

# About Nicotine, E-Cigarettes & Vaping - Level 1 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 options, 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 below.

- **Viewing the Video**

Without Student Video Viewing Guide - 3:06 minutes

With Student Video Viewing Guide - 8 minutes

- **Student Activities -**

Write About It Prompt - 10 minutes

Group Activity - 20 minutes

Independent Practice - 15 minutes

Extended Learning - 20 minutes

- **Brain Quiz - 5 minutes**

## Student Video Viewing Guide Strategies:

- **Before the video (3-5 min) -**

Have students complete the **Do Now** question box to get the wheels turning

Ask students to "**pair and share**" with a classmate, and/or have a brief class discussion

Remind students to "**preview**" the Video Viewing Guide so that they know what they are listening for

- **During the video (2-3 min) -** Pause the video to talk about Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

Pause the video to talk about for CFU Question 1 - How quickly do you think nicotine affects your brain and body? **Answer:** Within 8 seconds of entering your body, nicotine causes a rapid release of chemicals that makes your body think it is exercising.

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## Student Activity Options:

### • Write About It Prompt (5-10 minutes) -

- a. **Materials needed:** Paper/writing utensil
- b. **Prompt:** 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?
- c. **Criteria for Success:** Journal entry includes 2 reasons to personally want to stay away from cigarettes and vaping and discusses the harmful effects nicotine has on the brain.

### • Independent Practice Activity (15 minutes) -

- a. **Materials needed:** Paper, pencil, map pencils or crayons
- b. **Directions for students:** Students will 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.
- b. **Criteria for Success:** Graphic must be visually appealing and include a catchy slogan as well as at least two facts about why nicotine is harmful.

### • Group Lesson Activity (20 minutes) -

- a. **Materials needed:** class list divided into groups of 3-4 students each, paper, pencil, map pencils or crayons
- b. **Directions for students:** In groups of 3-4, students will create an anti-tobacco campaign on the dangers of nicotine. Each 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.

### c. **Criteria for Success:**

- Students engaged and participating as evidenced by teacher actively monitoring around room.
- 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.

### • Extended Learning Activity (20 minutes) -

- a. **Materials needed:** Paper/writing utensil
- b. **Prompt:** 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? Compose 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.
- c. **Criteria for Success:** Letter includes a heading, body of at least 5 sentences, and a closing.

### • Brain Quiz Answer Key (5 minutes)

1. Nicotine
2. False
3. Three
4. True