

Content Outline

Vaping: Know the truth™

**KNOW**

DESCRIPTION	This lesson introduces learners to the topic of vaping and invites them to reflect on their awareness and knowledge of the topic.
TOPICS	<ul style="list-style-type: none">Keywords: tobacco, nicotine, and vapingFacts about vapingHistory of the tobacco industryVaping technologyVape ingredients
LEARNING OBJECTIVES	<ul style="list-style-type: none">Recognize that you are empowered to make healthy and informed choices.Recognize that regardless of delivery mechanism, nicotine is addictive in all forms.Recognize the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism.

UNCOVER

DESCRIPTION	This lesson confronts learners with the hard facts about e-cigarette companies' marketing and advertising schemes and debunks common misconceptions about vaping.
TOPICS	<ul style="list-style-type: none">Keywords: loopholes, misleading advertising, and replacement customersLegal action against JUULCigarette vs. vaping marketing stylesSafety of vaping vs. cigarettes
LEARNING OBJECTIVES	<ul style="list-style-type: none">Recognize that you are empowered to make healthy and informed choices.Describe the strategies used by e-cigarette manufacturers to appeal to their current and prospective users.Recognize the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism.

OVERCOME

DESCRIPTION	This lesson challenges learners to consider the dangers of nicotine addiction, reinforces addiction as a primary danger of vaping, and lays the framework for quitting.
TOPICS	<ul style="list-style-type: none">• Keywords: nicotine dependence and nicotine addiction• Process of becoming addicted• Facts about nicotine and brain chemistry (pleasure, reward, and memory)
LEARNING OBJECTIVES	<ul style="list-style-type: none">• Recognize that you are empowered to make healthy and informed choices.• Recognize the physiological and psychological properties of nicotine.• Recognize that e-cigarettes can deliver as much or more nicotine than cigarettes.• Recognize that regardless of delivery mechanism, nicotine is addictive in all forms.• Recognize the physical effects associated with nicotine use.• Recognize that nicotine addiction may require meaningful and substantive lifestyle changes to overcome.

CHANGE

DESCRIPTION	Introducing Truth Initiative's first-of- its-kind text message youth quit-vaping program called <i>This is Quitting</i> , this lesson empowers learners by refocusing their energy on better, alternative behaviors while delivering the relevant truth about vaping.
TOPICS	<ul style="list-style-type: none">• Common misconceptions about vaping• Alternatives to vaping• Creating a self-care plan
LEARNING OBJECTIVES	<ul style="list-style-type: none">• Recognize that nicotine addiction may require meaningful and substantive lifestyle changes to overcome.• Recognize that you are empowered to make healthy and informed choices, and to help others make those choices.• Demonstrate how to seek out, recommend, and utilize the support services and resources that are available in school, in the local community, or nationally, to help you or someone else quit using.

EXPLORE

DESCRIPTION	This lesson equips learners with knowledge regarding cannabis use by exploring the health effects, risks, and consequences of cannabis vaping and the co-use of nicotine and cannabis.
TOPICS	<ul style="list-style-type: none">• Keywords: cannabis, cannabidiol (CBD), and tetrahydrocannabinol (THC)• Cannabis legality• Common misconceptions and facts about cannabis• Risks of cannabis use• Risks and consequences of co-using cannabis and nicotine
LEARNING OBJECTIVES	<ul style="list-style-type: none">• Debunk common misconceptions about cannabis use with facts and data.• Describe the health risks and consequences of short- and long-term cannabis use.• Examine the health effects of different types of vaping (nicotine, cannabis, or co- use).

CHOOSE

DESCRIPTION	This lesson helps learners reflect on why young people may turn to cannabis and orients them toward choices they can make to take better care of themselves.
TOPICS	<ul style="list-style-type: none">• Keywords: self-care, self-indulgence, and peer pressure• Common reasons young people may use cannabis• Facts (health risks and consequences) about cannabis use• Self-check• Resources for quitting
LEARNING OBJECTIVES	<ul style="list-style-type: none">• Describe why teens and young adults may use cannabis.• Evaluate personal health choices, practices, and behaviors in terms of cannabis use.• Justify healthier choices that maintain and improve physical and mental wellness.