

# VAPEC Lesson Plan

## Considerations before you begin:

### Questioning Along the Way:

Modules 1-7 have a Pause & Reflect section immediately after the main content. The purpose of these sections is to begin integrating the information into the viewer's lives through responding to specific questions.

Decide ahead of time how you want the viewers to engage in the Pause & Reflect sections. The prompts often include options such as "Discuss with a group or write down your thoughts." Giving directions on how you want the viewers to respond will save you time throughout the lesson. The main options are as follows:

- ☐ Discuss in small groups
- ☐ Discuss as a class
- ☐ Record written responses ( pdf printouts of the Pause & Reflect questions are available in the VAPEC Toolbox <https://www.clearalliance.org/resources> )

The video curriculum ends with a 3-minute Interactive Quiz Game Show, which checks viewer comprehension and reviews a few basics from the content.

### Lesson Length:

The total video length is approximately 35 minutes. If you give about two minutes for discussion for each Pause & Reflect, your total lesson time with a short intro is about 50 minutes. You could also spread the lesson over two class periods by giving 5-10 minutes per Pause & Reflect section and ending with the Kahoot quiz. Use this info to consider your pacing.

This lesson is aligned to Oregon state health standards adopted October 19<sup>th</sup>, 2023. For the list of standards that this lesson meets, see the standards list following this lesson plan or visit <https://www.clearalliance.org/resources> to download the pdf.

### Assessment:

This lesson includes a Kahoot assessment for a fun way to review the content. To access this assessment, <https://www.clearalliance.org/resources> .

### Lesson Flow:

For each module, simply show the video for that section, then give time for questions and/or discussion on that content based on your allotted time.

# Lesson Outline

## Introduction to Vaping Education

Length: 1 minute

## Module 1: What is Vaping

**Purpose:** Introduce the topic with basics of vape devices (e-cigarettes).

**Length:** 2 minutes

**Pause & Reflect Questions:** Compare what you already knew about vape devices to what you learned in this module.

What new information stands out to you that you didn't know before?

Discuss with your group or partner or write a paragraph describing your responses.

## Module 2: Smoking vs. Vaping

**Purpose:** Explain similarities and differences of vape devices and smoking.

**Length:** 3 minutes

**Pause & Reflect Questions: Part A:** What are a couple of similarities and differences between vaping and smoking that you learned about in this module?

**Part B:** Think about your personal health goals. How might introducing different chemicals into your body affect your ability to achieve your health goals?

Discuss with your group or partner or write a paragraph describing your responses.

## Module 3: Chemicals in Vaping Devices & Health Consequences

**Purpose:** Introduce dangers and health hazards of using vape devices.

**Length:** 5 minutes

**Pause & Reflect Questions:** Think about what you already know about the health consequences of vaping different substances.

**Part A:** What information do you think would be most valuable to communicate to someone who is vaping?

**Part B:** Who would you feel comfortable talking with or where would you go to get help?

Discuss with your group or partner or write a paragraph describing your response.

## **Module 4: Environmental & Social Impact of Vaping**

**Purpose:** Show how the choice to vape affects other people and our planet.

**Length:** 6 minutes

### **Pause & Reflect Questions:**

**Part A:** What do you think are some of the most important takeaways from this module?

**Part B:** How could this information begin to affect change for humankind's overall health?

Create a drawing of an imagined scene, followed by sharing or personal reflection.

## **Module 5: Perception of Harm, Teen Vaping Trends, and Healthy Choices**

**Purpose:** Explain how perceived risk affects our choices, and illustrate common teen vaping choices, ending with challenging viewers to use critical thinking to make healthy choices.

**Length:** 4 minutes

### **Pause & Reflect Questions:**

**Part A:** How has your perception of harm on vaping changed since starting this course, particularly after completing this module?

**Part B:** How will you use critical thinking to make healthy choices that support your future?

Discuss with your group or partner or write a paragraph describing your response.

## **Module 6: Marketing Vaping Devices Toward Youth**

**Purpose:** Reveal how Vaping companies use marketing to lower perceived risk and make vaping look cool.

**Length:** 4 minutes

**Pause & Reflect Questions:** Have you encountered a situation similar to the information explored in this module?

**Part A:** If so, how did you handle it, and how did it make you feel?

**Part B:** If you haven't encountered a similar situation before, consider how you would ideally like to respond if you were to face it in the future.

Discuss with your group or partner or write a paragraph describing your response.

## **Module 7: Empowerment and Refusal Skills**

**Purpose:** Propose many ways to turn down vaping in social situations and encourage students to not be swayed by peer pressure.

**Length:** 7 minutes

**Pause & Reflect Questions:** Which of these refusal skills is your favorite? Or, share your own refusal technique.

- |                  |                                |
|------------------|--------------------------------|
| 1. Broken Record | 6. Avoid It                    |
| 2. Gotta Go      | 7. Suggest Something Else      |
| 3. Plan Ahead    | 8. Share the Facts             |
| 4. Be Honest     | 9. Walk Away                   |
| 5. Know Your Why | 10. Phone a Friend (Code Word) |

Discuss with your group or partner or write a paragraph describing your response.

## **The Interactive Quiz Game Show:**

**Purpose:** Review some take-aways and check comprehension in a game show format.

**Interactive option:** Pause the video curriculum before the answer is shown to allow students to answer—either individually or teams.

**Length:** 3 minutes

## **Conclusion and Ending Credits:**

**Length:** 30 seconds

## **Give Kahoot Assessment (optional)**