

Teens and Vaping: The Real Health Consequences

Help your students understand the health impacts associated with using e-cigarettes.

Objective

Students will gather, analyze, and select relevant evidence from multiple sources to understand the harmful health effects of vaping.

Standards

CCSS EL

- RI.1 Cite textual evidence
- RI.7 Integrate information in different formats

NGSS

- Obtaining, Evaluating, and Communicating Information
- Cause and Effect

Time

50 minutes

Materials

- Get the Facts About Vaping activity sheet
- [The Health Impacts of E-Cigarettes](#) informational text
- [What You Need to Know About Vaping](#) interactive
- 6 pieces of blank paper
- 6 sticky notes per student
- [Teen & Family resource sheet](#)

Online Resources

For students:

scholastic.com/teenvapingrisks

For additional teaching materials:

scholastic.com/youthvapingrisks

1 Tell students you are about to read them a statement, and they should prepare to anonymously write down their response to it on a slip of paper, using: *strongly agree*, *agree*, *disagree*, *strongly disagree*, and *don't know*. Read the statement aloud: *Electronic cigarettes are not harmful to your health*. Collect the slips (a pre-assessment of student perceptions; you'll repeat this at the end) while students work on step 2 below.

2 Hand out the Get the Facts About Vaping activity sheet and have students complete the Predictions portion on the left.

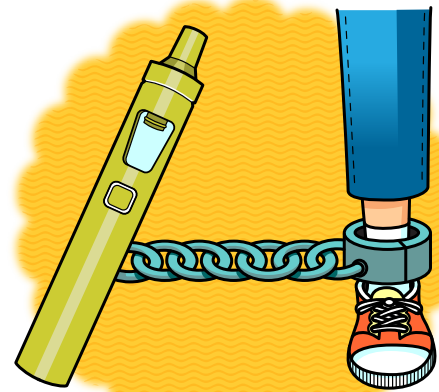
3 Separate the class into small groups, encouraging them to choose partners they have not worked with before. Explain that students will be working in their groups to conduct research and gather facts about e-cigarettes to complete the rest of the activity. Ask students what types of resources are reliable places to find information (for example: government websites, scientific papers). As a class, review the five resources listed on the activity sheet.

4 Send groups online to the four resources listed on the activity sheet to conduct research. Remind them to record key pieces of evidence as they explore these resources.

5 While students are working, write down the statements from the activity sheet and hang them around the room. Instruct each group to choose one piece of evidence they think is most relevant to support or disprove each statement, write it on a sticky note, and add the notes to the wall under each statement.

• **To support striving learners:** Point out that just because a fact is *true* does not mean it is relevant to the statement. Guide students to understand that they can make stronger arguments by choosing *relevant* evidence.

• **To increase the challenge:** For each true-or-false statement, have students find three pieces of evidence that support or disprove it. Have students rank their pieces of evidence in terms of relevance.



6 Direct students to complete the Post-Research portion of the activity sheet. Review as a class. (Answer key: 1. False; 2. True; 3. False; 4. True; 5. True; 6. True.)

7 Reread the statement from Step 1 and again have students respond anonymously on slips of paper, including a sentence about their rationale. Review the slips to measure how students' perceptions have changed after studying the facts.

8 Hand out the family resource sheets to each student and encourage them to share what they have learned at home. To ensure that parents receive this valuable information, consider sending the resource sheets to your students' families via email.

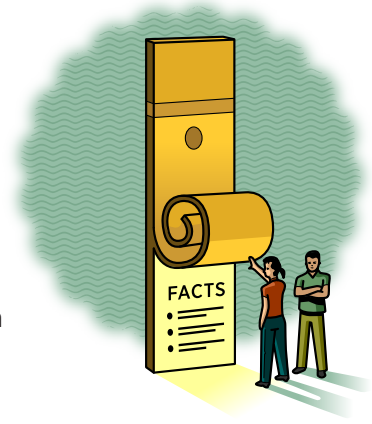
Extensions

Have small groups practice scenarios, such as peer pressure to try e-cigarettes, or a friend who uses them. Have students work together to come up with five helpful responses to these situations. Encourage them to include facts to support their statements. Alternatively, have students design comic strips for high schoolers about how to stay vape-free, or design messages for peers about how to quit (e.g., people to contact, support systems).

Name _____

Get the Facts About Vaping

You may have seen a growing number of your peers vaping. But how much do you know about e-cigarettes and how they affect your health? Read the statements below and predict whether they are true or false in the boxes on the left. Then research the five sources below to gather facts and complete the rest of the chart.



1. Predictions			2. Post-Research		
			Mark whether the statement is true or false. Record at least three facts that support your answer. Use a separate piece of paper if you need more space.		
True	False	Statements	True	False	Supporting Evidence
		1. Most e-cigarettes contain only water and flavoring.			
		2. Like tobacco smoke, the aerosol given off by an e-cigarette can contain dangerous chemicals.			
		3. As long as an e-cigarette doesn't contain nicotine, it's safe for teens.			
		4. A Juul pod contains as much nicotine as a whole pack of cigarettes.			
		5. Teens who vape are more likely to start smoking cigarettes.			
		6. Teens are more vulnerable to nicotine addiction than adults are.			

Sources for Research

1. Interactive and infographic at [scholastic.com/teenvapingrisks](https://www.scholastic.com/teenvapingrisks)
2. Article: "The Health Impacts of E-Cigarettes" [scholastic.com/teenvapingrisks](https://www.scholastic.com/teenvapingrisks)
3. Fact page from the Centers for Disease Control [cdc.gov/tobacco/basic_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)
4. Fact page from the U.S. Surgeon General [e-cigarettes.surgeongeneral.gov](https://www.e-cigarettes.surgeongeneral.gov)