

# Risks of E-Cigarettes

Help your students understand why vaping is harmful to their health.

## Objective

Students will analyze evidence from video sources and create a presentation on the harmful health effects of e-cigarettes.

## Standards

### CCSS ELA

- RI.7 Integrate information in different formats
- SL.4 Present information, findings, and supporting evidence

### C3

- Grs. 6–12: D.4.2 Construct explanations using relevant information

### NGSS

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

## Time

50 minutes

## Materials

- Find the E-Cigarette Facts activity sheet
- Laptops and internet access for watching student videos (see Video + Online Resources links below)

## Videos + Online Resources

- Middle school students: [scholastic.com/vapingrisks](https://www.scholastic.com/vapingrisks)
- High school students: [scholastic.com/teenvapingrisks](https://www.scholastic.com/teenvapingrisks)
- Teachers: [scholastic.com/youthvapingrisks](https://www.scholastic.com/youthvapingrisks)

**1 Engage** students by having them work together in small groups to practice saying no in a situation (such as at a party) where they are offered an e-cigarette. Have students take turns playing the role of the youth saying no. Encourage them to be creative in their responses.

**2 Reconvene** as a class and ask for volunteers to share some of the ways they said no. Record their responses on the board. Discuss why knowing the fact—such as, smoking can cause cancer—can help you make healthy decisions. Highlight any responses students gave that included facts about the health risks of smoking.

**3 Split** the class into five groups. Encourage students to choose classmates they have not worked with before. Explain that each group will be watching a series of five videos to gather facts about e-cigarettes and vaping.

**4 Hand out** the Find the E-Cigarette Facts activity sheet. Give groups time to write three to four statements/questions in each of the “Before Viewing” columns of the chart.

**5 Write and display** the following five questions on the board:

1. How has the invention of e-cigarettes changed the way people use nicotine? Does the new technology have risks?
2. What are the health risks of using e-cigarettes? Why are teens especially at risk from e-cigarettes?
3. What can we learn from statistics about how vaping can put teens at risk?
4. What lessons can we learn from the history of tobacco and tobacco regulations?



**5.** What actions are being taken to help keep teens safe from the health risks of e-cigarettes?

**6 Assign** each of the five groups one of the five questions and add it to the activity sheet. Have groups watch all five videos online (see URLs at left). Instruct students to write important facts from each video in the “After Viewing” column of the activity sheet. Remind them to focus on answering their assigned question.

**7 Direct** groups to create a five-minute class presentation that answers their question, uses supporting facts from the videos, and includes any other important information they learned.

**8 Have** each group present their findings to the class. Encourage students to ask questions or offer additional evidence to support each group’s claims.

**9 Discuss** the critical-thinking questions on the skills sheet as a class. If students have more questions, refer them to the Online Resources to do additional research.

**10 Wrap up** by asking students to return to small groups and to practice saying no to e-cigarettes. Encourage them to try to include facts they have learned in the videos in their responses. Does saying no get easier now that they have more facts?

Name \_\_\_\_\_

# Find the E-Cigarette Facts

What do you know about how e-cigarettes can affect your health? Fill out the "Before Viewing" section below, then watch the videos. As you watch, record facts in the "After Viewing" section on what you have learned to answer your questions.



Research Question: \_\_\_\_\_

Before Viewing		After Viewing
What I already know about e-cigarettes	What I wonder about e-cigarettes	Facts I learned about e-cigarettes

## THINK ABOUT IT

Write your answers to these questions on a separate sheet and prepare to discuss in class.

1. What did you learn about the health risks of e-cigarettes that surprised you most?
2. Why are teens especially vulnerable to the potential health risks of vaping?
3. What facts would you share with a friend in order to discourage them from vaping? Explain why you think these facts are convincing.