

WE ARE
TEACHERS

EVERFI



TEENS AND VAPING:

HOW TEACHERS CAN TALK ABOUT IT IN THE CLASSROOM

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GET FREE VAPING PREVENTION CURRICULUM

There is a youth vaping epidemic in this country, especially among teens. Schools have an important role to play in reaching students with the information they need to make informed choices, as well as tools to quit if they are already vaping.

EVERFI with [Truth Initiative](#) and [Kaiser Permanente](#), in collaboration with the [American Heart Association](#), have created a national youth vaping prevention curriculum: [Vaping: Know the truth](#).

This free digital learning experience for middle school and high school students features self-led, interactive lessons and videos, first-person testimonials and self-care tips from kids their own age.

With [Vaping: Know the truth](#), students will learn about the risks of vaping nicotine and the dangers of addiction (with no shaming and no lecturing) to help empower them to make healthier, more informed choices. Students will also learn and practice critical refusal skills and get connected to support services available for teens who already vape and want to quit by linking to Truth Initiative's [This is Quitting](#), the first-of-its-kind text-to-quit vaping program for young people that is already helping over 260,000 youth and young adults to stop using e-cigarettes.

5 FACTS ABOUT VAPING EVERY TEACHER SHOULD KNOW

1 **NEARLY 3.6 MILLION YOUNG PEOPLE VAPE.**
The [2020 National Youth Tobacco Survey](#) reported that 1 in 5 high school students and 1 in 20 middle school students reported current e-cigarette use. And among users, 39% of high school students and 20% of middle school students reported vaping on at least 20 out of 30 days.

2 **YOUNG PEOPLE WHO USE E-CIGARETTES ARE MUCH MORE LIKELY TO BECOME SMOKERS.**
According to a [Truth Initiative study](#), young people who have vaped are seven times more likely to become smokers one year later, compared with those who have never vaped.

3 **NICOTINE IS HIGHLY ADDICTIVE.**
Nicotine is an extremely addictive substance and people who get hooked on nicotine could face a lifetime of addiction. Youth exposure to nicotine can harm brain development, alter nerve cell functioning and make adolescent brains more susceptible to other addictive drugs.

4 **VAPING CAN HAVE SERIOUS EFFECTS ON YOUR HEALTH.**
E-cigarettes contain and emit a number of potentially toxic substances, such as lead and formaldehyde. Vaping can damage the lungs and may lower cardiovascular function. And according to recent research, young people who vape were up to five times more likely to test positive for COVID-19.

5 **VAPING IS BAD FOR THE ENVIRONMENT.**
E-waste from vape cartridges and pods is extremely hazardous to the environment. Many vape devices use lithium-ion batteries, which require the use of toxins when they're produced. And although they can be recycled, very few of them are, so most end up in a landfill.

COMMON MYTHS ABOUT VAPING AND HOW TO RESPOND

MYTH: VAPING IS EASIER ON THE BODY THAN CIGARETTES.

Not true. Nicotine has been proven to harm the developing adolescent brain, particularly the parts that control attention, learning, mood and impulse control. Vaping can weaken the immune system and damage blood vessels. And, vaping can damage the lungs and increase the risk of lung infections.

MYTH: VAPING ISN'T AS ADDICTING AS SMOKING.

Cigarettes and e-cigarettes both contain nicotine, which has been proven to be an extremely addictive substance. Nicotine triggers the release of dopamine, the feel-good transmitter that taps into the brain's reward and motivation center. And the tricky thing is, the more nicotine you use, the more you need to feel good.

MYTH: VAPING HELPS PEOPLE DEAL WITH STRESS AND ANXIETY.

Taking a hit on your vape seems to clear your head and give you a temporary burst of energy, but again, that's just the nicotine talking. Nicotine can actually make your anxiety symptoms worse.

MYTH: VAPING IS COOL AND MAKES YOU MORE ATTRACTIVE TO OTHERS.

Actually, vaping can dull your youthful good looks. Nicotine can age skin prematurely and vaping sweet flavors can increase bacteria on your teeth by 4 times, which could lead to bad breath, gum disease and potentially oral cancer.

MYTH: QUITTING IS IMPOSSIBLE.

Quitting is hard, but it's easier once you know all the facts and can make an informed decision. Support is essential. Check out [This Is Quitting](#), a first-of-its-kind text messaging, quit-vaping program developed by Truth Initiative and featured in EVERFI's [Vaping: Know the truth](#) curriculum.

10 DISCUSSION QUESTIONS TO GET THE CONVERSATION STARTED

1

When it comes to vaping, what have you seen, learned or experienced?

2

What connections do you think exist between vaping nicotine and smoking cigarettes?

3

Why do you think people have been using nicotine and tobacco for so long?

4

How do you make choices about what goes into your body? What are your criteria for making those choices?

5

How important is it to have all of the facts about a topic before making a choice?

6

Should manufacturing companies disclose the ingredients in their products?

7

Do you think it's right for companies to market addictive products to underage users?

8

Is addiction a disease or a choice? Do you think there is a stigma associated with being addicted? Why or why not?

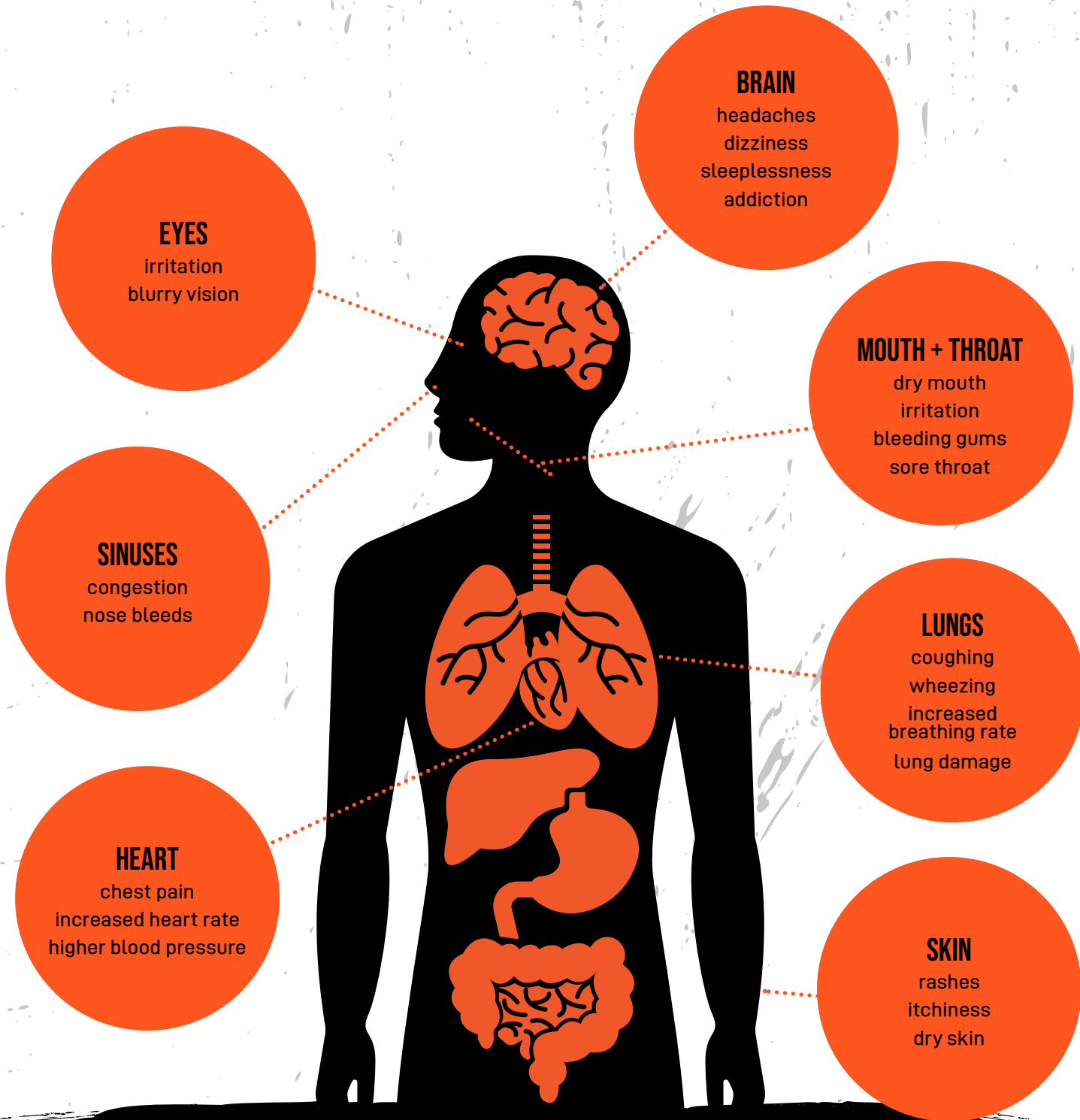
9

What are the signs that someone is addicted or becoming addicted to a substance?

10

What do wellness and self-care mean to you?

HOW VAPING NICOTINE CAN IMPACT THE BODY



BRAIN

headaches
dizziness
sleeplessness
addiction

EYES

irritation
blurry vision

SINUSES

congestion
nose bleeds

HEART

chest pain
increased heart rate
higher blood pressure

MOUTH + THROAT

dry mouth
irritation
bleeding gums
sore throat

LUNGS

coughing
wheezing
increased
breathing rate
lung damage

SKIN

rashes
itchiness
dry skin