

FREE DIGITAL LESSONS

# Vaping: Know the truth

Youth e-cigarette use is a public health crisis in the United States. Recent data show that more than 2.5 million middle and high school students reported using e-cigarettes.<sup>1</sup> Many young people reported that they are vaping every day or nearly daily, underscoring the highly addictive nature of nicotine, which is harmful to developing brains.

*Vaping: Know the truth* is a national youth vaping prevention course designed to educate students about the dangers of e-cigarette use. In addition to encouraging students to live vape-free lives, this course offers resources to help young people who are currently using e-cigarettes to quit through Truth Initiative's first-of-its-kind text message quit vaping program *This is Quitting*, which is already helping over 600,000 youth and young adults on their journeys to quit.

1. Source: National Youth Tobacco Survey (2022)



Vaping: Know the truth

**GRADE LEVEL:**  
8-12

**CURRICULUM FIT:**  
Health, Advisory, Homeroom, Life Skills, FCS

**LENGTH:**  
4 digital lessons,  
10 mins each





**STANDARDS ALIGNMENT:**  
National Health Education Standards (NHES)

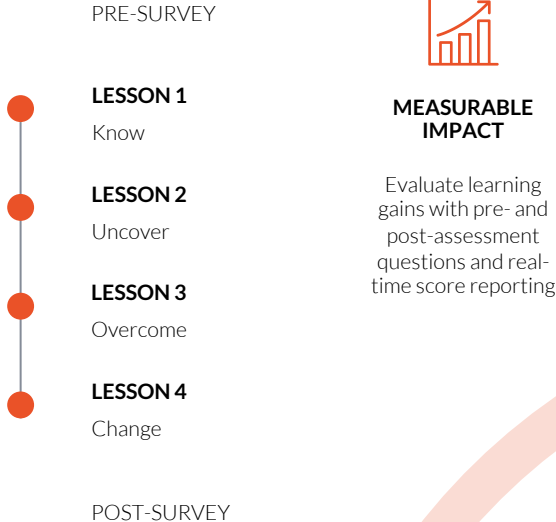
**EFFICACY:**  
All EVERFI K-12 courses  
are research-based.

Learn more at  
[EVERFI.COM/Research](https://EVERFI.COM/Research)



## Free Digital Platform & Support

-  Self-guided, interactive digital lessons with real-world scenarios
  -  Extension activities & resources to bring the digital lessons to life
  -  Built-in student assessments with automatic grading
  -  Single sign-on (SSO) available to streamline student registration
- Clever** -and- **ClassLink**

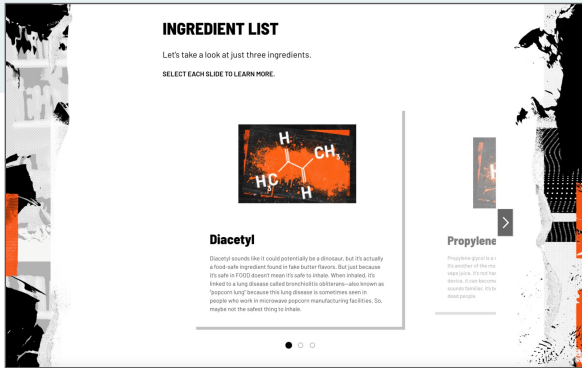


# Teach Students the Dangers Associated With E-Cigarette Use



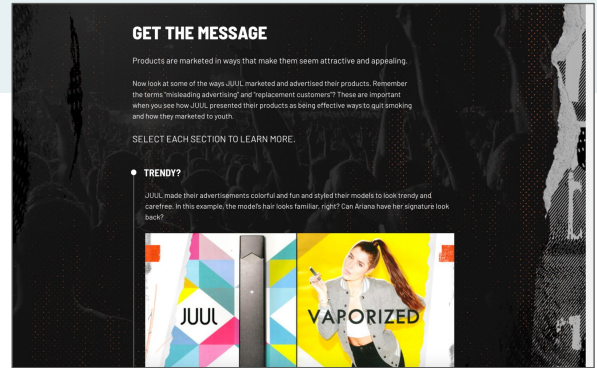
I really commend the ‘tone’ of the lessons and applaud the final slides that summarize the key points about personal choice. No ‘preaching’ – that’s good! Of all the worthy courses EVERFI offers, this vaping one may be the most relevant, immediate, and important one.

– High School Teacher, Maine



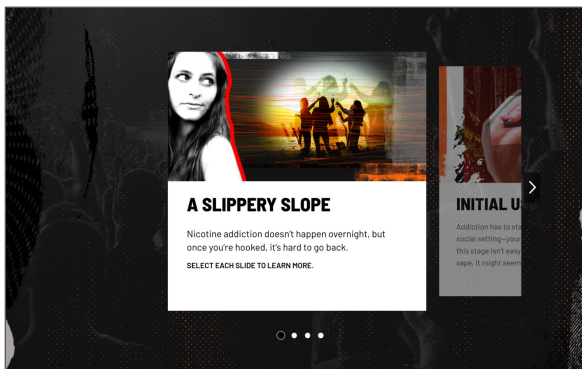
## Know

Students learn about the activity of vaping, the history of tobacco and nicotine use, and the ingredients present in common e-cigarettes.



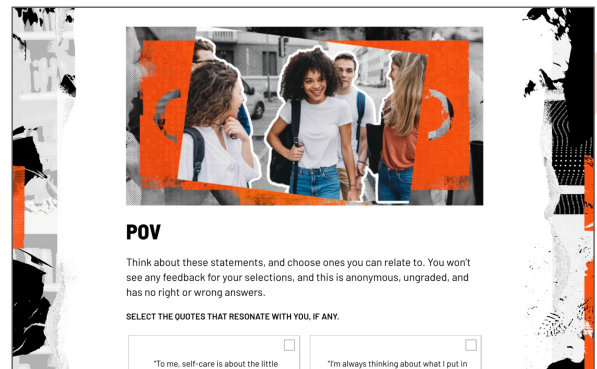
## Uncover

Students recognize the facts about e-cigarette companies’ marketing tactics and unpack the myth that vaping is a safer option than smoking.



## Overcome

Students recognize the dangers of nicotine addiction, including facts about nicotine and brain chemistry. This lesson lays the framework for quitting.



## Change

Students examine positive social norms that sit opposite of vaping: self-care and quitting. The lesson reinforces the dangerous truths about vaping.

This course is a part of EVERFI's Health & Wellness Suite



Access a library of complementary courses covering topics like staying fit, mental wellness, alcohol, prescription drug safety, and navigating medical care

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from Blackbaud

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EVERFI from Blackbaud empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success – now and in the future.

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