



Grade 10 Lesson Plan

Don't Halt Your Heart By Using an Alto

SOLs

- Identify health-related social issues, such as organ donation, homelessness, the spread of infectious diseases, underage drinking, substance abuse, and violence, and their impact on the community.

Alto is another popular e-cigarette brand among youth.

Objectives/Goals

- Student will be able to identify the health risks associated with e-cigarette use.

Materials

- Crossword Puzzle Review
- Don't Halt your Heart By Using an Alt(o) PowerPoint or [Prezi](#)
- Exit Slip

Procedure

Step #	Description	Objective # Addressed
Step 1	Essential Questions: <ul style="list-style-type: none"> What are the risks of e-cigarette use? 	
Step 2	Students will complete a crossword puzzle review as they come in and find their seat.	#1
Step 3	Begin the PowerPoint or Prezi with Guided Notes <ul style="list-style-type: none"> E-Cigarettes affect on the body Guided Notes provided below 	#1
Step 4	Exit Slip <ul style="list-style-type: none"> Provided below 	#1

Assessment Ideas

- Crossword Puzzle Review
- Exit Slip Provided Below

References

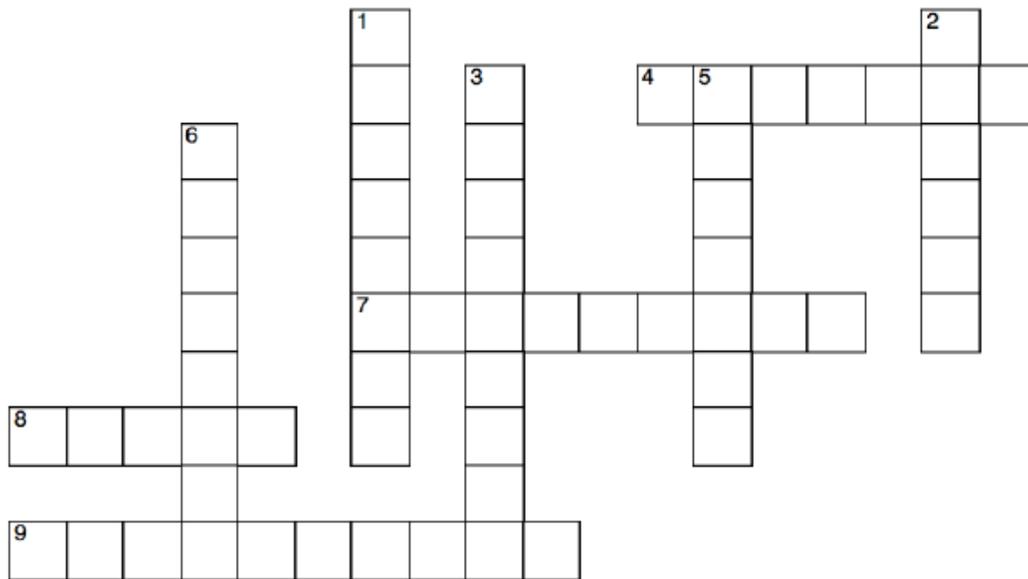
- Marie Leake, M.A.T. Albemarle County Public Schools

Handouts

- Crossword Puzzle Review
- Guided Notes
- Exit Slip

E-Cigarette Review

Use your past guided notes and web scavenger hunt for the answers.



ACROSS

- 4 Some research suggests that e-cigarette use may serve as a _____ or introductory product for youth to try other tobacco products, including regular cigarettes.
- 7 The age to purchase nicotine products in Virginia has _____ from 18 to 21 years old.
- 8 The aerosol from e-cigarettes contain varying amounts of _____ chemicals.
- 9 When nicotine enters the body, it initially causes the ADRENAL GLANDS to release a hormone called _____.

DOWN

- 1 What is the chemical that leads to addiction in e-cigarettes?
- 2 Formaldehyde is linked to _____, particularly of the nose and throat.
- 3 Nicotine causes people to use e-cigarettes again for more of that good feeling, which can lead to _____.
- 5 What do e-cigarettes produce?
- 6 What hormone in the BRAIN is released when we enjoy something?

Name: _____

Pd: _____

Date: _____

Name: _____ Pd: _____ Date: _____

Don't Halt Your Heart By Using an Alt(o)***alien voice from Toy Story* The Brainnnnnnnn**

The area of the brain responsible for emotions and controlling our impulses is known as the _____.

It's very vulnerable to nicotine's effects. This is especially true for young people. The reason: This part of the brain doesn't finish developing until about age _____.

The brains of teens who smoke or vape may create _____ receptors to handle the flood of nicotine they have come to expect. As the number of receptors increases, teens will need more nicotine to get the same feeling. That makes nicotine users seek hit after hit, resulting in _____.

The Brain and Nicotine

The increase of nicotine receptors in the brain can result in teens having a more difficult time focusing.

It can also result in _____ and _____.

E-Cigarettes and the Heart

Daily use of e-cigarettes _____ your risk to having a _____.

Daily use of tobacco products and e-cigarettes makes you _____ as likely to have a heart attack.

(Continued on next page)

E-Cigarettes and the Lungs

Even though we know that _____ causes _____, this chemical is found in many e-cigarette flavors. It is added to "e-juice" liquid by some e-cigarette

companies to complement flavorings such as vanilla, maple, coconut and more.

When inhaled, diacetyl causes bronchiolitis obliterans (a.k.a. Popcorn Lung) a scarring of the tiny air sacs in the lungs resulting in the _____ and _____ of the airways. It's a serious lung disease that causes coughing, wheezing and shortness of breath.

E-cigarettes produce a number of toxic chemicals such as acetaldehyde, acrolein, acrolein, and formaldehyde. These chemicals have been found to cause _____, _____, and _____.

Don't halt your heart by using an Alt(o)

Name: _____ Pd: _____ Date: _____

E-cigarette use can double your risk of a heart attack.

- True
- False

Some chemicals found in e-cigarettes can result in:

- Asthma
- Lung Disease
- Lung Cancer
- All of the above

Don't halt your heart by using an Alt(o)

Name: _____ Pd: _____ Date: _____

E-cigarette use can double your risk of a heart attack.

- True
- False

Some chemicals found in e-cigarettes can result in:

- Asthma
- Lung Disease
- Lung Cancer
- All of the above