

Content Outline

Vaping: Know the truth™

KNOW

DESCRIPTION	This lesson introduces learners to the topic of vaping and invites them to reflect on their awareness and knowledge of the topic.
TOPICS	• Keywords: tobacco, nicotine, and vaping • Facts about tobacco and nicotine • History of the tobacco industry • Vaping technology • Vape ingredients
LEARNING OBJECTIVES	• Make healthy and informed choices • Describe the physiological and psychological properties of nicotine • Describe the physical effects associated with nicotine use • Develop a plan for substantive lifestyle changes to overcome nicotine.

UNCOVER

DESCRIPTION	This lesson teaches students about the large number of tobacco and nicotine products, their ingredients, and health risks.
TOPICS	• Keywords: tobacco, nicotine, tar, replacement smokers • Smoked and smokeless tobacco products • Nicotine products, including vapes • Short and long-term risks of using tobacco and nicotine products.
LEARNING OBJECTIVES	• Compare and contrast different nicotine products. • Describe the physical effects associated with nicotine use. • Analyze how tobacco and nicotine industries use marketing, product design, flavors, and social influence to appeal to young people.

OVERCOME

DESCRIPTION	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.
TOPICS	• Keywords: nicotine dependence and nicotine addiction • Process of becoming addicted • Facts about nicotine and brain chemistry (pleasure, reward, and memory)
LEARNING OBJECTIVES	• Make healthy and informed choices • Describe the physiological and psychological properties of nicotine • Describe the physical effects associated with nicotine use • Develop a plan for substantive lifestyle changes to overcome nicotine.

CHANGE

DESCRIPTION	This module explains how the brain makes decisions and how nicotine can hijack that process. It gives students tools to help them make healthy choices and decisions, and deal with stress and peer pressure.
TOPICS	• Fast vs. slow decision making • Impact of stress and/or nicotine on decision making • Types of peer pressure • Creating a plan to resist peer pressure • Exercises to deal with stress
LEARNING OBJECTIVES	• Identify how the brain makes decisions. • Identify positive and negative peer pressure. • Select and apply appropriate strategies for responding to peer pressure and high-pressure social situations involving substance use.

EXPLORE

DESCRIPTION	This lesson equips learners with knowledge regarding cannabis use by exploring the health effects, risks, and consequences of cannabis vaping and the co-use of nicotine and cannabis.
TOPICS	• Debunk common misconceptions about cannabis use with facts and data. • Describe the health risks and consequences of short- and long-term cannabis use. • Examine the health effects of different types of vaping (nicotine, cannabis, or co-use).
LEARNING OBJECTIVES	• Debunk common misconceptions about cannabis use with facts and data. • Describe the health risks and consequences of short- and long-term cannabis use.

	• Examine the health effects of different types of vaping (nicotine, cannabis, or co-use).
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CHOOSE

DESCRIPTION	This lesson helps learners reflect on why young people may turn to cannabis and orients them toward choices they can make to take better care of themselves.
TOPICS	• Keywords: self-care, self-indulgence, and peer pressure • Common reasons young people may use cannabis • Facts (health risks and consequences) about cannabis use • Self-check • Resources for quitting
LEARNING OBJECTIVES	• Describe why teens and young adults may use cannabis. • Evaluate personal health choices, practices, and behaviors in terms of cannabis use. • Justify healthier choices that maintain and improve physical and mental wellness.