

# The DANGERS of Other Tobacco Products

## Implementation Guide

### Module Contents (downloadable at [www.vfhy.org](http://www.vfhy.org)):

- 1 PowerPoint Presentation with notes slides/script
- 1 Handout for Students
- Pre and Post-test Surveys

**Grade Level:** Middle & High School Students

### Learning Objectives:

1. Increase awareness and knowledge of Other Tobacco Products (OTPs)
2. Increase awareness and knowledge of the addictive qualities of nicotine.
3. Increase awareness and knowledge of toxic chemicals found in OTPs.

### Implementation Guidelines:

- *The DANGERS of Other Tobacco Products Module* can be presented on its own or as an add-on with other tobacco use prevention efforts.
- The PowerPoint presentation is approximately 10-15 minutes long.
- Each slide has notes that serve as a script for the instructor to read. Instructors should familiarize themselves with the content to avoid “dry” readings and to more fully engage students.
- At the conclusion of the presentation and optional post-test survey, students should be given the handout as a takeaway.

### Evaluation:

- Optional pre and post tests are included as part of the module. They may be administered to measure student gains in knowledge about Other Tobacco Products (OTPs). Student names are not required and all evaluation surveys should remain confidential. Each survey takes less than 5 minutes to complete.
- The pre-test survey should be administered immediately before the PowerPoint presentation and collected.
- The post-test survey should be administered immediately after the PowerPoint presentation and collected.

# Other Tobacco Products Pre-test Survey

**INSTRUCTIONS:** The following items will assess your knowledge and awareness of tobacco products. Please answer each one to the best of your ability.

**Do not skip any questions.**

1. Nicotine is the addictive ingredient in tobacco products.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
2. Like flavored cigarettes, it is against the law for stores to sell other flavored tobacco products like e-cigarette liquid, hookah and little cigars.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
3. According to health experts, there are ways to safely use tobacco products.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
4. Using smokeless tobacco products (spit or chewing tobacco) can be as addictive as smoking cigarettes.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
5. Hookah is safer than smoking cigarettes because the water in the hookah filters the harmful chemicals in the tobacco smoke.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
6. On average, a person who is smoking hookah in one sitting consumes the equivalent of 100 cigarettes.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
7. A person can always smell or taste tobacco if it is in a product they use.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
8. Electronic cigarettes have been scientifically proven to help people quit smoking.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True

# Other Tobacco Products Post-test Survey

**INSTRUCTIONS: The following items will assess your knowledge and awareness of tobacco products. Please answer each one to the best of your ability.**

**Do not skip any questions.**

1. Nicotine is the addictive ingredient in tobacco products.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
2. Like flavored cigarettes, it is against the law for stores to sell other flavored tobacco products like e-cigarette liquid, hookah and little cigars.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
3. According to health experts, there are ways to safely use tobacco products.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
4. Using smokeless tobacco products (spit or chewing tobacco) can be as addictive as smoking cigarettes.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
5. Hookah is safer than smoking cigarettes because the water in the hookah filters the harmful chemicals in the tobacco smoke.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
6. On average, a person who is smoking hookah in one sitting consumes the equivalent of 100 cigarettes.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
7. A person can always smell or taste tobacco if it is in a product they use.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True
8. Electronic cigarettes have been scientifically proven to help people quit smoking.  
 Definitely Not True  
 Not True  
 I Don't Know  
 True  
 Definitely True

## About Virginia Foundation for Healthy Youth

Established in 1999 by the Virginia General Assembly, the Virginia Foundation for Healthy Youth (VFHY) empowers Virginia's youth to make healthy choices by promoting active, nutritious and tobacco-free living. VFHY receives no taxpayer funds. Since we began working with youth in 2001, we have helped cut the youth smoking rate in Virginia by more than 70 percent - See more at [www.vfhy.org](http://www.vfhy.org)

# The DANGERS of Other Tobacco Products

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# There is **NO SAFE WAY** to use these nicotine products.

## Electronic Cigarettes

- Contains nicotine—which is addictive
- Candy flavors hide the toxic chemicals



## Hookah

- The water does NOT “clean” inhaled smoke
- One hookah session = at least 100 cigarettes



## Cigars/Cigarillos

- Not healthier than cigarettes
- Packaged/taxed differently to seem more affordable



## Smokeless Tobacco

- Just as addictive as cigarettes and delivers more nicotine in a shorter time than cigarettes
- Proven to cause oral cancers and diseases



Nicotine is just one of **MANY** toxic chemicals in every product shown here.

