



## Lesson 1: Take Care of Your Body Discussion Guide



### **Instructions:**

Please discuss these questions with a parent, trusted adult/mentor, or a peer/friend, then fill in the blanks below.

In class you learned about how using nicotine (found in tobacco products like e-cigarettes, cigarettes, and others) is harmful to the developing brain and body.

Read the story of Will, a 3rd grade student and answer the questions below.

*Will is in the 3rd grade and has two younger siblings. He wants to be an astronaut when he grows up. His best friend since kindergarten is Sarah. Will has figured out what he likes and what he doesn't like. He loves to do math problems, play soccer, and run with his dog!*

*Last weekend, his best friend Sarah offered him a hit of her vape at the park. Will asked, "What's in it?" Sarah responded, "Not sure. But my older brother uses it when he's upset and it makes him feel good."*

Use this page to draw a picture answering **one** of these questions:

What are some harms that could happen to Will if he decides to try a vape at the park?

What should Will say to Sarah if he doesn't want to try the vape?

There are healthy ways to feel good without needing to use a vape. What are your healthy ways to feel good?