students currently vape?

- a. Is this number higher or lower than what you expected?

- b. What does this tell you about what you thought was happening, and what students actually report about current vape use?

2. What percentage of students reported first-time vape use before the age of 13?

- a. Is this number higher or lower than what you expected?

- b. What does this tell you about what you thought was happening and the percent of students that tried vaping before the age of 13?



3. Now, choose another result that you think is surprising or interesting. What is the topic the question focuses on?

- a. What surprised you or interested you about this result?

4. What did you find out about what you thought your peers were doing versus what they are actually doing?

Supplemental activity: Say no to vaping

Objectives:

After completing this activity students will be able to:

- Access valid and reliable alcohol and other drug-use prevention information.
- Analyze how the influence of peers can affect alcohol and other drug-use practices and behaviors.

Materials needed:

- Internet access
- Say to no to vaping worksheet

Time required:

20-30 minutes

Instructions:

Introduce, or remind your class, how to access valid and reliable sources of health information online. The end of a URL usually provides a clue about how students can evaluate content:

- .com = commercial content, or companies that make money
- .edu = an educational institution, often universities
- .gov = government, usually federal, state, or local agencies
- .org = an organization, often a non-profit

Remind your students that things they see on YouTube or hear from their friends aren't usually valid or reliable sources of information.



Next, introduce some refusal skills, or ways that your students can say no to vaping. Some options could include:

- Saying, “No thanks” or “I’m good” and walking away.
- Pretending you got a text or phone call from your mom, so you have to go home.
- Telling your friend that vaping isn’t healthy, so it’s not for you.
- Letting your friend know vaping is against school rules and you don’t want to get in trouble.
- Telling your friend that you want to make an athletic team at school, and vaping would make that harder to do.
- Finding a funny way to tell your friend no.

To complete the activity worksheet, students can work individually or in small groups. If time allows, have students share the ways to say “no” to vaping that they came up with.

Say no to vaping worksheet

Name: _____ Date: _____

Instructions: Start by finding five facts about vaping online from valid and reliable sources. Try to find information about how vaping impacts health, how old someone needs to be in order to buy vape products and something new you learned about vaping that surprised you.

Then, brainstorm three to four ways to say no to vaping based on the facts that you found.

Five facts about vaping:

Three or four ways to say no to vaping:



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

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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
- 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>



Transcript

Slide 1

Hey, we're here today to talk to you about vaping.

We're going to figure out what vaping is, talk about addiction, and tell you about different ways that vaping could impact your life.

Slide 2

Vaping is when someone uses a device to breathe in liquid that's heated into vapor. This liquid has things like nicotine, harmful chemicals and can have flavorings in it. Some people believe vaping isn't dangerous because they think the liquid is just water, but that's just not true.

Slide 3

Companies that make vape devices and products use fun colors and packaging to try and influence young people to try vaping. But it's important to know that most of these products contain a harmful drug called nicotine.

Slide 4

So nicotine, what is it and why is it bad? Well, it's a stimulant drug. Stimulants speed up messages being sent from the brain to the rest of the body.

It can also lead to addiction. That means if a person starts using nicotine, their body will become dependent on it, and it will be very hard for them to stop using it. It's important to know that it doesn't take long to get addicted to nicotine!

When someone who is addicted to nicotine stops using it, they go through something called withdrawal. Nicotine withdrawal symptoms can include; headaches, irritability, restlessness, tremors or shaking, sweating and dizziness.

Slide 5

When someone vapes, they don't always know what they're breathing in. The amount of nicotine and harmful chemicals in vape products can be different depending on the devices and the companies that make them.

Like cigarettes, the packaging for vape devices include warning labels. These labels include information about nicotine and addiction.

The government is working to make more rules and regulations about vape products that companies need to follow, but there are still some products out there that don't meet government requirements. The law says that someone has to be 21 to buy vaping products.

All vaping products are harmful for young people. It doesn't matter if it's legal or not.

Slide 6

We know that vaping is harmful. It can have some short-term impacts on health that include; coughing, trouble breathing, dry mouth, headaches, eye irritation and nausea.

These symptoms can show up pretty quickly, depending on how much someone vapes and how often. And if someone stops vaping, they usually go away.

Slide 7

Someone who vapes regularly can experience more severe health impacts that could be permanent.

Vaping can lead to anxiety, depression, sleep problems, lung damage, trouble focusing, organ damage and exposure to chemicals that cause cancer. We know vaping can lead to addiction, and people who are addicted to vaping are more likely to get addicted to other drugs.

Slide 8

One of the most serious impacts of vaping is an illness called EVALI. EVALI stands for E-cigarette or Vaping Use-Associated Lung Injury. It's a severe lung disease that's caused by vaping, and it was first identified in 2019. Most people who are diagnosed with EVALI end up in the hospital, and some of them have died.

Vitamin E acetate, which is added to some vape products, has been linked to EVALI. It's found in fruit, meat, and vegetables and is usually safe to eat. It's also found in skin care products, which are also typically safe. It just shouldn't be inhaled.

Slide 9

Vaping hasn't been around for that long, so there's a lot we still don't know about how vaping impacts health.

If someone asks you to vape, the best choice is to tell them no.

Slide 10

Let's see if you can decide what's true about vaping and what's false. Drag the statement to the left if it's true and to the right if you think it's false.

Most vape devices contain nicotine. True or false?

True: That's right!

False: Actually, most vape devices do contain nicotine.

Slide 11

Vaping is good for your health. True or false?

True: Actually, this is false. Vaping isn't healthy and can lead to many negative health impacts.

False: Nice job, this is false.



Slide 12

People are able to legally buy vape devices and products, so they must be safe for young people to use. True or false?

True: Actually, this is false. Just because the devices and products are available, doesn't mean they are safe for young people to use. These products aren't safe, and there are harmful chemicals in them. Plus, it's against the law for anyone under the age of 21 to buy them.

False: That's correct! The government is working to regulate these products and enforce laws to keep young people safe from the chemicals in vape products. Plus, it's against the law for anyone under the age of 21 to buy them.

Slide 13

If someone asks you to vape, the best choice is to say no.

True: That's right! Vaping isn't good for your health and can lead to some serious consequences.

False: That's not correct. Vaping isn't good for your health, and can lead to some serious consequences.

Slide 14

Great job, you've completed the lesson!



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