

# Čanlí Coalition of CRST

## Youth Vaping Lesson Plan

Recommended for grades 3-7

Approximate lesson length: 20-30 minutes



### Video Link:

For questions or a video file that can be downloaded contact Rae O’Leary at Missouri Breaks at 961-1260 or [rae.oleary@mbiri.com](mailto:rae.oleary@mbiri.com).

### Resources to use with students:

- Know the Facts and Risks of using e-cigarettes  
<https://drive.google.com/file/d/1SGcXlbznHzWQISpj2kNvRoSwGBS-pYiO/view?usp=sharing>
- How to talk to youth about vaping  
<https://drive.google.com/file/d/1SGcXlbznHzWQISpj2kNvRoSwGBS-pYiO/view?usp=sharing>

### Plot:

Two teenage girls are watching a movie. During the movie, they see the actors using cigarettes or e-cigarettes. The stars of Hollywood are using them, and they want to be like the movie stars. One of the girls remembers that an adult living in the home has an e-cigarette. The girls go take the cigarette and begin to talk about the cigarette. One of the girls begins to feel pressured into trying the device, and together they discover that even though e-cigarettes are popular, the dangers are very real. The girls find something different to do and they make a plan to tell their family about the dangers of using e-cigarettes.

At various points throughout the dialog, follow our prompts below to ask students questions about recognizing and responding to peer pressure, how to remain friends when peer pressure happens and the truth about vaping. These girls learn how it feels good to make the right choice and the audience will make powerful discoveries within themselves.

### Characters:

“Good girl” is a teenage girl who loves a good time. She is social and always thinks of way to have a good time. This fun character always is thoughtful of her friends and family. In this dialog, she learns that although peer pressure is difficult to avoid, there are ways to say no and still remain friends.

“Vape girl” is a fun-loving character who is always the light of the party. If there is a good time to be found, she will find it and bring her friends along. She is willing to take a risk to be popular. In this dialog, she learns that there are lots safe ways to have fun and enjoy your friends and family.

Last Updated September 2021

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Adapted from the Čanlí Coalition’s Tribal Tobacco Toolkit. Available at <https://quittobaccosd.com/tribal-tobacco-advocacy-toolkit>.

## Video Discussion Guide

### **Scene 1**      **0:00 to 1:48**

Plot: “Good girl” and “Vape girl” are watching a movie at “Vape girl’s” house. They are watching Fuller house. In the movie, a character uses a [cigarette/e-cigarette]. The girls talk about the movie stars and how they are using tobacco products. “Vape girl” tells “Good girl” that she has a [adult family member] who uses e-cigarettes. They find the e-cigarette, and “Vape girl” begins to pressure “Good girl” into trying it with her. “Good girl” faces a difficult decision.

*Stop the video at the end of the scene to ask some questions about recognizing peer pressure, and what advice might be helpful for “Good girl” and “Vape girl”.*

- What do you think is going on here?
- How do you respond if you are being peer pressured?
- How do you know if something is right or wrong?
- Why do you think the girl with the vape pen thinks that vaping is cool?
- What do you hope will happen in this story?

### **Scene 2**      **1:48 to 3:10**

“Good girl” decides that using the e-cigarette is a bad idea, but is not sure how to tell “Vape girl” that they should not use it. “Good girl” decides to remind “Vape girl” what they learned about the dangers of commercial tobacco and secondhand smoke. “Good girl” and “Vape girl” discuss the dangers of tobacco, and how the big tobacco companies are tricking people into thinking that e-cigarettes are safe. Scene opens to “Vape girl” trying to hand “Good girl” the e-cigarette.

*Stop at the end of the scene to discuss the way that “good girl” said no and ways that they might say no also.*

- Let’s all think of something that we didn’t want to do, and how we were able to say no.
- How are you going to say no if someone pressures you?
- Why did the good girl have trouble deciding whether or not to vape?
- What would you want the good girl to know/ What advice would you give the good girl?
- How can the “good girl” say no to the e-cigarettes and still be friends with the “vape girl”?
- Why do you think people have trouble saying no when they know something is wrong?

### **Scene 3**      **3:10 to 3:44**

“Good girl” and “Vape girl” talk about ways to say no when they feel pressured and ways to tell family that they care about their health.

*Stop at end of scene to discuss ways that students can visit with friends and family about the dangers of e-cigarettes and tobacco, especially when they feel pressure to try them.*

- How do you think the girls felt after they decided not to vape the e-cigarette?
- What would you want your friends to know about vaping?
- How can you still be friends with someone who makes a decision you don’t agree with?
- What did you learn about vaping today?

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### E-Cigarette Facts:

- Some e-cigarettes are marketed as having no nicotine but have still been found to contain nicotine (U.S. Surgeon General 2018)
- E-cigarette use has surpassed smoking among youth
- E-cigarettes go by many different names - Juul is one commonly used brand
- E-cigarette vapor is NOT harmless “water vapor” (CDC 2018)
- E-cigarettes are harmful to users (CDC 2018)
  - Vapor contains cancer causing chemicals
  - When the e-juice is heated, it creates heavy metals like lead, mercury, and cadmium that are inhaled into your lungs
  - A flavoring – Diacetyl has been linked to popcorn lung, a lung disease
  - Nicotine is harmful to adolescent brain development.
  - The long-term health effects of vaping are still unknown
  - Defective e-cigarette batteries have caused fires and explosions.
  - Children, pets, and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin

### Don't fall for the marketing tricks Source: Campaign for Tobacco-Free Kids (2018)

- Each year the tobacco industry spends approximately \$27.5 million per year in South Dakota. **Show pictures of advertisements below to reinforce your message.**
  - Use celebrity spokespeople or social media influencers
  - Magazine ads using rugged men or glamorous women
  - Sponsorship of sports and/or music events
  - Sweet flavors
  - Cartoon ads
  - Memes – see examples on page
  - Portraying their product as “natural” or “cultural” by misappropriating Native American culture.
- The most advertised brands: Marlboro, Newport, and Camel (cigs) and Juul (e-cigs)
- After tobacco billboards were banned in 2000 the cigarette companies *increased their advertising and promotions in and around retail outlets, such as convenience stores.*

### Tobacco Industry Quotes about Youth & Teen Tobacco Use...

- “It’s a well-known fact that teenagers like sweet products. Honey might be considered” Brown & Williamson Memo, 1972
- “Cherry Skoal is for somebody who likes the taste of candy, if you know what I’m saying.” UST sales representative, 1994
- “We have been asked by our clients to come up with a package design... a design that’s attractive to kids.” Lorillard’s ad agency, 1970
- “Today’s teenager is tomorrow’s potential regular customer...the smoking patterns of teenagers are particularly important to Phillip Morris.” Myron E. Johnston, Philip Morris Researcher, 1981

Last Updated September 2021



**CHIEF OF VAPES**

Established with a passion to create the most unique Vape Juice flavours, Chief of Vapes was established in 2018 with its Fabulous Vape Juice Shop in Blackburn and then expanding to become an industry leader within Vape Juice Shops. By taking the themes of love, nature and serenity perpetuated in native Indian culture and mixing them with our love for vaping, we have had nothing but a great response so far.

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How sophomores look at their juul  
when it's almost out of juice



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