

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.¹ 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 prevention-forward digital learning experience that gives today's students core knowledge around the health effects associated with using vaping products (nicotine, cannabis, or co-use). It was created by Truth Initiative, the public health organization behind **truth**®, the nationally recognized youth tobacco prevention and education campaign, and Kaiser Permanente, in collaboration with the American Heart Association. Two lessons have been added that address the health risks and consequences of short- and long-term cannabis use. This course also 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. National Youth Tobacco Survey, 2022 (Source)



Vaping: Know the truth

GRADE LEVEL:
8-12

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

LENGTH:
6 digital lessons,
10 mins each

STANDARDS ALIGNMENT:
National Health Education Standards (NHES),
CASEL Social and Emotional Learning Competencies

PROMISING EVIDENCE:
Results from a 2023 study published by the Society for Public Health Education provides preliminary promising evidence that *Vaping: Know the truth* is a successful school-based intervention to educate youth about the harms associated with vaping and ways to quit.

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



PRE-SURVEY

- LESSON 1**
Know
- LESSON 2**
Uncover
- LESSON 3**
Overcome
- LESSON 4**
Change
- LESSON 5**
Explore
- LESSON 6**
Choose

POST-SURVEY



**MEASURABLE
IMPACT**

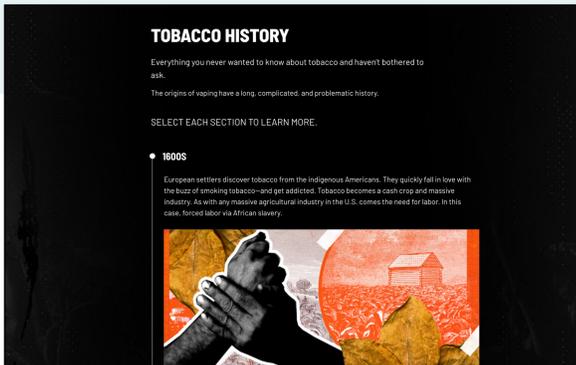
Evaluate learning gains with pre- and post-lesson assessment questions and real-time score reporting

Teach Students the Dangers Associated With E-Cigarette Use



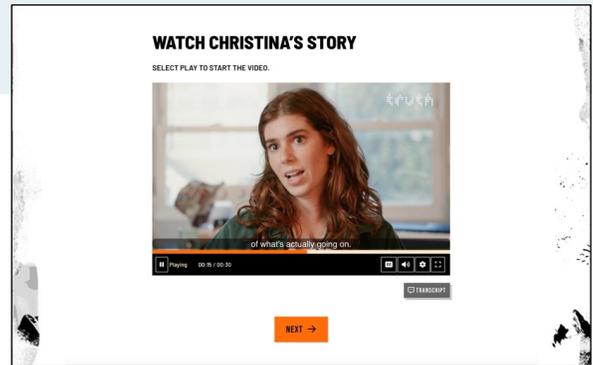
I really commend the ‘tone’ of the lessons and applaud the final slides that summarize the key points about personal choice. No ‘preaching’ – that’s good! Of all the worthy courses EVERFI offers, this vaping one may be the most relevant, immediate, and important one.

– High School Teacher, Maine



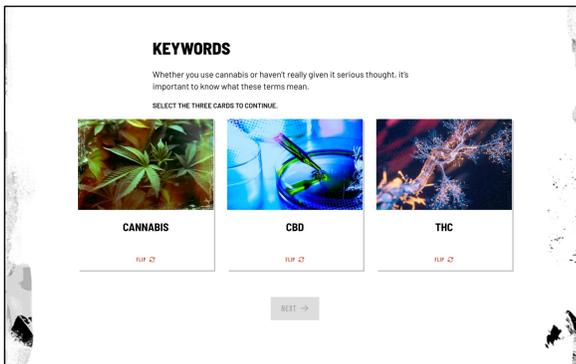
Know

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



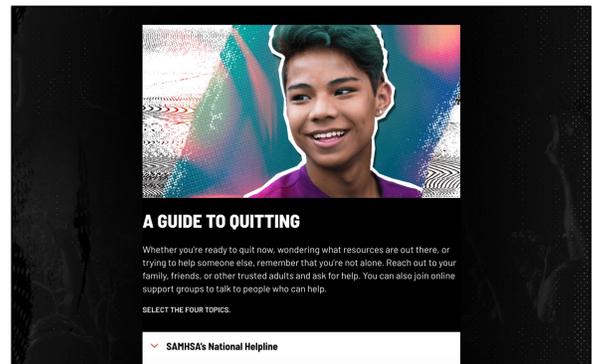
Change

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



Explore

Students explore the health effects, risks, and consequences of short- and long-term cannabis vaping and the co-use of nicotine and cannabis.



Choose

Students learn why teens and young adults may use cannabis. The lesson orients students toward choices they can make to better take care of themselves.

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



Collection of complementary courses covering topics like mental wellness, prescription drug safety, fentanyl, underage drinking, and navigating medical care

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EVERFI.com/K-12