



Curriculum Guide

Vaping: Know the truth™

COURSE MISSION

Vaping: Know the Truth is a prevention-forward digital learning experience that gives today's students core knowledge about the dangers associated with using tobacco, nicotine, and cannabis products and offers resources to help them quit.

COURSE DESCRIPTION

Vaping: Know the truth is a student-led digital curriculum offered by Truth Initiative and Everfi that equips students with the facts they need to make informed decisions about vaping, tobacco and nicotine, and cannabis use. While youth e-cigarette use has dropped significantly in the past decade, many young e-cigarette users are vaping frequently and showing signs of addiction. This digital learning experience teaches students about the dangers associated with using tobacco, nicotine, and cannabis and offers resources to help young people quit. Through a 60–90-minute digital course, students in grades 8-12 will be empowered to make informed choices about their own health.

COURSE OVERVIEW

TOPIC	DESCRIPTION
Substance	Facts about tobacco, nicotine and cannabis products
Ingredients	Ingredients in tobacco, nicotine, and cannabis products
Risks	Risks of tobacco, nicotine and cannabis use, including short- and long-term health effects and potential for addiction
Misconceptions	Common myths about vaping and cannabis use and facts/data to debunk them
Agency	Empowerment messaging for quitting and living vape-free lives
Intervention	Healthy ways to respond to stress and resources for quitting
Freedom	Lessons learned from positive peer stories

COURSE STRUCTURE

Pre-survey	Know	Uncover	Overcome	Change	Explore	Choose	Post-survey
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Survey participation is completely optional—Students are asked if they would like to opt out before the survey begins.

The course is ungated. Students can take as many lessons as they want in whatever order they like, although completing all lessons from “Know” to “Choose” is recommended for deeper understanding. Each lesson is designed to measure learning gains with pre- and post-assessment questions.

DETAILED COURSE OUTLINE

Lesson: Know

This lesson introduces learners to the history of the tobacco and nicotine industry, the rise of vaping, and invites them to reflect on their awareness and knowledge of the topic.

Learning Objectives

Students will be able to...

- Make healthy and informed choices
- Explain that regardless of delivery mechanism, nicotine is addictive in all forms
- Describe the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Know	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
What Has Nicotine?	Students see how much they know about tobacco and nicotine products.
Keywords	Students review the definitions of keywords: tobacco, nicotine, and vaping.
Tobacco History	Students learn about the history of tobacco, which is closely related to the origins of vaping.
Vapes Enter the Chat	Students explore some growing problems about vaping.
Watch Giana's Story	Students watch Giana's story and learn about how she got involved with tobacco and vaping prevention activism.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Vapes vs. Cigarettes	Students learn about ingredients in cigarettes and vapes
More than Nicotine and Water Vapor	Students learn about three main chemicals found in vape juice: diacetyl, propylene glycol, and heavy metals.
Moment of Truth	Students test their knowledge with an interactive card game.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the lesson. Students need to score at least 70% to pass.

Lesson: Uncover

This module breaks down tobacco and nicotine products to show what they contain, how they're marketed, and why claims of safety are misleading. It highlights the harm nicotine use causes to health, mental health, and the environment and emphasizes that all nicotine products are addictive, while quitting leads to real health improvements.

Learning Objectives

Students will be able to...

- 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.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Cut Through the Smoke	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
From the Ground Up	Students learn about how tobacco is grown and processed.
Different Form. Same Addiction.	Students learn how smokeless tobacco products aren't safer than cigarettes.
Smoked Tobacco Products	Students learn that smoking tobacco produces harmful chemicals.
Hookahs	Students learn about the dangers of hookahs.
Wrapped in Risk	Students learn that cigars are just tobacco wrapped in tobacco, filled with more tobacco.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Cigarette Dissection	Students look at the insides of a cigarette.
Let's Review	Students review what they've learned about tobacco products.
Tobaccoless Products	Introduction to the section of tobaccoless products.
Pouches	Students learn about the dangers of nicotine pouches.
Vape Introduction	Introduction to the section on vapes.
Vape Disposal	Students learn how vapes are hazardous to the environment.
Parts of a Vape	Students learn about the parts of a vape.
Fact or Fiction	Students review what they've learned about vapes.
Visible Effects	Students learn about the visible effects of using tobacco and nicotine products.
Internal, Noncancerous Effects	Students learn about the noncancerous effects of using tobacco and nicotine products.
Cancer Risk	Students learn about the cancer risks from tobacco and nicotine products.
Watch Josie's Story	Students hear from Josie and how she got addicted to vaping.
Tobacco Companies Want YOU!	Students learn how tobacco companies use advertising to create new smokers.
Promoting to You!	Students learn how tobacco companies try to promote to young adults.
What the Research Really Says	Students learn what the research says about quitting.
Benefits of Quitting	Students learn how the body heals when someone stops using tobacco and nicotine products.
EX Program	Information about the EX Program digital quitting program.
Too long, didn't read? Here's some help.	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the lesson. Students need to score at least 70% to pass.

Lesson: 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.

Learning Objectives

Students will be able to...

- 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.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Sensitive Content Warning	This page serves as a sensitive content warning and lets students know there are resources that can offer them support.
Overcome	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
Keywords	Students review the definitions of keywords: nicotine dependence and nicotine addiction.
A Slippery Slope	Students learn about the process of nicotine addiction.
Watch Parker's Story	Students watch Parker's story and how he learned that his anxiety was connected to his nicotine addiction.
Let's Review	Students sort out truths and misconceptions about nicotine addiction.
Your Brain ft. Nicotine	Students explore how nicotine interacts with the brain.
Self-Check	With a series of questions, students have an opportunity to check in with themselves about their own vaping experience and determine if they need help.
Moment of Truth	Students test their knowledge with an interactive card game.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the lesson. Students need to score at least 70% to pass.

Lesson: Change

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.

Learning Objectives

Students will be able to...

- 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.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Change	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
Think Fast	Students play an interactive card game about slow and fast decision making.
Fast vs Slow	Student learn about fast and slow decisions.
Stress and Nicotine	Students learn how stress and nicotine affect decision making.
Under Pressure	Students learn about the four types of peer pressure.
Feeling the Pressure	Summary of what students learned about peer pressure and decision making.
Social Media Shenanigans	Students learn about social influencers help promote tobacco and nicotine products.
Contents Under Pressure	Students review what they've learned about peer pressure.
Watch Tia's Story	Tia, a sober lifestyle influencer, shares some tips of how to balance school, family, friends, and other responsibilities.
Making a Plan	Tools students can use to respond to different types of social situations and peer pressure.
What's Your Plan?	Students reflect on what types of responses they can use in social situations to resist peer pressure.
Be a Friend	Students learn how to be good allies and support their friends.
Reset Your Brain	Tools students can use to help them manage stress.
EX Program	Information about the EX Program, a digital quitting program.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Too Long; Didn't Read	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the lesson. Students need to score at least 70% to pass.

Lesson: Explore

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.

Learning Objectives

Students will be able to...

- 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).

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Explore	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
The Truth about Vaping Cannabis	Students watch a video that gives them a high-level overview of cannabis vaping, including its health risks.
Keywords	Students review the definitions of keywords: cannabis, cannabidiol (CBD), and tetrahydrocannabinol (THC).
Cannabis Use 101	Students explore cannabis legality, how it's used, trends in youth cannabis use, and common misconceptions about cannabis use.
Jodie's Story	Students read Jodie's story and learn about her experience with cannabis.
But First, Science	Students review facts about cannabis, including its ingredients and health risks.
Take a Guess	Students sort out what cannabis has and has not been proven effective in treating.
Risks of Cannabis Use	Students learn about risks of cannabis use, especially early use, and truths about cannabis addiction and synthetic cannabinoids.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Co-Use: Double Trouble	Students explore how the co-use of nicotine and cannabis can increase health risks.
Moment of Truth	Students test their knowledge with an interactive card game.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the lesson. Students need to score at least 70% to pass.

Lesson: Choose

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.

Learning Objectives

Students will be able to...

- 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.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Choose	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
Keywords	Students review the definitions of keywords: self-care, self-indulgence, and peer pressure.
Take a Guess	Students sort into three categories various reasons young people may use.
Think for a Moment	Students learn about the importance of knowing the facts and impacts regarding health choices.
Check the Facts	Students have an opportunity to fact-check common reasons young people may turn to cannabis.
Self-Care	Students debunk the common misconception that cannabis use helps self-care. Truth is, its risks and consequences may keep people from truly taking care of themselves.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Self-Indulgence	Students debunk the common misconception that there's no harm in having fun with cannabis use. Truth is, there are real health risks and consequences that come with using cannabis, which may outweigh the "fun" part.
Peer Pressure	Students debunk the common misconception that cannabis use helps people feel included. Truth is, using cannabis can actually negatively impact relationships.
Self-Check	With a series of questions, students have an opportunity to check in with themselves about their own cannabis use and determine if they need help.
A Guide to Quitting	This page provides a list of resources students can refer to if and when they want to quit cannabis use.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the lesson. Students need to score at least 70% to pass.