

# Vaping: Know the truth

FREE DIGITAL LESSONS



## Vaping Prevention & Resources to Quit

Youth e-cigarette use remains at epidemic levels in the U.S. New data from the 2022 National Youth Tobacco Survey show that more than 2.5 million middle and high school students reported using e-cigarettes. Many young people reported that they are vaping every day or nearly daily, underscoring the highly addictive nature of nicotine, which is harmful to developing brains. Furthermore, research shows young people who have used e-cigarettes have higher odds of becoming smokers.

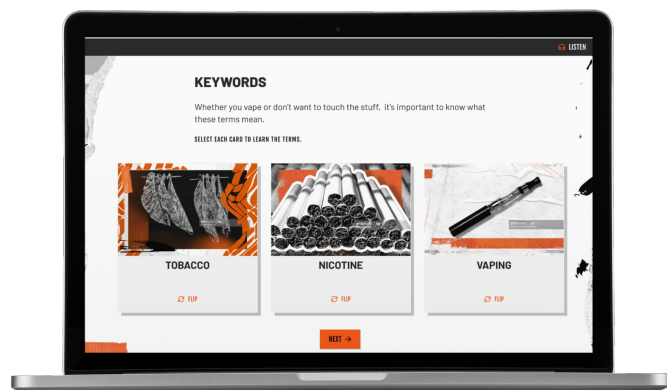
**Grade Level:** 8th - 12th

**Total Lessons:** 4 digital lessons;  
5-10 minutes each

**Curriculum Fit:** Health, Advisory, Life Skills, FCS

**Standards Alignment:** National Health Education Standards

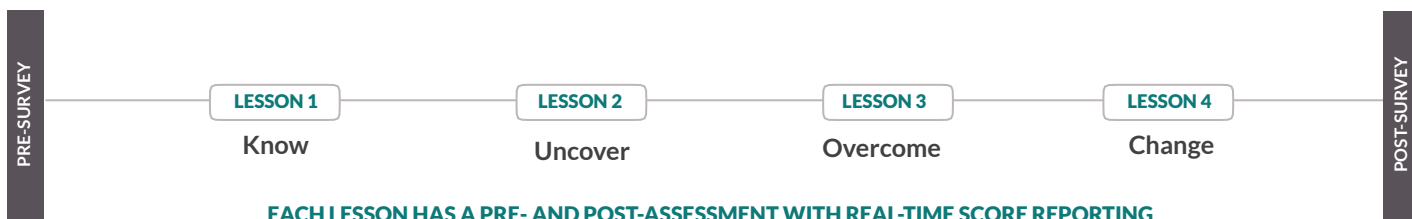
**Vaping: Know the truth** is a new national youth vaping prevention curriculum created by Truth Initiative and Kaiser Permanente, in collaboration with the American Heart Association, to educate students about the dangers of e-cigarette use. This free digital learning experience was developed as part of Truth Initiative's nationally recognized **truth**<sup>®</sup> campaign. In addition to encouraging students to live vape-free lives, this self-led interactive curriculum offers resources to help young people who are currently using e-cigarettes to quit through **truth**'s first-of-its-kind text message quit vaping program *This is Quitting*, which is already helping nearly 500,000 youth and young adults on their journeys to quit.



[Click to learn more about the curriculum in Vaping: Know the truth.](#)

### THE LEARNING EXPERIENCE

- EVERFI's self-graded, interactive lessons help students develop simple, actionable strategies for positively contributing to a healthy environment.
- Real-world scenarios prime students for long-term behavioral change using problem-solving and self-reflection activities.
- Detailed score reports and offline extension activities help teachers maximize their impact across all students.



"The great unknown of the world of vaping is one of the main reasons we need education on it. The more the students know, the better off they will be."

— Mike Whalen, Health Teacher, Penn Hills High School

## LESSON OUTLINE

- 1. Know.** This lesson introduces learners to the activity of vaping, invites them to reflect on their awareness and knowledge of the topic, covers a brief history of tobacco and nicotine use, and covers the ingredients present in common e-cigarettes.
- 2. Uncover.** This lesson confronts learners with the hard facts about e-cigarette companies' marketing and advertising tactics, and debunks myths about the safety of vaping and its risks relative to smoking.
- 3. Overcome.** This lesson challenges learners to consider the dangers of nicotine addiction, reinforces addiction as a primary danger of vaping, and lays the framework for quitting.
- 4. Change.** This lesson examines positive social norms that sit opposite of vaping: self-care and quitting. It looks to refocus learners' energy on alternative behaviors while reinforcing the dangerous truths about vaping.

## LEARNING OBJECTIVES

After completing this online experience, students will be able to...

- Understand that e-cigarettes can deliver as much or more nicotine than cigarettes and that regardless of delivery mechanism, nicotine is addictive.
- State the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism.
- Describe the strategies used by e-cigarette manufacturers to appeal to current and prospective users.
- Understand that they are empowered to make healthy and informed choices and help others make those choices.
- Demonstrate how to seek out, recommend, and utilize the support services - including school, community, and national resources - to help them or someone else quit.
- Access the free, first-of-its-kind text message quit vaping program *This is Quitting* if they are a current e-cigarette user looking to quit.

Ready to Start? Register now at  
[EVERFI.COM/K-12](http://EVERFI.COM/K-12)

## LESSON ACTIVITIES:

### Guess the Ingredients

**GUESS THE INGREDIENTS**

What's IN these things?

There's a misconception that vape juice is nicotine and flavors and water or nicotine and flavors and propylene glycol. Or that the nicotine in vapes isn't from tobacco. Or that because things are "food-grade" they're also totally fine to inhale regularly. Similarly, the overwhelming majority of cigarettes aren't just made of dried tobacco. There are other chemicals added in—some to make them even more addictive.

SELECT AND DRAG EACH ITEM TO THE CORRECT AREA.

Vape Juice Ingredients: Nicotine, Propylene Glycol, Flavoring

Cigarette Ingredients: Nicotine, Tar, Carbon Monoxide

**CORRECT!**  
Way to go!

### Tobacco History

**1964**

Smoking is at all time high—42% of Americans are smokers.

The U.S. Surgeon General releases a report explaining how smoking can lead to lung cancer and other deadly diseases. Because cigarettes contain nicotine, even people who want to quit have a hard time doing so. The dilemma? Tobacco companies already knew that nicotine was addictive: it's what keeps them in business.

**THE CIGARETTE REPORT**  
Links Cancer, O...

### Student POV

**POV**

Give us your thoughts about vaping. You won't see any feedback for your selections, and this is anonymous, ungraded, and has no right or wrong answers.

SELECT A RESPONSE TO EACH OF THE FOLLOWING QUESTIONS.

**HOW DO YOU FEEL ABOUT VAPING?**

EVERFI® from Blackbaud

EVERFI, Inc., a Blackbaud company, empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success - now and in the future. 3 of 5 U.S. school districts use EVERFI's digital resources to teach topics like financial literacy, social-emotional learning, career readiness, and prevention education.

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