

Say no to vaping classroom activity



Say no to vaping classroom activity learning objectives:

After completing this activity, students will be able to:

- Access valid and reliable alcohol and other drug use prevention information.
- Analyze how the influence of peers can affect alcohol and other drug use practices and behaviors.

Instructions for educators:

Introduce, or remind your class, how to access valid and reliable sources of health information online. The end of a URL usually provides a clue about how students can evaluate content:

- .com = commercial content, or companies that make money
- .edu = an educational institution, often universities
- .gov = government, usually federal, state, or local agencies
- .org = an organization, often a non-profit

Remind your students that things they see on YouTube or hear from their friends aren't usually valid or reliable sources of information.

Next, introduce some refusal skills, or ways that your students can say no to vaping. Some options could include:

- Saying, "No thanks" or "I'm good" and walking away.
- Pretending you got a text or phone call from your mom, so you have to go home.
- Telling your friend that vaping isn't healthy, so it's not for you.
- Letting your friend know vaping is against school rules and you don't want to get in trouble.
- Telling your friend that you want to make an athletic team at school, and vaping would make that harder to do.
- Finding a funny way to tell your friend no.

To complete the activity worksheet, students can work individually or in small groups. If time allows, have students share the ways to say "no" to vaping that they came up with.

Say no to vaping worksheet



Name: _____ Date: _____

Instructions: Start by finding five facts about vaping online from valid and reliable sources. Try to find information about how vaping impacts health, how old someone needs to be in order to buy vape products, and something new you learned about vaping that surprised you.

Then, brainstorm three to four ways to say no to vaping based on the facts that you found.

Five facts about vaping:

Ways to say no to vaping: