

Be Vape Free Video Topic Series

About Be Vape Free

The Be Vape Free initiative is a confluence of like-minded organizations that have joined forces to tackle the use of e-cigarettes among our nation's youth through the creation and distribution of engaging content for grades 5–12 on the risks of e-cigarettes.

This video topic series was developed to directly address the truth and consequences of vaping and e-cigarette use. The goal of the series is not only to directly confront myths and misperceptions about vaping, but also show the potential consequences using these types of nicotine-delivery devices can have on your physical health, mental health, and overall well-being.

Activities

Three activities were designed for grade five—Health and English Language Arts courses—or for children ages 9–11. Each activity has an expected duration of 45-minutes and includes an overview, learning objectives, materials, procedure, and capture sheets. Each activity pairs with a video to continue conversations into the classroom with standards-aligned outcomes.

Modifications can be made to the activities based on your learning environment. For example, all handouts can be shared virtually or even recreated by students at home. If in-person or online discussions are not possible, activities that include brainstorming, discussions, or group work can also be completed using a shared document.



Cotton Candy Sewer Water: *What's in vape juice and the nasty things it does to you.*

In this activity, students will analyze the validity of two vaping myths. They will use this information to design a new label for vape juice that educates the public on its ingredients and health effects.

Myths highlighted and debunked

Myth 1: E-cigarette vapor is just flavored water.

E-cigarettes contain no water at all. They produce aerosol that contains chemicals. Those chemicals can come together in your lungs to form cancer-causing agents like formaldehyde.

Myth 2: E-cigarettes don't contain nicotine.

A study found that 99% of e-cigarettes that are sold contain nicotine and almost all sweet, candy and fruit flavored e-cigarette liquid contains nicotine.

The Illusion of Control: *How does vaping trick you into addiction?*

In this activity, students will validate what they already know and understand about vaping. They will then apply what they learn about vaping to develop explanations about the consequences of e-cigarette use.

Myths highlighted and debunked

Myth 1: Vaping is harmless.

We don't yet know the long-term effects of vaping but we do know it has many toxic and harmful chemicals and causes nausea, dry mouth, dizziness, cough, and worsens/triggers asthma.

Myth 2: I can't get addicted.

Nicotine is addictive, especially for younger people with developing brains.

Disease Anyone?: *The social consequences from vaping are just as devastating as a disease, so why opt in for it?*

In this activity, students will analyze the perceived consequences of vaping through another person's perspective. They will then construct their own opinion on the consequences of vaping and develop their stance with key details.

Myths highlighted and debunked

Myth 1: Vaping is not a big deal—everyone does it.

E-cigarettes are illegal for kids to buy, sell, or use. Possessing e-cigarettes can result in consequences at home, in school, and with the police.