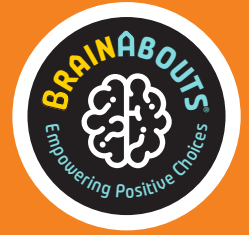
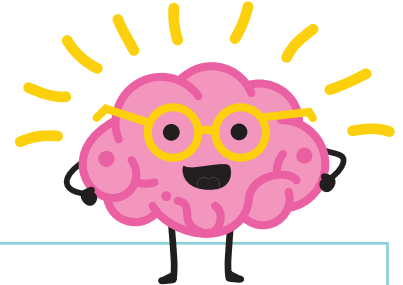


About Nicotine, E-Cigarettes & Vaping - Level 1 Activity Handout



Video Viewing Guide

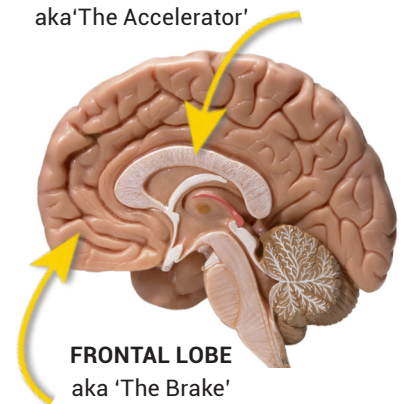
Do Now: Write 1-2 sentences in the box below in response to the question - -
What is the harmful substance found in cigarettes or vaping liquids?
Why do you think this substance could be harmful to your body?



Fill In The Blank

1. Nicotine is found in _____ and _____ products.
2. Nicotine makes your heart beat _____ times faster than it should.
3. List at least three of the six chemicals that your body produces when nicotine enters your body: _____, _____, _____.

LIMBIC SYSTEM
aka 'The Accelerator'

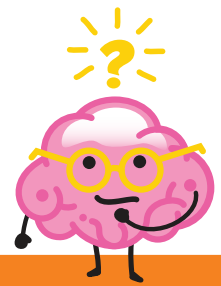


Stop and Think...

CFU #1 - How quickly do you think nicotine affects your brain and body?

Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.



Based on the facts presented in the video, what are 2 reasons why you personally want to stay away from cigarettes and vaping? What harmful effects do you feel nicotine would have on your developing brain?

Activity #1 - Independent Practice

Create a graphic that might be used on social media to display the harmful effects of nicotine. The graphic must be visually appealing/colorful and include a catchy slogan with at least two facts about why nicotine is harmful.



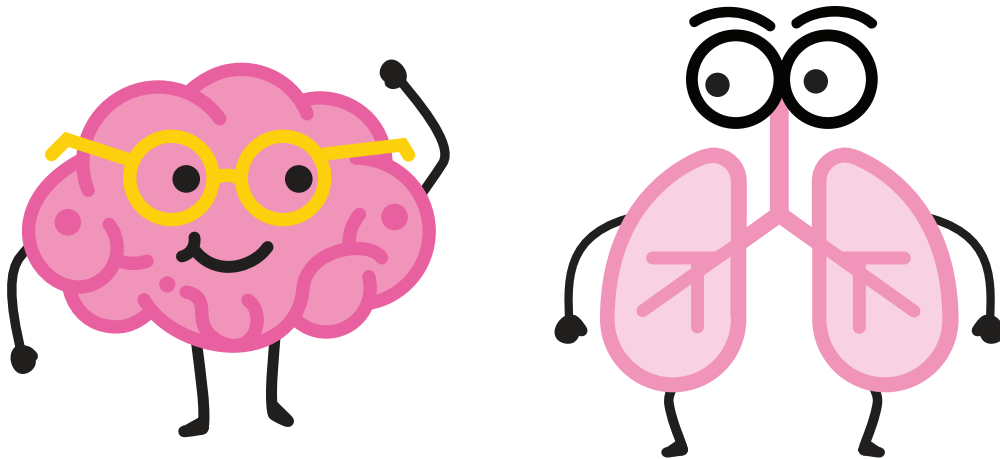
Activity #2 - Group Activity

In groups of 3-4, create an anti-tobacco campaign on the dangers of nicotine. Your group will be responsible for a 3-5 minute presentation to include the following: one visual, 3 facts about why nicotine is harmful to the body, and one strategy that someone could use to say no when pressured to use nicotine products.



Student Activity - #3 Extended Learning.

Nicotine negatively affects your brain and lungs. If your brain/lungs could talk, what do you think they might say after you have been smoking? Write a letter from the viewpoint of your brain/lungs to yourself describing how smoking is impacting your organs. The letter must include a heading, body of at least 5 sentences, and a closing.



Brain Quiz

1. Cigarettes and vaping products contain a harmful chemical called what?
2. **True or False:** Vaping is better for your health than tobacco cigarettes.
3. Nicotine makes your heart beat how many times faster than it should?
 - A. Two times
 - B. Three times
 - C. Five times
 - D. Eight times
4. **True or False:** Nicotine causes an increase in dopamine levels in your brain, which could cause addiction.

