

# Vaping Lesson



- We assume you already know some background information on e-cigarettes and vaping, however, we hope to add to your knowledge today about the topic. We also want to equip you with resources on the topic.
- Plan for today:
  1. Kahoot---Test your knowledge about vaping
  2. Videos: Featuring MN Youth & CRHS staff
  3. Quick Survey
  4. Resources

# Test Your Knowledge

Kahoot!

**Vaping Nov 2019 CORE**

# Kahoot Answers

## Vaping Kahoot Answers

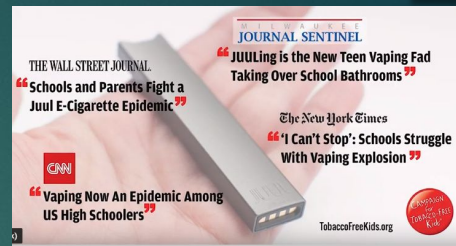
# Videos

## Don't Blow it: MN teens talk about vaping (10 minutes)

Students across MN talk about vaping

Questions:

1. What are some chemicals found in vapes?
2. How do companies target youth?
3. What are some physical side effects of vaping?
4. What are some severe things that can happen to the devices?
5. What are some reasons to not vape or to quit?



## Warning for Others (3 ½ minutes)

Elijah has already shared his perspective, and the vaping products he used with the FDA, in hopes of helping the search for a cause of the lung injury cases.

Questions:

1. How many lung illnesses related to vaping?
2. How many deaths attributed to vaping?
3. What are the risks of illegal/off-market products?



# School Videos



**Insert video of administrator explaining school consequences**

**Insert video of school resource officer explaining legal consequences**

# Opportunities at School



- Are you interested in continuing to educate students about issues surrounding vaping?
- Are you interested in creating posters, advisory competitions, Public Service Announcements?
- If you are, we could use your expertise, creativity, and voice!
- Feel free to stop by and see XXXX or email her if you are interested.

# Quick Survey

- Your voice matters!
- We would love your **ANONYMOUS** input for us through this QUICK survey.
- Survey can be found in your school email

**VAPING SURVEY TEMPLATE**

# More Videos

- Juulers against Juul <https://www.youtube.com/watch?v=7EsNG7RcStQ>
- MN Doctor explains vaping impact on lungs on Tik Tok  
<https://www.tiktok.com/@drleslie/video/6732923565483592966>
- MN Governor  
<https://www.msn.com/en-us/news/video/with-vaping-rates-up-gov-walz-calls-on-legislature-to-ban-flavored-e-cigs-in-minnesota/vp-AALcypW>
- Mysterious Lung Diseases  
<https://www.washingtonpost.com/health/2019/09/07/what-we-know-about-mysterious-vaping-linked-illnesses-deaths/>
- Children's MN confirms 4 severe lung injury cases linked to vaping  
<https://www.kare11.com/article/news/childrens-minnesota-confirms-4-severe-lung-injury-cases-linked-to-vaping/89-bf1b8646-1ea9-42b5-8d33-d3055e6aadbe>



# Thinking About Quitting? Helping a friend quit?

## TEXTING RESOURCES:

- Text "QUIT" to 706-222-QUIT
- Text "DITCHJUUL" to 88709
- Text "Start My Quit" to 855-891-9989

## APPS:

- QuitNow <https://quitnow.app/en>
- Smoke Free-Quit Smoking Now <https://smokefreeapp.com/>

## WEBLINKS:

<https://www.essentiahealth.org/services/tobacco-cessation/>

<https://teen.smokefree.gov/>

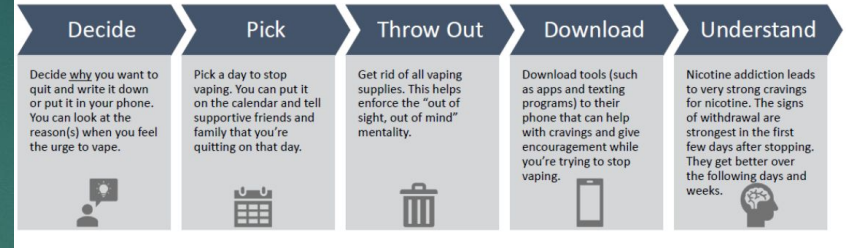
<https://truthinitiative.org/what-we-do/quit-smoking-tools>

<https://www.lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html>

<https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping>

<https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>

## How Can Kids and Teens Quit Vaping?



# Resources & Links

- Campaign for Tobacco-Free Kids: <https://www.tobaccofreekids.org/>
- U.S. Surgeon General: <https://www.tobaccofreekids.org/>
- Centers for Disease Control: <https://e-cigarettes.surgeongeneral.gov/>
- The Truth: <https://www.thetruth.com/articles/hot-topic/quit-vaping>
- Do Something: <https://www.dosomething.org/us/escape-the-vape-guide>
- Minnesota Dept of Health: <https://www.health.state.mn.us/communities/tobacco/quitting/index.html#youth>
- Don't Blow It/Essentia Health: <https://www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/>
- FCD's Educational Services, **"The Teenage Brain: Teens' Real Questions Answered"**  
<http://myemail.constantcontact.com/E-Journal--The-Teenage-Brain--Teens--Real-Questions-Answered-by-FCD.html?soid=1101484057590&aid=zAdETiv9iww>

# THANK YOU!!!



- Thanks for participating today!
- We hope you learned something new!
- We will send out this presentation to you to your School email.
- Save in case you ever want to refer back to the resources.