

# Vaping: Know the truth

FREE DIGITAL LESSONS



## Vaping Prevention & Resources to Quit

Youth e-cigarette use remains at epidemic levels in the U.S. New data from the 2020 National Youth Tobacco Survey show that one in five high school students (19.6%) and one in 20 middle school students (4.7%) – that’s nearly 3.6 million young people- reported using e-cigarettes. Furthermore, many young people also reported that they are vaping every day or nearly daily, underscoring the highly addictive nature of nicotine. The scale of the problem is clear, and the science of addiction points to it getting worse, not better.

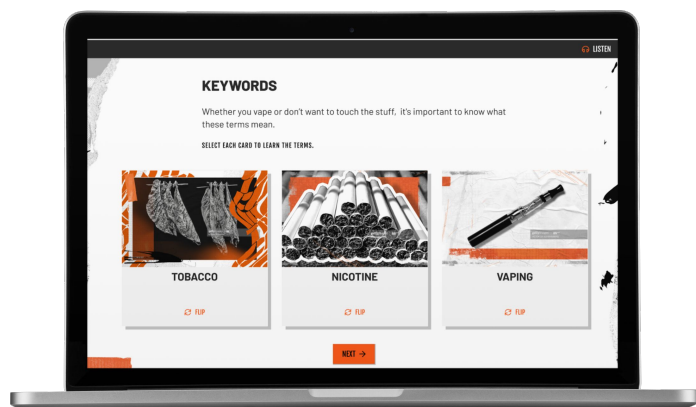
**Vaping: Know the truth** is a new national youth vaping prevention curriculum created by Truth Initiative and Kaiser Permanente, in collaboration with the American Heart Association, to educate students about the health dangers of e-cigarette use. This free digital learning experience is being developed as part of Truth Initiative’s nationally recognized **truth** campaign. In addition to encouraging students to live vape-free lives, this self-led interactive-curriculum offers resources to help young people who are currently using e-cigarettes to quit through **truth**’s first-of-its-kind text message youth quit vaping program called *This is Quitting* already helping over 200,000 youth and young adults on their journeys to quit.

**Grade Level:** 8th - 12th

**Total Lessons:** 4 digital lessons; 5-10 minutes each

**Curriculum Fit:** Health, Advisory, Life Skills, FACs

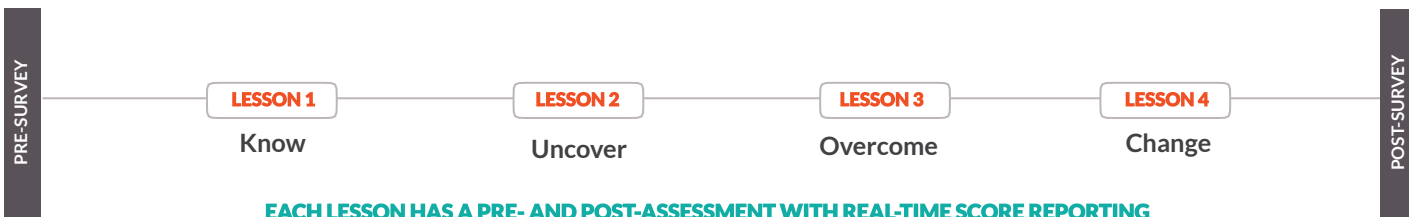
**Standards Alignment:** National Health Education Standards



Lesson 1: Know

### THE LEARNING EXPERIENCE

- EVERFI’s self-graded, interactive lessons help students develop simple, actionable strategies for positively contributing to a healthy environment.
- Real-world scenarios prime students for long-term behavioral change using problem-solving and self-reflection activities.
- Detailed score reports and offline extension activities help teachers maximize their impact across all students.



"The great unknown of the world of vaping is one of the main reasons we need education on it. Along with the unknown health consequences, there are still many ways vaping is and can be abused. The more the students know, the better off they will be."

— Mike Whalen, Health Teacher, Penn Hills High School

## LESSON OUTLINE

- 1. Know.** This lesson introduces learners to the activity of vaping, invites them to reflect on their awareness and knowledge of the topic, covers a brief history of tobacco and nicotine use, and covers the ingredients present in common e-cigarettes.
- 2. Uncover.** This lesson confronts learners with the hard facts about e-cigarette companies' marketing and advertising schemes, and debunks the myth that vaping is a safe activity or a safer option than smoking.
- 3. Overcome.** This lesson challenges learners to consider the dangers of nicotine addiction, reinforces addiction as a primary danger of vaping, and lays the framework for quitting.
- 4. Change.** This lesson examines positive social norms that sit opposite of vaping, self-care and quitting. It looks to refocus learners' energy on alternative behaviors while reinforcing the dangerous truths about vaping.

## LEARNING OBJECTIVES

After completing this online experience, students will be able to...

- Understand that e-cigarettes can deliver as much or more nicotine than cigarettes and that regardless of delivery mechanism, nicotine is addictive.
- State the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism.
- Describe the strategies used by e-cigarette manufacturers to appeal to their current and prospective users.
- Understand that you are empowered to make healthy and informed choices, to help others make those choices.
- Demonstrate how to seek out, recommend, and utilize the support services and resources that are available in school, local community, or nationally, to help you or someone else quit using.
- Access a free first-of-its-kind text message quit vaping program called *This is Quitting* if they are a current e-cigarette user looking to quit.

**Ready to Start? Register now at**  
**EVERFI.COM/K-12**

## LESSON ACTIVITIES:

### Guess the Ingredients

**GUESS THE INGREDIENTS**

What's IN these things?

There's a misconception that vape juice is nicotine and flavors and water or nicotine and flavors and propylene glycol. Or that the nicotine in vapes isn't from tobacco. Or that because things are "food-grade" they're also totally fine to inhale regularly. Similarly, the overwhelming majority of cigarettes aren't just made of dried tobacco. There are other chemicals added in—some to make them even more addictive.

SELECT AND DRAG EACH ITEM TO THE CORRECT AREA.

Diacetyl | Nicot | Ammonia | Aluminum

Vape Juice Ingredients | Cigarette Ingredients

Lead

**CORRECT!**  
Way to go!

### Tobacco History

**1964**

Smoking is at all time high—42% of Americans are smokers.

The U.S. Surgeon General releases a report explaining how smoking can lead to lung cancer and other deadly diseases. Because cigarettes contain nicotine, even people who want to quit have a hard time doing so. The dilemma? Tobacco companies already knew that nicotine was addictive: it's what keeps them in business.

**THE CIGARETTE REPORT**  
Links Cancer, O...

### Student POV

**POV**

Give us your thoughts about vaping. You won't see any feedback for your selections, and this is anonymous, ungraded, and has no right or wrong answers.

SELECT A RESPONSE TO EACH OF THE FOLLOWING QUESTIONS.

**HOW DO YOU FEEL ABOUT VAPING?**

**EVERFI**

EVERFI, Inc. empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success - now and in the future. 3 of 5 U.S. school districts use EVERFI's digital resources to teach topics like financial literacy, social-emotional learning, career readiness, and prevention education.

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