



Lesson Plan: The Dangers of Vaping

Objective:

By the end of this lesson, students will understand the risks and dangers associated with vaping and will be able to make informed decisions about whether to start, quit, or avoid vaping.

Materials Needed:

- Video on the dangers of vaping
- Whiteboard and markers
- Handouts with key points and questions
- Computers or tablets for research (optional)

Lesson Outline:

1. Introduction (10 minutes)

- Briefly introduce the topic of vaping.
- Explain the objective of the lesson: to understand the dangers of vaping and make informed decisions.

2. Video Presentation (15 minutes)

- Show the video on the dangers of vaping.
- Ask students to take notes on key points, especially focusing on health risks and personal stories shared in the video.

3. Group Discussion (10 minutes)

- Divide the class into small groups.
- Ask each group to discuss the main points they noted from the video.
- Have each group share one or two key points with the class.

4. Key Information Review (15 minutes)

- Summarize the main points from the video:
 - Vaping can lead to severe health issues such as lung damage, respiratory problems, and addiction.

- Personal story of Yan Fisher: Started vaping at 16, severe health consequences, and long-term effects.
- Harmful chemicals in vape liquids: nicotine, formaldehyde, acetaldehyde, acrolein, and various metals.
- The deceptive safety of food colorings in vape liquids when inhaled.
- Write these points on the whiteboard for visual reinforcement.

5. Activity: Research and Present (20 minutes)

- Provide students with a list of harmful chemicals found in vape liquids.
- Assign small groups to research one chemical each using computers or tablets.
- Each group prepares a brief presentation on their assigned chemical, covering:
 - What it is and where it is found.
 - Its effects on the body when inhaled.
 - Why it is dangerous.
- Have groups present their findings to the class.

6. Visualization Exercise (5 minutes)

- Guide students through a visualization exercise:
 - Imagine vaping and the process of inhaling harmful chemicals.
 - Visualize these chemicals affecting the lungs, bloodstream, and overall health.
 - Reflect on the long-term health consequences and personal stories shared in the video.

7. Class Discussion: Making Informed Decisions (10 minutes)

- Discuss the importance of making informed decisions about vaping.
- Emphasize that it is a personal choice, but one that should be made with full knowledge of the potential risks.
- Encourage students to think critically about peer pressure and marketing tactics.

8. Question and Answer Session (10 minutes)

- Provide handouts with questions for students to answer based on the video and discussion:
 - What are the potential health risks of vaping?
 - Why did Yan Fisher start vaping, and what were the consequences?
 - What chemicals are found in vape liquids, and what are their effects?
 - How can you make an informed decision about vaping?

9. Closing Remarks (5 minutes)

- Summarize the lesson's key points.
- Encourage students to continue researching and thinking critically about vaping and other health-related decisions.

- Remind students that their health is their responsibility, and informed choices lead to better long-term outcomes.

10. Optional Homework Assignment

- Ask students to write a brief essay on the topic: "Why I Choose to Avoid Vaping" or "The Importance of Making Informed Decisions About Vaping."
- Alternatively, students can create informational posters about the dangers of vaping to display in the school.

This lesson plan is designed to provide students with comprehensive information about vaping, encourage critical thinking, and empower them to make informed health decisions.