



About E-Cigarettes - Level 2

Staff Activity Guide

What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find: a Student Video Viewing Guide, Student Activity Guide, and a Brain Quiz with an Answer Guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity.

Viewing the Video:

Without Student Video Viewing Guide - (4 minutes)

With Student Video Viewing Guide - (8 minutes)

Student Activities:

Activity #1 Write About It - (15 minutes)

Activity #2 Group Activity - (10-15 minutes)

Activity #3 Extended Learning Activity - (20 minutes)

Brain Quiz:

(5-10 minutes)

Student Video Viewing Guide Strategies:



Before the video (3-5 minutes)

- Have students "popcorn out" (share without raising hand) to get the wheels turning- Nicotine is the most addictive substance. Any thoughts on why? Listen for this in the video.
- Ask students to "pair and share" with a classmate: Why do people smoke when the dangers are well-documented?

During the video (3-5 minutes)

- Pause the video at times for Checks for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.



For more information and resources on this topic, please visit BrainAbouts.Org.

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Brain Quiz Answer Key: (5-10 minutes)

1. Battery-operated nicotine delivery devices that heat a liquid chemical mixture called e-liquid into an aerosol are called: (Answer: c. e-cigarette)
2. E-liquid is composed of: (Answer: b. nicotine, propylene glycol, vegetable glycerine, artificial flavorings)
3. True or False: E-Cigarettes and Vaping are safe alternatives to cigarette smoking. (Answer: false)
4. Health effects of E-Cigarettes can include: (Answer: e. all of the above)
5. EVALI stands for _____. (Answer: a. e-cigarette or vaping associated lung injury)



Student Activity Options:

Activity #1 Write About It (15 minutes)

- a. Materials needed: paper or journal, and writing utensil.
- b. Directions: have students write about the benefits of e-cigarettes and vaping.
 - What are the negative effects of e-cigarettes and vaping?
 - Why is it a good idea for teens to refrain from using e-cigarettes or vaping?
- c. Criteria for success: student will be able to produce 1-2 appropriate examples for each of the questions within the prompt.

Activity #2 Group Lesson Activity (10-15 minutes)

- a. Materials needed: paper or writing utensil to plan out skit, if needed.
- b. Directions: divide the class into groups of 3-5 students. Have each group create a skit in which a teen is offered an e-cigarette or vape device and demonstrate how the teen refuses to engage in the risky behavior.
- c. Criteria for Success: student groups will be able to perform appropriate ways to deny using vapes or e-cigarettes.

Activity #3 Extended Learning Activity (20 minutes)

- a. Materials needed: technology to create ad.
- b. Directions: divide the class into groups of 3-5 students. Have each group create and present a social media ad that educates other teens about the danger of e-cigarettes and vaping.
- c. Criteria for success: students are able to create an ad that provides accurate information focused on deterring use of e-cigarettes and vaping.