

Advisery Vaping Activity

DAY 1

Discussion (10 Minutes): Divide your advisery into groups of 3-4 students and begin the PowerPoint. There are four questions to help introduce the students to the topic, and you can gauge how long to spend on each question based on your individual group. Questions that appear in the PowerPoint include:

Question 1: What is vaping?

Vaping describes someone who uses an e-cigarette – a battery-powered inhaler – that is designed to mimic traditional cigarette smoking. E-cigarettes are devices that use a cartridge to deliver an aerosol mist containing nicotine with various flavors. This aerosol mist is commonly called a “vapor”.

Question 2: Is vaping common at New Trier?

The 2016 Youth Risk Behaviors Survey of NT students indicated that 19% of NT students have used an e-cigarette in the 30 days prior to the survey and 6% of 9th graders (class of 2020) indicated using an e-cigarette in the 30 days prior to the survey.

Question 3: Is vaping harmful?

Many vape pen users assume that they are protecting their lungs because they’re inhaling vapor, not smoke. No tar, no carcinogens, right? Wrong. Aside from nicotine and artificial flavoring, it’s hard to know what else might be hiding in the ingredients of any brand of e-cigarette. Traces of metals like iron and copper are often detected—as well as the carcinogen diethylene glycol.

Question 4: Why do people vape?

Answers will vary.

Video Part 1 (10 Minutes): *What’s Up With E-Cigarettes* is a timely, factual video designed to help educators open a dialogue with students about the dangers of these new products. The program, along with the activities in the Teacher’s Resource Book, will provide your students with current information about this growing industry. The video is broken down into the following 10 chapters, and you will have time to show chapters 1-5 on day 1.

1. Introduction
2. What are E-Cigarettes?
3. Are They Safer?
4. E-Cigarette Marketing
5. Molly’s Story
6. Nicotine and Addiction
7. Can E-Cigarettes Help You Quit Smoking?
8. Miles’ Story
9. How Do I Quit?
10. Conclusion

A summary of the video is included in this packet if you would like more information before showing the video to your advisery.

Advisory Vaping Activity (continued)

DAY 2

Video Part 2 (10 Minutes): You will begin day 2 by showing chapters 6-10.

1. Introduction
2. What are E-Cigarettes?
3. Are They Safer?
4. E-Cigarette Marketing
5. Molly's Story
6. Nicotine and Addiction
7. Can E-Cigarettes Help You Quit Smoking?
8. Miles' Story
9. How Do I Quit?
10. Conclusion

Discussion (10 minutes): Upon completing the video, divide your advisory into groups of 3-4 students and ask them to respond to the following quotes. Each of the quotes below are from the young people who were interviewed in *What's Up With E-Cigarettes?* Students should clarify the speaker's confusion or correct any misinformation.

It doesn't taste smoky or anything. It definitely had a fruity twist.

It doesn't give you secondhand smoke. I think it's just water vapor.

People think that they're healthier.

My friends are mostly smoking e-cigarettes. They aren't really into cigarettes.

There's no tobacco, no formaldehyde, none of that really, really bad stuff.

It doesn't give you secondhand smoke. It doesn't give you anything like that.

I don't know. I just assume that it has less nicotine, less tar, tobacco. But I'm not sure.

It's water vapor. So it just goes away.

They look like pens and the colors are fun! It doesn't feel like you're smoking cigarettes.

DAY 3

Kahoot (5 Minutes): As a fun way to review and bring some closure to the topic, below is a link to a quick 5 question Kahoot about information that was covered in the video.

<https://play.kahoot.it/#/?quizId=b1fd7c84-9a61-4186-9496-2ffc7ffacc19>

What's Up With E-Cigarettes?

Program Summary

The program begins with several teens talking about e-cigarettes. Clearly they are misinformed about the dangers of these products. Next, the hosts tell viewers that nicotine is one of the most addictive substances in the world. The newest delivery system is the e-cigarette—a battery-powered inhaler that is designed to mimic traditional cigarette smoking.

One host promises, "This program will look at what we know and what we don't know about e-cigarettes." After identifying the components of typical e-cigarettes, viewers hear from cardiopulmonary specialist, Dr. Jonathan Whiteson. What do e-cigarettes contain? Whiteson says, "We know from studies of the vapor that there are probably more chemicals in the vapor than just nicotine, including diethylene glycol, which is a carcinogen, as well as metals like iron and copper."

The doctor and hosts next discuss whether vaping e-cigarettes is any safer than smoking tobacco cigarettes. Although e-cigs may contain fewer chemicals, no tar and no smoke, they are far from benign. Dr. Whiteson says, "There is so much we don't know about the vapor from electronic cigarettes... I could never say that e-cigarettes are safe or safer than anything else."

The information from the hosts and medical expert are interspersed with comments from young people who clearly are confused about whether e-cigarettes are safe for smokers or for those nearby. "It doesn't give you secondhand smoke," says one. Dr. Whiteson clarifies: "There is a vapor that is exhaled by somebody who has inhaled the nicotine vapor. This is what we would call the secondhand exposure. There is good evidence to suggest that non-smokers [who] have been around someone who is using an e-cigarette [will] have detectable levels of nicotine and the byproducts within their blood system as well."

The teen speakers describe why e-cigarettes are compelling to young people. "The colors are fun. They're different flavors. It doesn't feel like you're smoking cigarettes." This leads to a discussion of the ways that manufacturers market these products to young, tech-savvy people, including high schoolers and even middle schoolers. Research shows that seven percent of high school students who have used e-cigarettes had never smoked a traditional cigarette—indicating that these devices even have an appeal among steadfast anti-smokers.

E-cigarettes are not regulated by the Federal Drug Administration (FDA) because, technically, they are not a tobacco product despite the fact that they contain nicotine. Companies have cashed in on this loophole by promoting their vaping devices on television—something that cigarette companies are no longer allowed to do. Dr. Whiteson offers a chilling summation: "The tobacco industry is a science. And they continue to study

the most effective way to deliver nicotine to the body. Because, if they can deliver nicotine effectively, they can much more rapidly get you addicted to the cigarette. There is also good evidence to suggest that an e-cigarette will be the first introduction to nicotine in a teenager, and then they will move on to using tobacco products.”

At this point, viewers hear from Molly, a young e-cigarette user who describes how she became hooked. What began as an attempt to quit smoking traditional cigarettes soon turned into a new addiction. She experienced many of the same side effects that accompany conventional smoking—nausea, sore throat and more. The variety of flavor choices also appealed to her.

The hosts explain that nicotine is an addictive stimulant. Because it is so addictive, it doesn't take long before a user wants to smoke or “vape” it more frequently. Dr. Whiteson points out that, because teens' brains are still developing, exposure to nicotine can lead to a greater propensity in later years to become addicted to other substances, including drugs and alcohol. It is “much more likely that an adolescent who has been exposed to nicotine in their teen years will be using tobacco products and will be using alcohol and other drugs when they're older.”

The hosts turn to a discussion of whether e-cigarettes are an effective way to stop smoking. They distinguish between these vaping products, which often have an unknown quantity of nicotine, and proven smoking cessation methods such as nicotine gum, nicotine patches or lozenges. The products designed to help smokers quit include clear directions and a timeline that smokers can follow as they cut back on nicotine. E-cigarettes offer none of these benefits.

A young adult named Miles describes his own path into e-cigarette dependence. “The first time I bought it, I was thinking I'd have it for weeks and weeks and never really use it. But the longer I had it, the quicker they tend to go.” Now, however, his need is far greater. “Generally, when I'm in between electronic cigarettes, it's agony. I almost always go get one as soon as one finishes just because it is something I kind of have to have.”

As the video draws to a close, the teen speakers, hosts and Dr. Whiteson underscore the main points of the program: avoid e-cigarettes (and tobacco in general) and don't allow yourself to become a guinea pig for an industry that is unregulated and may be adding carcinogenic chemicals to a mixture that is already addictive, dangerous and potentially life-threatening.