

**VIRTUAL
INCURSION**

TEACHER GUIDE

Year 7-8: 90 Minutes

VAPING



VAPING



Talk NOW!



WELCOME TO VAPING

LESSON PREPARATION

Learning Intention:

We are learning about the health impacts of vaping and reflecting on strategies to make safe choices.

Success Criteria:

- I understand the risks of choosing to vape
- I have strategies to promote healthy choices for myself and my community
- I can analyse my own risk and protective factors

Curriculum Links:

- Australian Curriculum (AC9HP8P08) Develop protective behaviours and evaluate community resources to seek help for themselves and others
- Victorian Curriculum (VCHPEP126) Investigate and select strategies to promote health, safety and wellbeing

Pedagogy:

You know your class best! All activities have been designed to be flexible to suit your classroom dynamic. You can run every activity as a whole class experience, or mix it up between whole class, small group and individual tasks.

Lesson Preparation:

- Print student workbooks
- Print information sheet for activity 1

Take Home Activity:

At the back of the student workbook there is an optional take home activity. There are instructions included on the page if you do not have time to explain it to your students.

The take home activity provides a quiz for students to conduct with their parents. They will use their knowledge from the lesson to correct the quiz and discuss the answers with their parents.

Need an Assessment?

We have included an optional assessment for this lesson coupled with a marking rubric. Curriculum links have been provided for the assessment and lessons to allow for ease of reporting. The assessment is included in the 'Additional Resources' pack.

WELCOME TO VAPING

PROGRAM OVERVIEW

LESSON 1

	ACTIVITY	TIME GUIDE	VIDEO	DESCRIPTION	PAGE
Approx. 45 minutes	Tune in	5 minutes	Video 1	Intro video & Tune in: • Learning intention • Success criteria • Check for understanding: How much do you know	3 4
	Activity 1	20 minutes	Video 2	What is vaping? video Activity 1: Exploring the effects of vaping	5 6-8
	Activity 2	10 minutes	Video 3	Scenario #1 & Scenario #2 Activity 2: What are my risk and protective factors?	9 10 11
	Activity 3	10 minutes	Video 4 Video 5	Scenario #3 Activity 4: Alternatives Debrief	12 13

LESSON 2

	ACTIVITY	TIME GUIDE	VIDEO	DESCRIPTION	PAGE
Approx. 45 minutes	Tune in	5 minutes	Video 6	Tune in video	14
	Activity 4	30 minutes		How do we promote good choices? Activity: Social Media Campaign	15 16-20
	Reflection	10 minutes	Video 7	Reflection video Reflection	21 22

LESSON GUIDE

LESSON 1 - SECTION 1: 5 MINUTES

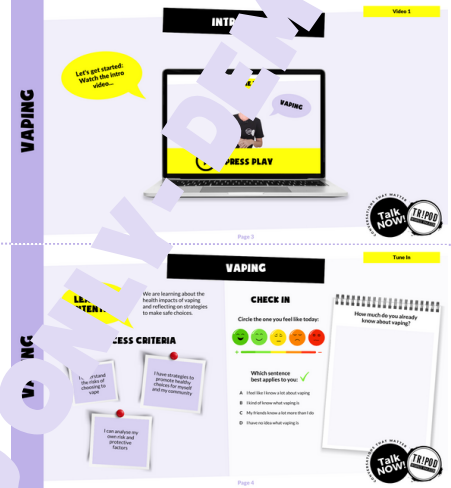
Intro video

Press play on the facilitator video. The facilitator will complete a tune in activity asking the students to reflect on how much they think they already know about vaping. This page in the workbook will also give you an indication of the level of contact students may have already had with vaping.

At the end of the video, the facilitator will ask the students to record what they already know about vaping in their workbook.

Check in

Read aloud the Learning Intention and Success Criteria so students understand the goal of the lesson today. At this time they can complete the 'Check In' page in their activity booklet and this is where they can record any facts they already know about vaping.



PAGE 3

PAGE 4

LESSON 1 - SECTION 2: 20 MINUTES

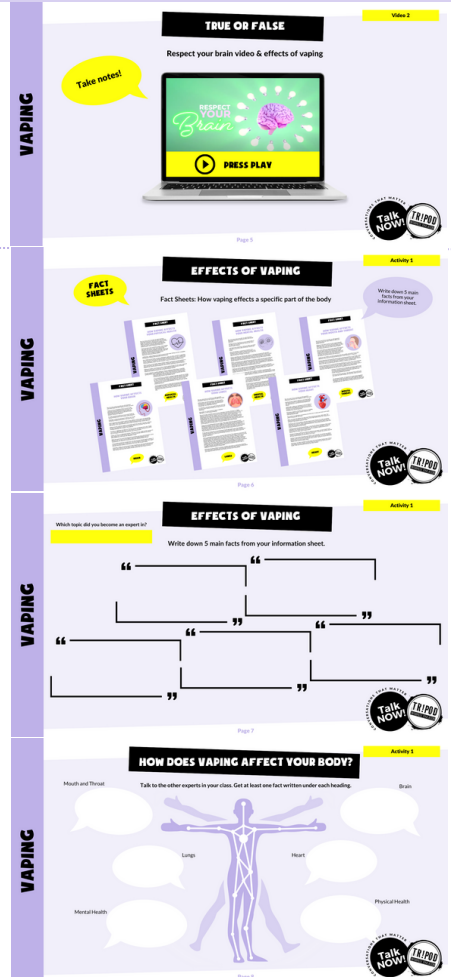
What is vaping?

Watch the second video of the facilitator explaining what vaping is. The facilitator will engage the students with a true or false activity in which some common vaping myths will be addressed. The facilitator will then describe the first activity.

Activity 1: Exploring the effects of vaping

Randomly hand out a fact sheet to each student. These fact sheets can be found at the end of this guide. Each student will be focusing on a part of the body that vaping affects. Students will highlight the main facts from their information sheet to share with others in the class.

Once all students have completed highlighting their sheet, they will walk around and learn off their peers, asking other students what they learnt about their part of the body to record in their own workbook. At the end of the activity each student will have at least one fact for each part of the body listed.



PAGE 5

PAGE 6

PAGE 7

PAGE 8

LESSON GUIDE

LESSON 1 - SECTION 3: 10 MINUTES

Scenario #1 Smoking is better and Scenario #2 Don't be a baby

Watch the next video in which the facilitator tells students that we are providing this information to them so they can make good, informed choices. A scenario will play with two boys talking about smoking being better than vaping. The facilitator will pose questions after this scenario finishes and continue into the next scenario clip where one of the boys tries to pressure the other to vape. The facilitator will describe to students that their personal risk and protective factors will effect how they respond to being pressured to vape.

Activity 2: What are my risk and protective factors?

Students need to think about their personal risk and protective factors. Some examples are given in the video, but students may be able to think of other factors in their lives to include. This is a private activity that should only be shared if students choose to.

VAPING

VAPING

VAPING

PAGE 9

PAGE 10

PAGE 11

LESSON 1 - SECTION 4: 5 MINUTES

Scenario #3 Vaping to de-stress

In video 5 another scenario is introduced. In this scenario one of the boys says that vaping helps him relax and de-stress. The facilitator talks about why people can choose to vape and if it is actually relaxing. At the end of the video the facilitator introduces alternative activities students can use to relax and invites students to write these down in their workbook.

Activity 3: Alternatives

Students will reflect on activities they enjoy doing to relax or de-stress. The workbook asks them to think of something they can do at home, at school and out in the world. At the bottom of the page, students are prompted to think of potentially stressors that may cause them to need these relaxing activities.

Debrief video

The facilitator will wrap up Lesson 1 and encourage students to look at the back of their workbook to access different resources.

VAPING

VAPING

VAPING

PAGE 12

PAGE 13

PAGE 14

LESSON GUIDE

MARKING RUBRIC TEMPLATE

Printable rubric pages are included in the Additional Resources pack.

Student:	Working Towards Standard	Meets Standard	Above Standard
The student identifies their risk and protective factors and understands the health impact of vaping.			
The student selects strategies to promote healthy choices via a social media campaign.			

**PRINT OUT THE
FOLLOWING
PAGES**

FACT SHEETS

FOR ACTIVITY 1

Activity 1: Exploring the effects of vaping

Put students into small groups of 3-4. Each group will be given a FACT SHEET focusing on a part of the body that vaping affects. These information sheets can be found at the end of this guide. In their group, students will highlight the main facts from their information sheet and create a poster to present to the class to teach them about how vaping affects their specific part of the body.

Optional: Although the fact sheets include plenty of information, you may like to let students use technology to assist with researching.

Once all groups have a completed poster, they will present it to the class.

As groups are presenting, students will listen and choose one fact to note in their own workbook. At the end of the activity students will have at least one fact for each part of the body listed.

**All the facts are a culmination of different online sources condensed and re-written for ease of understanding.*

FACT SHEET

HOW VAPING AFFECTS YOUR LUNGS

This fact sheet aims to provide you with important information about the ways vaping can affect your lungs.

While vaping may seem harmless, it can have severe consequences for your lung health. The chemicals and toxins found in e-cigarettes can lead to inflammation, lung damage, and respiratory infections.

It's essential to prioritise your health and make informed decisions about vaping to protect your lungs and overall well-being.

Remember, it's always better to choose a healthier alternative or avoid vaping altogether.

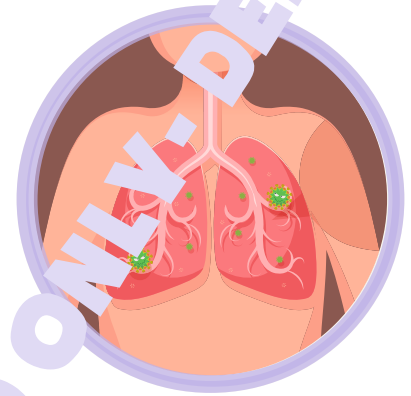
One of the main chemicals found in most e-cigarettes is nicotine. Nicotine is a highly addictive substance that can harm your lungs and affect the development of your brain. It's important to remember that vaping is not a safe or healthy activity, especially for young people. When you vape, the heating process can produce a toxic chemical called formaldehyde. This chemical can cause irritation and damage to your respiratory system, which includes your lungs. It's definitely not something you want to be inhaling into your body. Some e-cigarette liquids also contain heavy metals like lead, nickel, and tin. These metals can be harmful to your lungs when you breathe them in. It's important to know what you're putting into your body and try to choose healthier alternatives instead.

Vaping can cause inflammation in your lungs, which means that your airways become irritated and swollen. This can lead to coughing, wheezing, and even shortness of breath. It's not a pleasant feeling and can make it harder for you to breathe properly. In addition to inflammation, vaping can also weaken your immune system in the lungs. This means that it's easier for bacteria and viruses to cause respiratory infections like bronchitis and pneumonia. These infections can make you feel really sick and can take a long time to recover from.

If you vape for a long time, it can cause long-term damage to your lungs. This includes a condition called chronic obstructive pulmonary disease (COPD), which makes it hard for you to breathe properly. It can also cause irreversible scarring in your lungs, which means the damage is permanent.

Some e-cigarette flavours contain a chemical called diacetyl. This chemical is associated with a condition called bronchiolitis obliterans, also known as "popcorn lung." It can cause scarring and narrowing of the small airways in your lungs, which can make it difficult for you to breathe properly. For individuals who already have asthma, vaping can trigger asthma attacks. This means that it can make it harder for you to breathe, and you may experience symptoms like wheezing, chest tightness, and difficulty breathing. It's important to avoid vaping if you have asthma. Lastly, some people may develop allergies to certain components of e-cigarettes, such as propylene glycol. This can lead to respiratory symptoms like coughing, sneezing, and congestion. If you notice these symptoms when you vape, it's important to stop and talk to a trusted adult.

Remember, it's always better to choose a healthier alternative or avoid vaping altogether. Your lung health is important, and making informed decisions about vaping can help protect your lungs and overall well-being. Stay healthy and take care of yourselves!



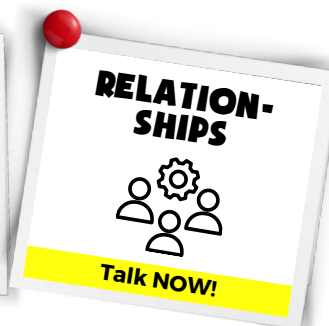
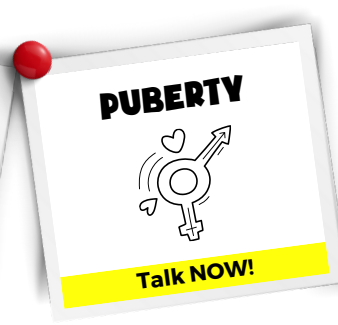
LUNGS

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THANK YOU

For choosing Talk NOW! in your classroom.
If you are interested in other Talk NOW! topics
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