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 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**

<table>
<thead>
<tr>
<th>Step 1</th>
<th>● Present the <em>Vicious Vapes Presentation</em>.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 2</td>
<td>● Have students take notes on the harmful effects of vaping</td>
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<tr>
<td>Step 3</td>
<td>● Show the video of Katherine Heigl Vaping on David Letterman. <a href="https://www.youtube.com/watch?v=7fcOE5TCfAI">https://www.youtube.com/watch?v=7fcOE5TCfAI</a></td>
</tr>
<tr>
<td>Step 4</td>
<td>● Have students compare and contrast the medical facts from the presentation to the misinformation that the actress gave</td>
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<tr>
<td>Step 5</td>
<td>● Have students brainstorm reasons why there is so much misinformation out in the media about e-cigarettes</td>
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<tr>
<td>Step 6</td>
<td>● Have students choose one of the Vaping Projects</td>
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</tbody>
</table>

**References**
- 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.

<table>
<thead>
<tr>
<th>Advocacy Brochure</th>
<th>Advocacy Video</th>
<th>Examples are available on YouTube</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Create an informational tri-fold brochure on vaping (front and back)</td>
<td>● Create an informational video 1-2 minutes long about the dangers of vaping</td>
<td></td>
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<tr>
<td>● Your brochure should advocate for healthy norms and behaviors</td>
<td>● Your video should advocate for healthy norms and behaviors</td>
<td></td>
</tr>
<tr>
<td>● Research valid information to include in your brochure</td>
<td>● Research valid information to include in your video</td>
<td></td>
</tr>
<tr>
<td>● Make it colorful and neat (handwritten or digital)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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 62.5 grams of pure alcohol) on one occasion during a month.

- Are you Binge Drinking according to this...
  - 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
  - Stomach pain
  - Nausea
  - Vomiting and morning hangovers
  - Dizziness and confusion
  - Trouble concentrating

- Long-term effects of binge drinking regularly
  - Brain damage
  - Mental health problems
  - Earlier death

Research and include valid information in your poster.

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

## Effective Feedback

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