



Grade 10 Lesson Plan: Are You A Fool for JUUL

SOLs

- Evaluate the causal relationship between tobacco, alcohol, inhalant, and other drug use and chronic disease.

Objectives/Goals

- Student will be able to explain the link between e-cigarette and tobacco use.
- Student will be able to identify the addictive chemical in e-cigarettes via an exit slip.
- Student will be able to reflect on the similarities between smoking tobacco and e-cigarettes.

Materials

- Web Scavenger Hunt Worksheet
- Are You A Fool For JUUL? PowerPoint or [Prezi](#)
- Exit Slip

Procedure

| Step # | Description | Objective # Addressed |
|--------|---|-----------------------|
| Step 1 | Essential Questions: <ul style="list-style-type: none"> What is Vaping? What are the risks of e-cigarette use? | |
| Step 2 | As students begin to enter the classroom have them get started on a Web Scavenger Hunt using the handout provided. | #1, 2, 3 |
| Step 3 | Begin the PowerPoint or Prezi with Guided Notes <ul style="list-style-type: none"> Intro to FDA and Ingredients Guided Notes provided below | #1, 2, 3 |
| Step 4 | Exit Slip <ul style="list-style-type: none"> Provided below | #2 |

Assessment Idea

Exit Slip Provided Below

References

- Marie Leake, M.A.T. Albemarle County Public Schools

Handouts

- Web Scavenger Hunt
- Guided Notes
- Exit Slip

Name: _____ Pd: _____ Date: _____

Web Scavenger Hunt

Type this link into your browser to find the answers:<https://tinyurl.com/mchsnicotine>

1. What happens in your brain when you use tobacco and nicotine?
 - a. Like other drugs, nicotine increases levels of a neurotransmitter called _____.
 - b. Dopamine is released normally when you experience something pleasurable like good food or your favorite activity.
 - c. When a person uses nicotine products, the release of _____ causes similar effects.
 - d. This effect wears off quickly, causing people to use cigarettes or e-cigarettes again for more of that good feeling, which can lead to _____.

2. What happens in your body when you use tobacco and nicotine?
 - a. When nicotine enters the body, it initially causes the adrenal glands to release a hormone called _____.
 - b. The rush of _____ stimulates the body and causes an increase in blood pressure, _____, and breathing.

3. What about E-Cigarettes?
 - a. _____ from e-cigarettes activates the brain's rewards circuits and increases levels of a chemical messenger in the brain called _____.
 - b. Testing of some e-cigarette products found the _____ to contain known cancer-causing and _____.
 - c. Some research suggests that e-cigarette use may serve as a _____ or introductory product for youth to try other tobacco products, including regular cigarettes.

Name: _____ Pd: _____ Date: _____

Are You a Fool for JUUL?

Food and Drug Administration (FDA)

In 2006 set an age minimum to _____ years old, which some states have since increased to _____ years of age.

In 2018, the FDA is no longer allowing companies to label e-juice with the appearance of popular sugary foods.

JUUL no longer sells their fruity flavors in stores, now they are only sold directly through their website.

The FDA has been considering banning all flavoring that is appealing to teens.

Propylene Glycol

Used in e-liquid to increase the _____ look.

Also used in _____ and _____ Machines

Formaldehyde

Used in all sorts of products such as cabinets, carpets, furniture, and _____. But mostly, it's known for _____

Inhaling formaldehyde can cause _____ and _____.

It's also linked to _____, particularly of the nose and throat.

Are You A Fool For JUUL?

Name: _____ Pd: _____

Date: _____
What is the **chemical** from e-cigarettes that leads to addiction? _____

What **hormone** is released in our brains when we enjoy something? _____

What do “vapes” produce?

- Smoke
- A vapor
- An aerosol
- A mist

Are You A Fool For JUUL?

Name: _____ Pd: _____

Date: _____
What is the **chemical** from e-cigarettes that leads to addiction? _____

What **hormone** is released in our brains when we enjoy something? _____

What do “vapes” produce?

- Smoke
- A vapor
- An aerosol
- A mist