

Let's make healthy choices, and be tobacco and vape free!

Facilitator Guide

Objectives

To educate 3rd - 6th students about the harms of tobacco use, including vaping, in order for them to

1. make informed decisions about tobacco,
2. understand the health effects, and
3. know how to help someone quit tobacco.

Materials

Class time

Worksheet: Let's make healthy choices, and be tobacco and vape free!

Optional: Bookmarks for youth to color

Instructions

1. Pass out the worksheet to the students.
2. Lead the conversation of the lesson content; do not leave anything out. Ask students to complete the Fill in the Blank portion of the worksheet during this time.
3. After the lesson, provide time for the students to complete the Word Find and Drawing.
4. Discuss the students' drawings. Ask what they drew and why. Connect it back to the lesson.
5. Participate in the additional optional activities, as desired.
6. Encourage students to talk to their parent(s) or guardian(s) about what they learned by using the back of their worksheet.

Lesson

What are tobacco and nicotine?

Tobacco is a plant which contains nicotine, a chemical that leads to addiction, which makes it hard to quit. When people use tobacco and nicotine products, including vaping, the nicotine tricks their brains into thinking they need nicotine more and more.

Why and how are tobacco and nicotine harmful?

Tobacco and nicotine products contain many harmful ingredients, and when smoked it harms nearly every organ of the body, which can cause many diseases. Did you know, vapes contain nicotine? This is why vaping is also harmful to our body. From our head to our toes, tobacco and nicotine use can affect our teeth, vision, mental health, breathing, heart, and so much more. In fact, tobacco use is the leading cause of preventable death in the United States.

What is vaping?

Vapes are devices that heat a chemical into an aerosol that the user inhales. Aerosol is made up of chemicals and flavors from inside the vape. Vapes come in many shapes, sizes and colors. You may have seen a vaping device without even knowing it. Vapes are known by many different names, such as e-cigarettes, electronic smoking devices (ESDs), vape pens, e-hookah or just JUUL. Regardless of what you call them, none are safe for young people to use.

Is vaping safer than smoking?

No, especially for young people. Vape aerosol can contain cancer-causing chemicals, and 99% of vaping devices contain nicotine. Nicotine harms brain development. Our brains are changing and developing until around age 25. These changes help us with problem solving, controlling our emotions, staying focused and making decisions.

What is secondhand smoke?

Secondhand smoke is the smoke that comes off a burning tobacco product, such as a cigarette, pipe or cigar. Tobacco smoke contains more than 7,000 chemicals, including toxic ingredients found in pesticides and car exhaust. Roughly 70 of the chemicals in tobacco smoke can cause cancer. Children who are regularly exposed to secondhand smoke have a greater risk of ear infections, breathing problems and illnesses such as bronchitis and pneumonia. Secondhand smoke can increase the frequency and severity of asthma attacks.

Aerosol that comes from vapes is not harmless water vapor. Vape aerosol that users breathe from the device and exhale into the air can contain harmful ingredients, including: nicotine, flavorings, cancer-causing chemicals and heavy metals such as nickel, tin and lead.

Did you know, secondhand smoke also affects our pets? Animals who are around secondhand smoke have a higher risk of developing breathing problems, eye infections and cancers, such as lung cancer and nose cancer.

What is thirdhand smoke?

Thirdhand smoke is residue that is left behind on clothes, skin, furniture, walls and other surfaces after someone smokes. The residue is a mixture of chemicals in thirdhand smoke, which is toxic to humans, especially children and babies, as well as pets.

Why do tobacco and vape companies target youth?

Tobacco and vape companies are very creative in their marketing strategies. They purposefully target young people by using cheap prices, trendy advertising and flavors. Tobacco and vape companies want young people addicted to their products to keep them coming back for more. It's important to know how you are being targeted so you don't fall for their tricks.

Why do people use tobacco and vapes?

The reasons can range from peer pressure, a friend or family member using it, nicotine or vape companies successfully targeting youth, curiosity, seeing advertisements on media, and so much more. Ultimately, remember that the choice to stay tobacco and vape free is YOURS! You can stand up against tobacco and vaping, and choose to live a healthy life that is tobacco and vape free. You can be a leader and make a difference among your friends and family by being tobacco and vape free.

What are some ways to stay tobacco and vape free?

If you are offered tobacco or a vape, prepare yourself ahead of time about how you will handle the situation. Here are some examples:

- Practice out loud saying "no" and listing your reasons why.
- Practice out loud encouraging your friends or family members to stay, or become, tobacco and vape free.
- Remind yourself that you are being targeted by tobacco and vape companies.
- Surround yourself with good friends.
- Walk away from any situation that makes you feel uncomfortable.
- Talk to a trusted adult about the situation and ask for their advice and support.

If you are thinking about using tobacco or vaping:

- Remind yourself what we learned today, and why you want to live a healthy life.
- Talk to a trusted adult and ask for their advice and support.
- Find an alternative activity, such as being active or focusing on deep breathing.

How can you help someone quit tobacco or vaping?

You can make an impact on your friends by living a tobacco and vape free life. Talk to your friends and family about what you learned today. Lovingly talk to the adults in your life who use tobacco, including vaping, and encourage them to quit. They can call Quitline Iowa at 1-800-QUIT-NOW for free personalized help to support them while quitting.

If you know a teen, between the ages of 13 and 17, who uses tobacco or vapes, they can text "Start My Quit" to 36072 for free help quitting.

What is Iowa Students Together Empowering Peers (ISTEP)??

ISTEP is a youth-led, adult-supported statewide movement empowering Iowa students in grades 7–12 to create positive change in their schools and communities. Housed within the Division of Behavioral Health at Iowa Health and Human Services, ISTEP encourages young people to build friendships, make a difference, and grow as confident leaders. There is a place for everyone in ISTEP!

ISTEP Mission: To empower young Iowans to build healthy, confident futures by promoting mental wellness, positive relationships, and safe choices through knowledge and awareness.

ISTEP Goals

- Build leadership skills and confidence to positively influence peers.
- Increase awareness that supports informed, positive decisions.
- Promote mental and emotional well-being.
- Prevent bullying and support healthy, respectful relationships.
- Reduce risks related to suicide, alcohol, tobacco/nicotine, and other substances.

Additional Optional Activities

Role Play

Divide the group into partners. Give each partner 2 minutes to practice what they would say if someone offered them a vape. Remind them to use the information they learned during the lesson. After the four minutes is up, lead a discussion among the entire group to talk about the activity.

Love your Lungs

Materials needed: thin straws and a timer

Set a 30 second timer and ask the students to run in place. Once the timer ends, ask the students to observe how it feels to catch their breath. Then, give each student one straw. Set another timer for 30 seconds. Ask the students to run in place while breathing through the straw. Once the timer ends, ask the students again to observe how it feels to catch their breath. Allow discussion among the group. Explain that this is how a person who smokes or vapes may feel since their lungs are affected by tobacco.

Provide alternatives for youth with all abilities to participate. For students with breathing concerns or who are unable to stand and run in place, encourage them to skip running in place. If they are able, encourage them to pump their arms back and forth really fast, or simply observe other students during the activity. Ask questions, such as: Did your peers have a hard time with the activity? What happened when they tried to catch their breath after the first timer? What about after the second timer?

What's your Why?

Take five minutes for the students to reflect on the lesson and write down why they want to live a healthy life, which includes being tobacco and vape free. After they finish, allow students to share, and connect the discussion back to the lesson.

Pen Pal Buddy Letter

This applies to those partnering with their local youth ISTEP chapter members to present this lesson. Assign each 3rd - 6th grader to an upperclassmen "pen pal buddy". Once the upperclassmen leave, ask the 3rd - 6th graders to write a letter to their buddy explaining what they learned and why they plan to be tobacco and vape free. Arrange a date/time for the upperclassmen to get their letters so the 3rd - 6th graders can see them face to face one more time.

Supporting Resources for Youth

- Iowa Students Together Empowering Peers - hhs.iowa.gov/istep
- My Life My Quit - www.MyLifeMyQuit.com
- Campaign for Tobacco-Free Kids - www.TobaccoFreeKids.org
- Truth Initiative - www.TruthInitiative.org
- Centers for Disease Control (CDC) - www.cdc.gov/tobacco

ANSWER KEY

Let's make healthy choices and be tobacco and vape free.

FILL IN THE BLANK

1. Tobacco contains nicotine which is addicting and hard to quit.
2. Nicotine harms brain development, which continues until around age 25.
3. Vaping is not safer than smoking, especially for young people.
4. Secondhand smoke increases the risk of breathing problems and other illnesses.
5. Tobacco companies target kids with their products.
6. I can make an impact on my friends by living a tobacco and vape free life.

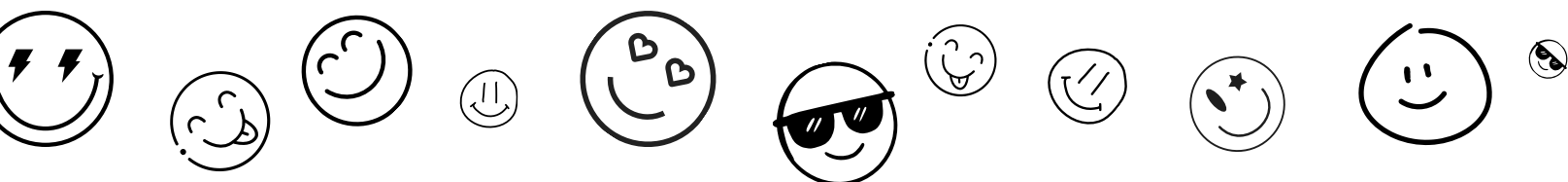
WORD FIND

A R C B R A I N D E V E L O P M E N T T
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J O F N E A T O I C J E Y O U T H L E F E
L E A D E R S K L O P I N O V A P I N G E

Addictive
Brain development
Flavors
Health
Leaders
Make a difference

No vaping
Nicotine
Secondhand smoke
Tobacco free
Chemicals
Youth

DRAW YOURSELF HAPPY, HEALTHY & TOBACCO AND VAPE FREE.



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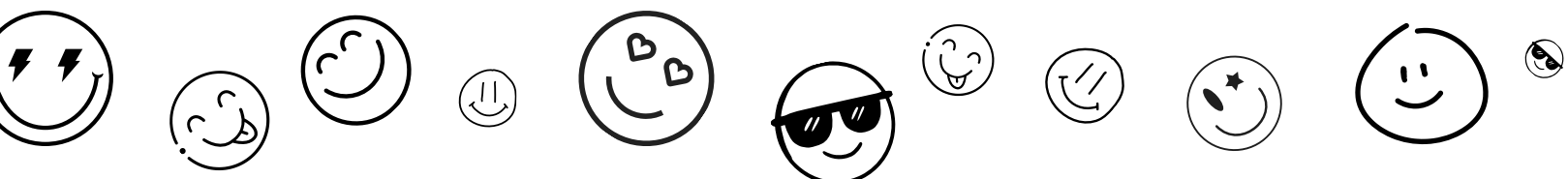
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WORD FIND

ARCBRAINDEVELOPMENTT
DJVCIHJEKANCOJODJGTFO
DNICOTINERSINYTHOEYLB
IEUDFRRHPHEALTHREBAA
CFSEHWAJKJFNEACIHJKVC
TORIICHEMICALSMEBBIOC
IJFAAEUGWBWLKNZLKRO
VSECONDHANDSMOKESISF
EIMAKEADIFFERENCELJOR
JOFNEATOICJEYOUTHLEFE
LEADERSKLOPINOVAPINGE

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Share what you learned with your family.

THE DANGERS OF SECONDHAND SMOKE



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VAPING: A GROWING CONCERN

While smoking has recently decreased among youth, the use of vaping products is on the rise in middle and high school students. Many people mistakenly believe these products are safe and don't contain tobacco, however they do in fact contain nicotine. Nicotine is highly addictive and affects brain development, which isn't complete until around the age of 25.

CREATING A HEALTHY HOME

Kids who grow up in a tobacco and vape free home are healthier and less likely to use tobacco or vape. Commit to creating a healthy home and consider these tips:

- ♥ Keep your home tobacco and vape free. Don't let anyone smoke or vape inside your home.
- ♥ Ensure places where your children spend time, such as daycare or a friend's or relative's house, are tobacco and vape free.
- ♥ Encourage a healthy lifestyle in your home as a family. Set goals each week and write them down where you can see them. For example, eat healthy vegetables at every dinner, take a long walk on the weekend or drink enough water each day.

HELPING SOMEONE QUIT

If someone you love uses tobacco, including vaping, kindly remind them that you care about them and their health, as well as the benefits of being tobacco and vape free.



NEED HELP QUITTING?



Call **1-800-QUIT-NOW** for
free personalized help 24/7.

