



## Lesson 1: Full of Potential: Your Brain Nicotine-Free Discussion Guide



### **Instructions:**

This assignment is for you to do with a parent, trusted adult/mentor, or a peer/friend.

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

Read the story of Brianna, an 11th grade high school student and answer the questions below.

*Brianna is in 11th grade and has two younger siblings that really look up to her. She wants to write graphic novels when she grows up. Her best friend since 4th grade is Lydia. Brianna has figured out what things she likes and what things she doesn't like. She loves to read books, practice meditation, and is the only cat person in her family!*

*Last weekend, her best friend Lydia offered her a hit of her vape at a party. Brianna asked, "What's in it?" Lydia responded, "Not sure. It'll make you feel good, though."*

Q1. What are some harms that could happen to Brianna if she decides to try a vape at the party? Write at least 1-3 sentences.

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Q2. What are some long-term effects that could happen to Brianna? Write at least 1-3 sentences.

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Q3. If Brianna decides that she does not want to vape, what should she say to her friend Lydia? Write at least 1-3 sentences.

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Q4. There are healthy ways to feel good without needing to use a vape. What are your healthy ways to feel good? List your five healthy ways to cope:

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2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_