**7th-8th Grade Session 1: Consequences of E-cigarette Use**

**Lesson Objectives**

**Students will:**

* Identify hazards of e-cigarette ingredients.
* Describe the health hazards associated with e-cigarette use.
* Describe nicotine as highly addictive.

**CASEL Competencies Covered**

* Relationship skills - communication, social engagement, relationship building, teamwork
* Responsible decision-making - identifying problems, analyzing situations, evaluating, reflecting, ethical responsibility
* Self-awareness - perspective taking, respect for others, accurate self-perception, self-confidence

**Teacher Preparation**

1. Pull up the video prior to the lesson: [The DeNoble Files: e-Cigarettes](https://www.youtube.com/watch?v=tpfbBm7IofQ)
2. Print [Session 1, Activity 1: E-cigarette Ingredient Investigation](https://digitalcatchdirectuploads.s3-us-west-2.amazonaws.com/thinkific/cmb/7th_8th%2BGrade%2B-%2BSession%2B1%2C%2BActivity%2B1%2B-%2BE-cigarette%2BIngredient%2BInvestigation.pdf) (one for each group).
3. Prepare enough blank index cards for each student to receive one card. If you do not have index cards, you can cut a blank sheet of paper into four squares to make cards.

**Outline**

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| Activities | Materials and Teacher 411 Resources |
| **1. Introduction** 2 minutes | **Teacher Materials:*** [Session 1: Consequences of E-Cigarette Use Presentation](https://www.catch.org/courses/take/catch-my-breath-e-cigarette-juul-prevention/texts/7674295-presentation-slides-session-1)
* [Optional PE Supplement](https://www.catch.org/courses/take/catch-my-breath-e-cigarette-juul-prevention/texts/6820595-physical-education-supplement-grades-5-8)

**Teacher 411 Resources:*** [Surgeon General's Advisory on E-cigarette Use Among Youth](https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf)
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| **2. Direct Instruction** 10 minutes | **Teacher Materials:*** [Session 1: Consequences of E-Cigarette Use Presentation](https://www.catch.org/courses/take/catch-my-breath-e-cigarette-juul-prevention/texts/7674295-presentation-slides-session-1)
* [Optional PE Supplement](https://www.catch.org/courses/take/catch-my-breath-e-cigarette-juul-prevention/texts/6820595-physical-education-supplement-grades-5-8)
* Index cards or squares of paper
* White board and dry erase markers
* [Video: The DeNoble Files: e-Cigarettes](https://www.youtube.com/watch?v=tpfbBm7IofQ)

**Teacher 411 Resources:*** [FDA Information about E-cigarettes](https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm456610.htm)
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| **3. Work Time**  20 minutes |  **Teacher Materials:*** [Session 1: Consequences of E-Cigarette Use Presentation](https://www.catch.org/courses/take/catch-my-breath-e-cigarette-juul-prevention/texts/7674295-presentation-slides-session-1)
* [Optional PE Supplement](https://www.catch.org/courses/take/catch-my-breath-e-cigarette-juul-prevention/texts/6820595-physical-education-supplement-grades-5-8)
* [Session 1, Activity 1: E-cigarette Ingredient Investigation](https://digitalcatchdirectuploads.s3-us-west-2.amazonaws.com/thinkific/cmb/7th_8th%2BGrade%2B-%2BSession%2B1%2C%2BActivity%2B1%2B-%2BE-cigarette%2BIngredient%2BInvestigation.pdf)
* Index cards or squares of paper
* White board and dry erase markers

**Teacher 411 Resources:*** [Reuters News: Chemicals in e-cig flavors could harm respiratory tract](https://www.reuters.com/article/us-health-ecigs-lungs/chemicals-in-e-cig-flavors-could-harm-respiratory-tract-idUSKCN1QB23E)
 |
| **4. Closing**  3-5 minutes |  **Teacher Materials:*** [Session 1: Consequences of E-Cigarette Use Presentation](https://www.catch.org/courses/take/catch-my-breath-e-cigarette-juul-prevention/texts/7674295-presentation-slides-session-1)
* [Optional PE Supplement](https://www.catch.org/courses/take/catch-my-breath-e-cigarette-juul-prevention/texts/6820595-physical-education-supplement-grades-5-8)
 |
| **Total Time:** approx.  35 minutes |   |

**Lesson Plan**

Suggested Length: approx. 35 minutes

**Introduction**

**3-5 minutes**

1. **Introduce** overview of CATCH My Breath. You will participate in a 4-session program called CATCH My Breath that will give you crucial information about e-cigarettes so that you can make your own informed choices. Peer Group Facilitators will lead you in activities where you will:
* Identify the health hazards of e-cigarettes.
* Discuss why people begin using e-cigarettes.
* Determine positive alternatives to using e-cigarettes.
* Recognize the advertising methods the industry uses to make you want to try e-cigarettes.
* Practice ways to resist pressure to use e-cigarettes.
* Make your own slogan and warning label for e-cigarettes.
1. **Present:**Almost half of current users didn’t believe there were any health risks associated with e-cigarettes. E-cigarettes have fewer hazardous chemicals than conventional cigarettes, so they are safer, but that doesn’t mean they’re safe.

**Direct Instruction**

**5-10 minutes**

1. **Distribute** an index card or paper square to each student.
2. **Ask** students to record responses to the following question on their index card: What have you heard, seen, or thought about e-cigarettes?
3. **Stress** that there are no wrong answers and they do NOT need to include their name on the index card.
4. **Collect** the index cards.
5. **Read** responses aloud to the class.
6. **List** students' answers on the board.
7. **Show** the video: [The DeNoble Files: e-Cigarettes](https://www.youtube.com/watch?v=tpfbBm7IofQ)
8. **Share** the following facts with your students:
* E-cigarette “vapor” is NOT water vapor. It is an aerosol made up of ultra-fine particles containing nicotine and harmful chemicals.
* Nearly all e-cigarettes contain nicotine. Nicotine is VERY addictive and once you start using it it is difficult to stop.
* As a teen, your brain is still developing, making it easier for you to get addicted to nicotine.
* JUULs are still e-cigarettes and JUUL pods contain as much nicotine as a pack of cigarettes.
* E-cigarettes actually use an aerosol which as a lot of small particles in it that are harmful to your body.
* Fruity and sweet flavored e-cigarettes also contain nicotine AND they are very harmful and sometimes fatal if you swallow them.
* All states have restrictions around the sale, purchase, or use of e-cigarettes or nicotine containers to a minor (under the age of 18 or 21 depending on your state).
* Your school also has rules and policies about e-cigarettes.

***TEACHERS - please have your school policy regarding e-cigarettes prepared to read to your students.***

1. **Ask** students: *Why do you think the e-cigarette and tobacco industry make e-cigarettes with candy flavors like gummy bears, cotton candy and s’mores?*  and *Who do you think they want to buy their projects?*
2. **Review** the safety concerns for the 8,000+ flavor chemicals that can be added to e-cigarettes: The flavor chemicals are listed as GRAS (Generally Recognized as Safe), **BUT** this is only for ingestion (eating). Why? The digestive system has the liver to detoxify the chemicals you eat and drink. There is no such system in your lungs. Your lungs are very sensitive and has no way to get rid of toxins (flavor) chemicals from vaping (e-cigarettes).
3. **Share** these facts and briefly discuss:
* Most sweet, candy, and fruit-flavored e-cigarettes contain nicotine. **Almost all** e-cigarettes contain nicotine this includes sweet, candy, and fruit flavors.
* Nicotine liquid (AKA, E-juice) is very harmful and fatal for a developing fetus, babies and toddlers when ingested.
* From 2014-2016, the average number of U.S. poison control center calls for e-cigarettes was 238 per month.
1. **Ask** students:
* How would you feel about your younger cousins or siblings getting hold of or smoking an e-cigarette?
* What would happen if they drank the e-liquid?

**Work Time**

**20 minutes**

**Session 1, Activity 1: E-cigarette Ingredient Investigation (10 min.)**

1. **Announce** Peer Group Facilitators and group assignments.
2. **Ask** students to assemble into their groups.
3. **Instruct** Peer Group Facilitators to turn to [Session 1, Activity 1: E-cigarette Ingredient Investigation](https://digitalcatchdirectuploads.s3-us-west-2.amazonaws.com/thinkific/cmb/7th_8th%2BGrade%2B-%2BSession%2B1%2C%2BActivity%2B1%2B-%2BE-cigarette%2BIngredient%2BInvestigation.pdf).
4. **Assign** one of the ingredients below to each group.

*Note: it is okay if more than one group has the same ingredient*

* Nicotine
* Formaldehyde
* Propylene glycol
* Some of 8,000+ flavor chemicals

The following ingredients are meant for additional discussion:

* Acetaldehyde
* Acrolein
* Diacetyl
* 2,3-pentanedione
1. **Ask** the Peer Group Facilitator to lead their group in reading about the ingredient, recording reactions.
2. **Instruct** each Peer Group Facilitator to read aloud the information about their assigned ingredient and share their group’s reactions.

**Activity 2: Negative Consequences of E-cigarette Use (10 min.)**

*With students still in their groups:*

1. **Distribute** an index card or paper square to each student.
2. **Instruct**students to individually list negative consequences of e-cigarette use.
3. **Remind** students to think beyond just health consequences. Think about how e-cigarette use could affect their social relationships, family relationships, personal identity and goals.
4. **Ask**Peer Group Facilitators to collect the index cards and read the consequences aloud to the group. The group will then rank the top 3 negative consequences.
5. **Share:** each group will read their top 3 negative consequences which will be added to the class list.

**Closing**

**3-5 minutes**

1. **Review:** What new information have you gained today?