

The Dangers of Youth Vaping & e-Cigarettes Lesson

- Lesson
- Reading
- NO PREP - Just download and Go!

HIGH SCHOOL



**THE DANGERS OF YOUTH
VAPING AND E-CIGARETTES**
GRADE 8 AND UP READING

Improve students'
literacy skills

Sub Plan

Science Applicability



SCROLL
to take a look inside!



HOW THIS LESSON HELPS YOU

- **Saves Prep Time** - Everything is pre-made, ready to go, and fully editable.
- **Provides Built-In Assessments** - Exit Ticket and Reading.
- **Provides Applicability** - the lesson includes multiple examples of real-life applications.

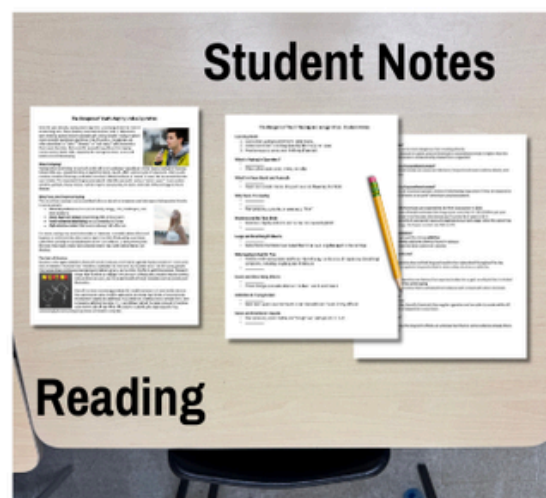
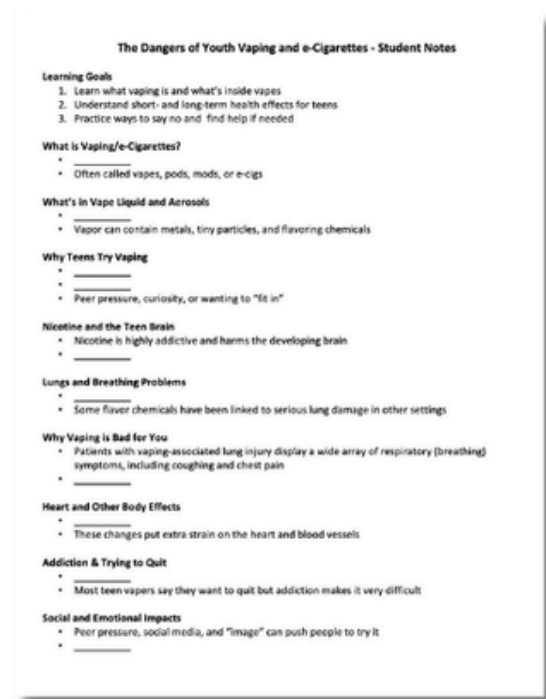
NO PREP

✓ **Simply Download and Teach/Upload** to your class site.

✓ **Assessment Included** 4-Question, Auto-Graded Exit Ticket + Reading Comprehension Article.

✓ **Interactive & Video-Enhanced Lesson**

✓ **Google, Office, & PDF**

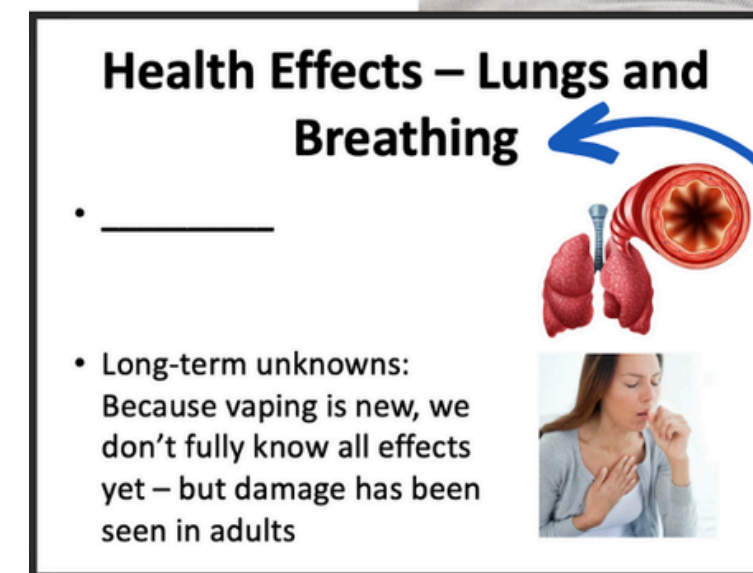
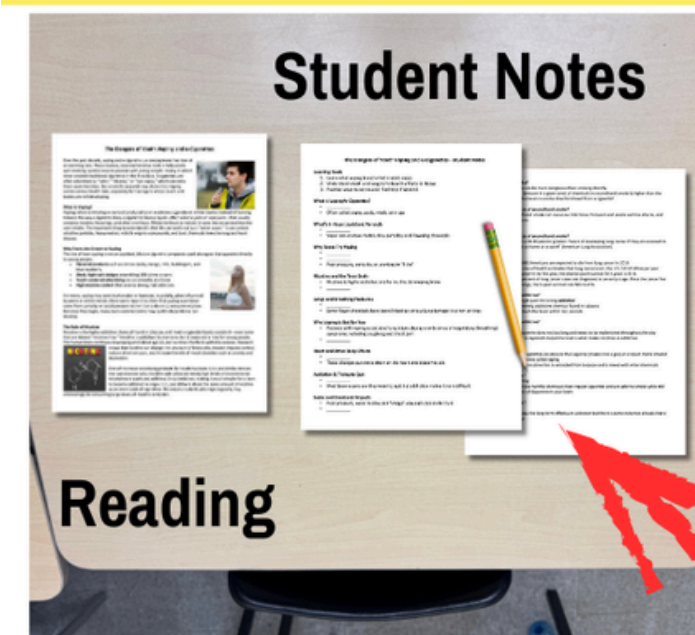


- ★ A Complete, Fully-Editable Lesson & Student Notes
- ★ Teacher and Student Versions of your Lesson with Embedded Videos
- ★ The Dangers of Smoking Reading Comprehension Activity



What You Get

THE DANGERS OF YOUTH VAPING & E-CIGARETTES TEACHER & STUDENT VERSION



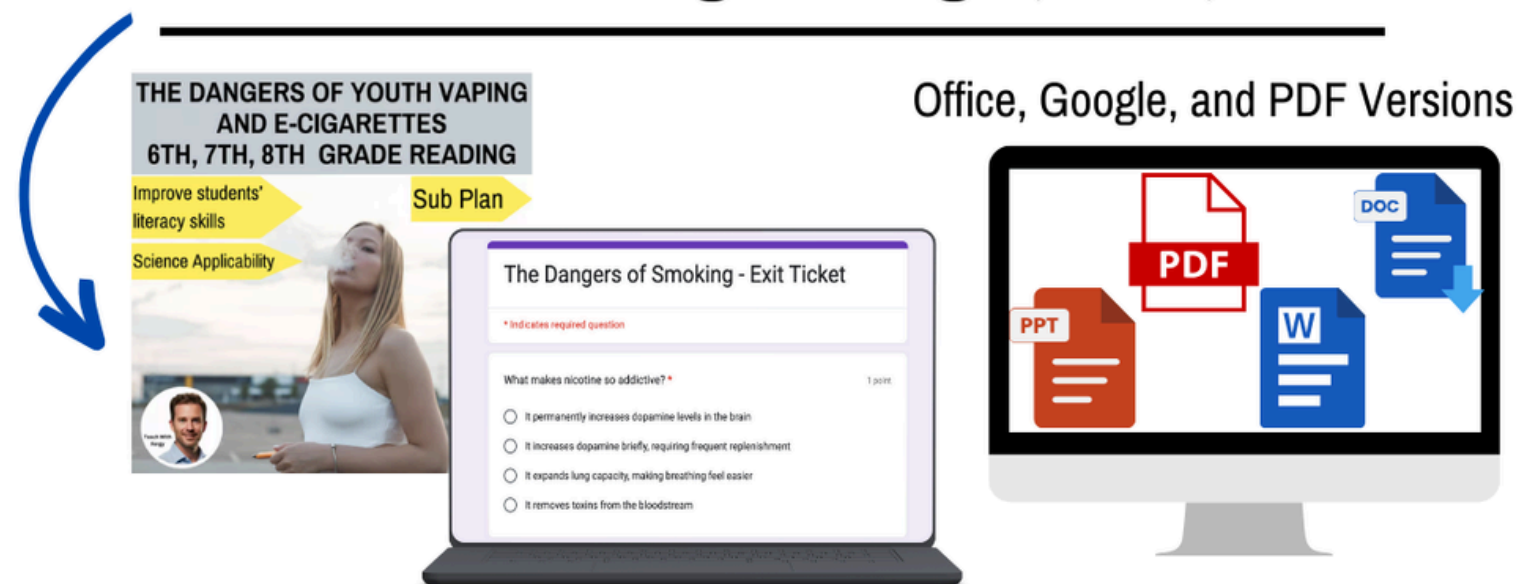
Student version of the lesson includes blanks to fill in.

What Will Your Students Learn?

Videos Embedded & Student Notes



Exit Ticket & Reading + Google, PDF, & Office



- ✓ Why We're Talking About Vaping
- ✓ What Is Vaping?
- ✓ Why Do Teens Vape?
- ✓ What's in Vape Aerosol?
- ✓ Health Effects – Brain and Addiction
- ✓ Addiction and Quitting
- ✓ Health Effects – Lungs and Breathing
- ✓ Health Effects – Heart and Body
- ✓ Social Influences and Misconceptions
- ✓ Legal & School Consequences
- ✓ Resisting Peer Pressure – How to Say NO
- ✓ Conclusion – Stay Vape-Free!



Your Lesson

The Dangers of Youth Vaping and e-Cigarettes - Student Notes

Why We're Talking About Vaping

- Vaping (using e-cigarettes) is now the most common form of tobacco use among teens. In 2024, about 5.9% of U.S. middle and high school students (1.63 million) reported using e-cigarettes
- No tobacco product is safe for youth – that includes e-cigarettes. Most vapes contain nicotine which is highly addictive and harmful to developing brains
- Today we'll cover health risks, social pressures, and legal issues around youth vaping – and why saying no is the best choice.

What Is Vaping?

- Vaping means inhaling an aerosol (mist) produced by an electronic device (e-cigarette, vape pen, or "mod")
- _____

What Is Vaping?

- _____
- Common ingredients include propylene glycol/glycerin and flavoring chemicals
- Unlike smoking, vapes do not burn tobacco
- Even though vape aerosols look like "harmless water vapor," they carry real chemicals into the lungs

Why Do Teens Vape?

- Sweet flavors and cool marketing: Vapes come in fruit, candy, mint, and dessert flavors that appeal to youth
- _____

Why Do Teens Vape?

- Peer and social influences: Many teens try vaping because on social media use e-cigarettes
- _____
- Curiosity and relaxation: Teens often say they wanted to relax/stress-relief

What's in Vape Aerosol?

- _____
- Nicotine by itself is toxic and addictive, especially for you
- Other Toxic Substances: The vapor can carry heavy metal volatile organic compounds, and ultra-fine particles
- These can damage cells and cause cancer

What's in Vape Aerosol?

- Flavor Chemicals: Many flavored vapes include chemicals which is safe to eat but very dangerous to inhale
- _____



Student Notes in Word



1-Click Google Access

Teacher and Student Versions of the Lesson

Videos embedded in your slides

THE DANGERS OF YOUTH VAPING & E-CIGARETTES TEACHER & STUDENT VERSION

Student Notes

Reading

Health Effects – Lungs and Breathing

- Breathing problems: Vaping irritates the airways
- Many teens who vape get coughing, tight chest, and reduced lung function
- Some young vapers have been hospitalized with severe lung damage (EVALI)

Student version of the lesson includes blanks to fill in.

Health Effects – Lungs and Breathing

- Long-term unknowns: Because vaping is new, we don't fully know all effects yet – but damage has been seen in adults

Google Access

Thank you for your purchase. Clicking the link button below will automatically create a copy of the Google resources and place them into your Google Drive. You'll find the folder inside the 'Shared with me' section on the left side of your Drive.

Important: Before you click, make sure you're signed in to the Google account you'd like the resources placed into. If the resources are added to the wrong account, simply sign out and then into the correct one and repeat the process.

Click here to place a copy of your resources into your Google account

Google Classroom Ready One-Click Google Slides Access

Videos Embedded & Student Notes

Why Do Teens Vape?

- Peer and social influences: Many teens try vaping because friends, siblings, or people they see on social media use e-cigarettes
- Seeing "cool kids" vape or celebrities promote vapes can make it seem normal
- Curiosity and relaxation: Teens often say they wanted to try vaping out of curiosity or to relax/stress-relief

Student Notes

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As a special bonus, I want to send you a few resources that you can use in your classroom tomorrow. Completely free and geared towards what you teach!



Just



and then choose what you teach!

thanks
**for your interest
in this resource!**



devon@teachwithfergy.com