



**Risks of  
E-Cigarettes**

SUPPLEMENTAL LESSON  
BUNDLE

# Session 1

## What's in the Glass?



**Observe the glass at the front of the classroom.**

- What appears to be in it?
- What is your conclusion based on?

What happened when the other clear liquid was added?

What was “hidden” in the glass of water?

What if someone unknowingly drank it?

## What's Hiding in E-cigarettes?



**Vapor** – a substance in a gaseous state

**Aerosol** – the tiny particles or droplets that are inhaled and exhaled by an e-cigarette user after the flavored e-liquid is heated.

- Could there be substances in the aerosol that we can't see?
- What have you heard about e-cigarette aerosol?

## Activity: Card Sort!

**In this activity you will try to identify what substances may or may not be in e-cigarettes.**

Find a partner and get a set of cards from your teacher.

Read the information on the cards and sort the cards into 2 groups:

Group A – substances that **are** in e-cigarette aerosol

Group B – substances that **are not** in e-cigarette aerosol

**A: In e-cigarette aerosol**

**B: Not in e-cigarette aerosol**

## The Results

As each substance on the card is listed:

- Add any that ARE found in e-cigarettes to your handout.
- Write down a few notes about the substance.

Are you surprised or shocked about the types of substances found in e-cigarettes?

### Think:

*Do you think it's important for people to know this information?*

*Why don't they?*

*Why would someone still want to use an e-cigarette after knowing this?*



E-Cigarette flavoring. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid."

## Learning Summary

- **Vapors** are substances in a gaseous state.
- **Aerosols** are tiny particles or droplets that are inhaled and exhaled by an e-cigarette user after the flavored e-liquid is heated.
- **E-cigarettes** contain many chemicals that can have harmful effects on the body.
- There are many misconceptions that people have about e-cigarette aerosol.
- It is important that people are informed about the potential health risks of using e-cigarettes.

## Session 2

## Activity: Busting E-cigarettes Myths!

### With a partner:

1. Read each statement about e-cigarettes.
2. Discuss each statement with your partner and decide if you think it should be CONFIRMED or BUSTED.
3. Watch the video and record evidence needed to CONFIRM or BUST each statement on your sheet.

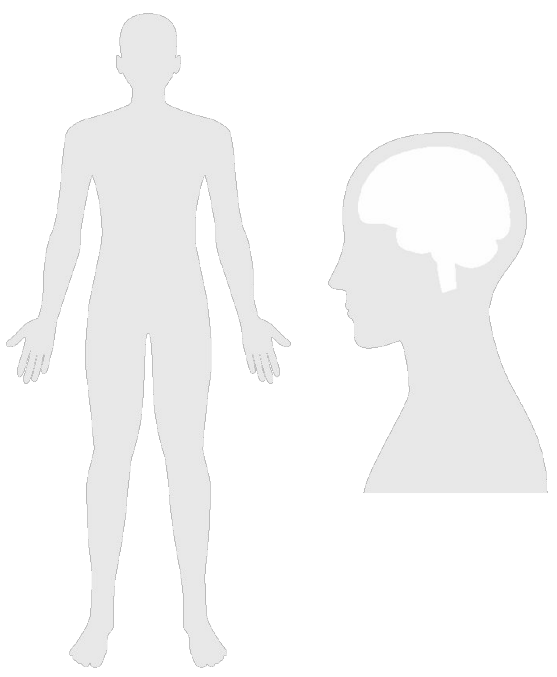


### WHAT DID YOU CONCLUDE?

# Gallery Walk

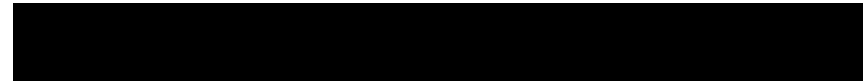
**Human Body** STUDENT HANDOUT 1 of 2

**Directions:** As you visit each part of the body in the Gallery Walk, draw a picture of the body part on the body diagrams and add information to your sheet about how e-cigarettes and vaping can affect that part.



**CATCH** MY BREATH **BE VAPE FREE** | [BeVapeFree.com](http://BeVapeFree.com) 2r

You have **four minutes** to study each poster.



04:00



Click the circle to start timer.

## Exit Ticket

**Think about the following questions:**

Why is it so important that people choose not to smoke or vape?

Why is it especially important for children and young people to avoid vaping?

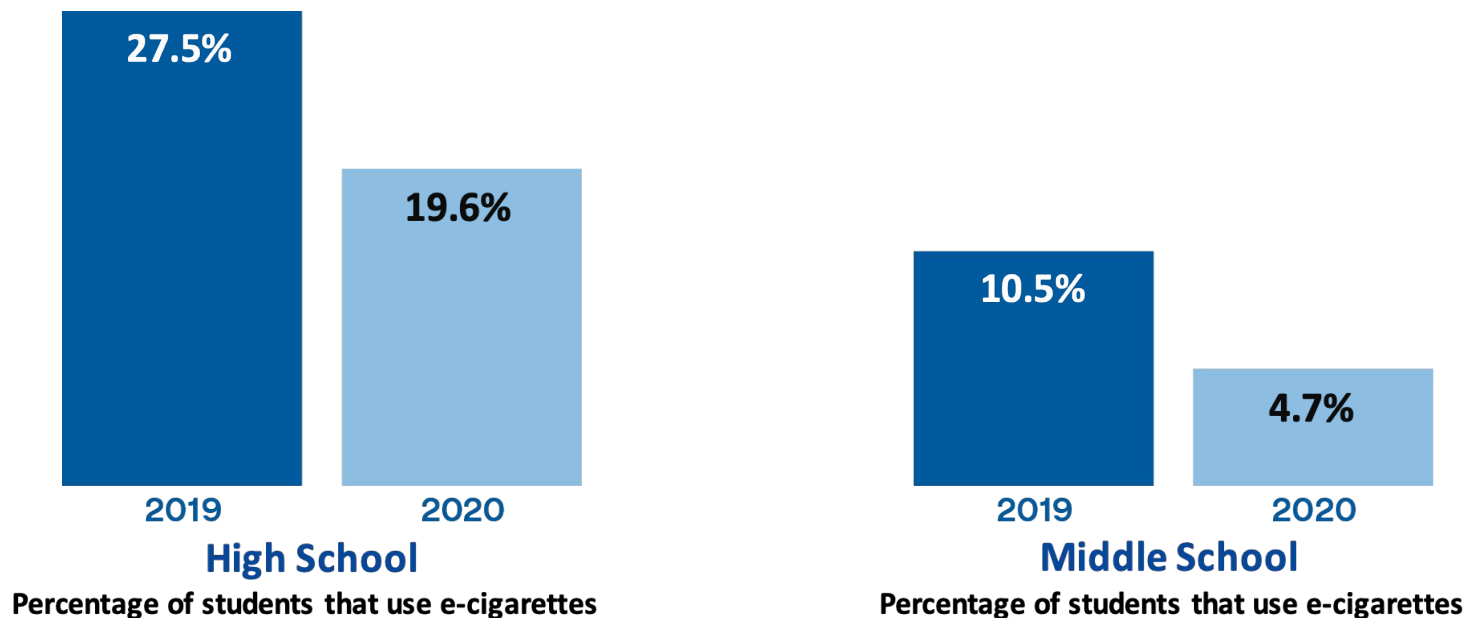


## Learning Summary

- The serious health risks that come from e-cigarettes and vaping far outweigh any good feeling that a person might get from using tobacco products or nicotine.
- Young people and children are especially at risk of health problems from e-cigarettes and second-hand aerosol, as their bodies are still developing.
- Exposing young people to the chemicals in aerosol from using e-cigarettes can disrupt their brain development and lead to future addiction and health problems.
- Use of e-cigarettes is often seen as a safer alternative for adult smokers; however, both cigarette smoke and e-cigarette aerosol contain harmful chemicals and both second-hand smoke and second-hand aerosol expose people involuntarily to chemicals.

# Session 3

## Are high-school and middle-school students using e-cigarettes?



How many high-school students choose NOT to use e-cigarettes?

How many middle-school students choose NOT to use e-cigarettes?

# Why Do Kids Experiment with E-cigarettes?

**Can you guess the top 3 reasons?**

1. A friend or family member uses them
2. Fun flavors like candy or fruit
3. Thinking e-cigarettes are less harmful than regular cigarettes

## Just Say No! (or something like that...)

**Exit Strategy** – a thoughtful way to get out of an uncomfortable situation

**Refusal Skill** – something that can help you say “no” in a creative way

**Examples:**

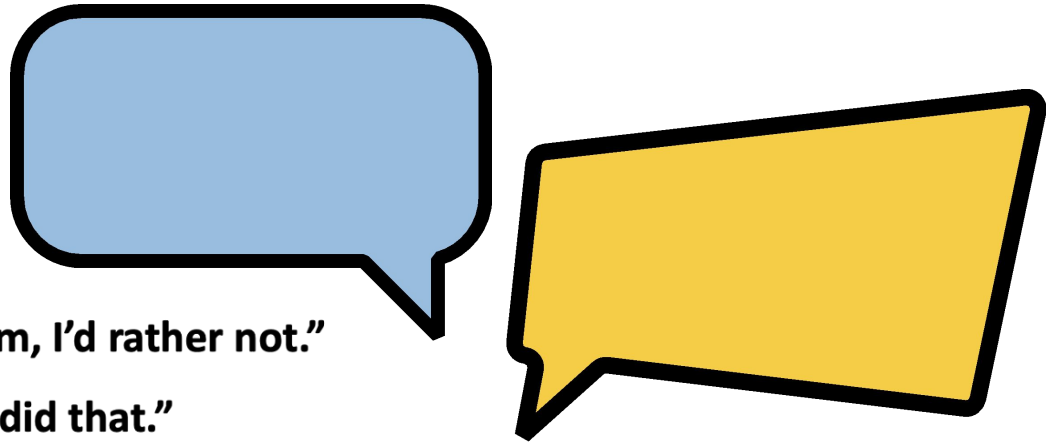
“No thanks, I’m good!”

“Let’s do \_\_\_\_\_ instead.”

“E-cigarettes have harmful stuff in them, I’d rather not.”

“My parents would be really upset if I did that.”

“I’m on the soccer team and the coach says absolutely no smoking.”



## Learning Summary

- There are multiple ways to say “no” to using e-cigarettes. Some may feel more comfortable to us than others.
- It is important to support peers who also are trying to make good choices. Suggesting exit strategies and refusal skills to friends can be helpful for them.

# Challenge: Create a PechaKucha Presentation

## 10 Images x 20 Seconds!

**Goal:** Encourage peers to make positive choices about smoking and vaping.

1. Find 10 images that support your goal.
2. Remember to include images that reflect what you have learned about risks to health, alternative activities, and research.
3. Organize your images in a way that will achieve your goal.
4. Present your PechaKucha!



## Your Life. Your Choice.

### It's time to make a choice

- Take some time to thoughtfully complete the "Your Life. Your Choice." handout.
- Think about all the things you have learned about e-cigarettes as you make your promise to yourself.

***What will you choose?***

