



Grade 10 Sample Lesson Plan: Unit 6 – Vicious Vapes

SOLs

- 10.1.g** Research trends in teen use/abuse of alcohol, tobacco, and other drugs and their impact on the community.
- 10.1.h** Evaluate the causal relationship between tobacco, alcohol, inhalant, and other drug use and chronic disease.
- 10.3.h** Design an action plan to reduce risk-taking behaviors, acts of violence, substance use, and gang involvement

Objectives/Goals

- Students will be able to compare and contrast the medical facts from the the misinformation presented in the media
- Students will be able to analyze the reasons why there is so much misinformation in the media
- Students will be able to choose one of the vaping projects to create a health message about the susceptibility to injury and/or illness and adapt the message for high school students.

Materials

- [Vicious Vapes Presentation](#)
- [Vaping Project](#)
- [Student note page](#)

Procedure

Step 1	• Present the Vicious Vapes Presentation .	
Step 2	• Have students take notes on the harmful effects of vaping	
Step 3	• Show the video of Katherine Heigl Vaping on David Letterman.	https://www.youtube.com/watch?v=7fcOE5TCfAI

Step 4	<ul style="list-style-type: none">• Have students compare and contrast the medical facts from the presentation to the misinformation that the actress gave	
Step 5	<ul style="list-style-type: none">• Have students brainstorm reasons why there is so much misinformation out in the media about e-cigarettes	
Step 6	<ul style="list-style-type: none">• Have students choose one of the Vaping Projects	

References

- Melanie Lynch, M.Ed. North Allegheny School District
- Megan Cartwright, Ph.D. Student in Toxicology

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Advocacy Project

TOPIC: Vaping

Directions: Using one of the projects below, create a health message about the susceptibility to injury and/or illness and adapt the message for high school students.

Advocacy Brochure

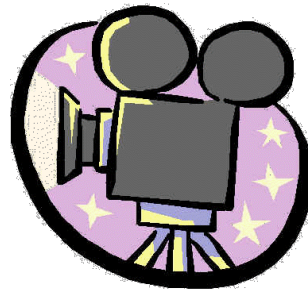
- Create an informational tri-fold brochure on vaping (front and back)
- Your brochure should advocate for healthy norms and behaviors
- Research valid information to include in your brochure
- Make it colorful and neat (handwritten or digital)



Advocacy Video

- Create an informational video 1-2 minutes long about the dangers of vaping
- Your video should advocate for healthy norms and behaviors
- Research valid information to include in your video

Examples are available on YouTube



Advocacy infographic

- Create an infographic on vaping
- Your infographic should advocate for healthy norms and behaviors
- Research valid information to include in your poster
- Your infographic should be neat and colorful
- You can use an infographic template.
<https://infogr.am/>
- <http://piktochart.com/>
- <https://venngage.com/>
- <https://www.canva.com/create/infographics/>

Am I Binge Drinking?



Binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or more. In Hong Kong, this pattern of drinking has been reported amongst youth through a survey as drinking at least 5 cans/glasses of alcohol beverages (average of 62.5grams of pure alcohol) on one occasion during a month.



5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for women, generally within about 2 hours.

Short-term effects of binge drinking



Long-term effects of binge drinking regularly



Sources :
National Institute of Alcohol Abuse and Alcoholism
The Behavioral Risk Factor Survey (2010), Hong Kong

Any questions? Email us at contact@kely.org or look out for us at the game ☺

Advocacy letter

- You will write an informational advocacy essay to a NASD high school student about the dangers of vaping.
- Your letter should advocate for healthy norms and behaviors
- Research and include valid information in your letter
- Talk to them about yours or others experiences
- Talk to them about what they can expect
- 800 word minimum



RUBRIC

Formative Feedback	Criteria	4	3	2	1	0
	1.12.8 <u>Analyze</u> personal susceptibility to injury and illness if engaging in unhealthy behaviors, <i>such as using electronic vapor products</i> .	The analysis of personal susceptibility to injury and illness if engaging in unhealthy behaviors, <i>such as using electronic vapor products</i> is accurate.	The analysis of personal susceptibility to injury and illness if engaging in unhealthy behaviors, <i>such as using electronic vapor products</i> is mostly accurate.	The analysis of personal susceptibility to injury and illness if engaging in unhealthy behaviors, <i>such as using electronic vapor products</i> has a few inaccuracies.	The analysis of personal susceptibility to injury and illness if engaging in unhealthy behaviors, <i>such as using electronic vapor products</i> is inaccurate.	Not enough evidence to score
	8.12.4 <u>Adapt</u> health messages and communication techniques <i>about using vapor products</i> , to a specific target audience (grades 9-12)	The adaption of health messages and communication techniques <i>about using vapor products</i> to a specific target audience is accurate.	The adaption of health messages and communication techniques <i>about using vapor products</i> to a specific target audience is mostly accurate.	The adaption of health messages and communication techniques <i>about using vapor products</i> to a specific target audience has a few inaccuracies.	The adaption of health messages and communication techniques <i>about using vapor products</i> to a specific target audience is inaccurate.	Not enough evidence to score

Non Standard Criteria

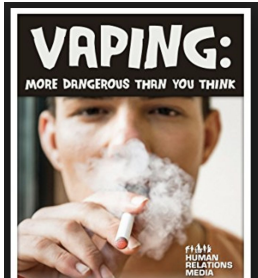
Directions: Score the non-standard criteria as a percentage of the standard criteria.

Criteria:

- Academic implications of vaping.
- Social implications of vaping
- Completion of the graphic organizers

Media's Mistakes

Dangers of Vaping



Katherine Heigl's Information



Pair up with a partner and write a paragraph analyzing at least three reasons that the media sends out so much misinformation about e-cigarettes.
