

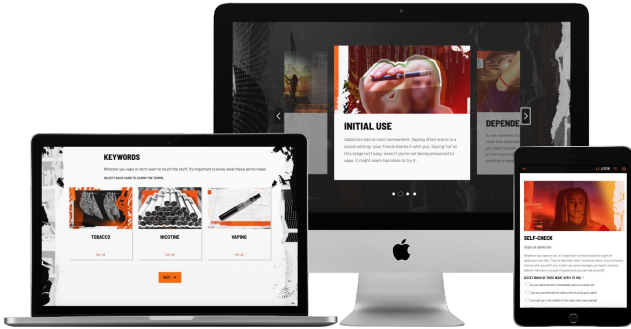
FREE DIGITAL LESSONS

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 national youth vaping prevention curriculum designed to educate students about the dangers of e-cigarette use and nicotine addiction. 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. 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)

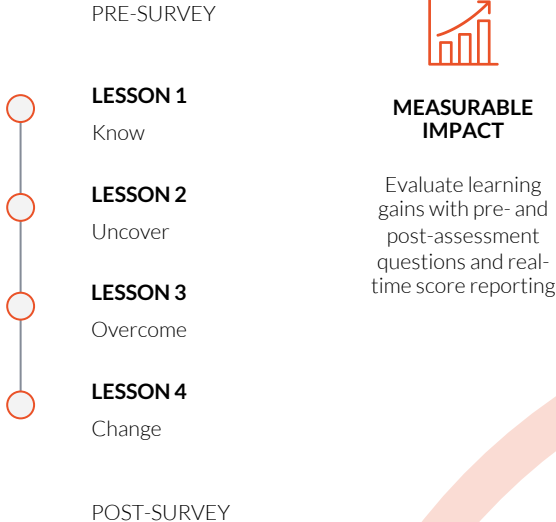
EFFICACY:
All EVERFI K-12 courses
are research-based.

Learn more at
EVERFI.COM/Research



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**

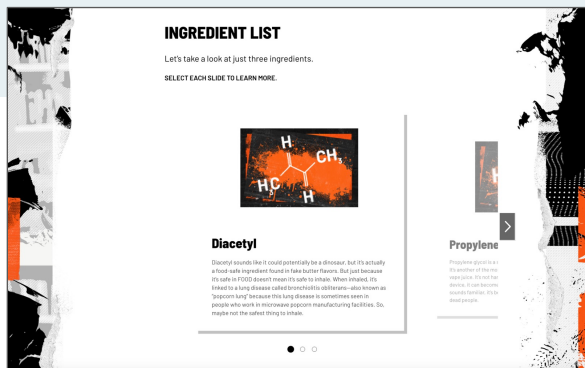


Teach Students the Dangers Associated With E-Cigarette Use



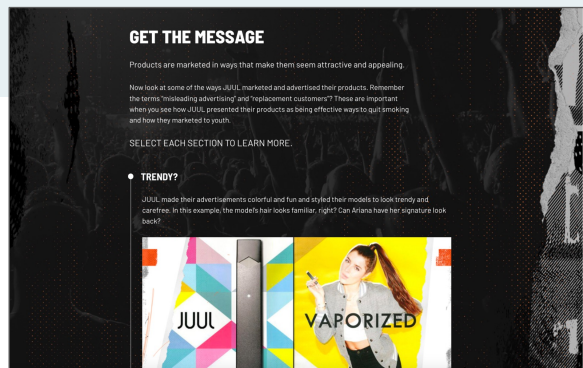
I really commend the ‘tone’ of the lessons and applaud the final slides that summarize the key points about personal choice. No ‘preaching’ – that’s good! Of all the worthy courses EVERFI offers, this vaping one may be the most relevant, immediate, and important one.

– High School Teacher, Maine



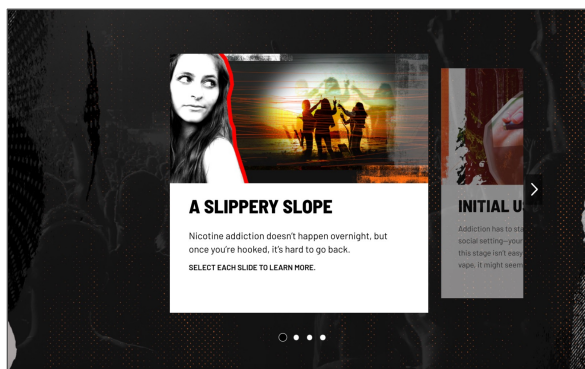
Know

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



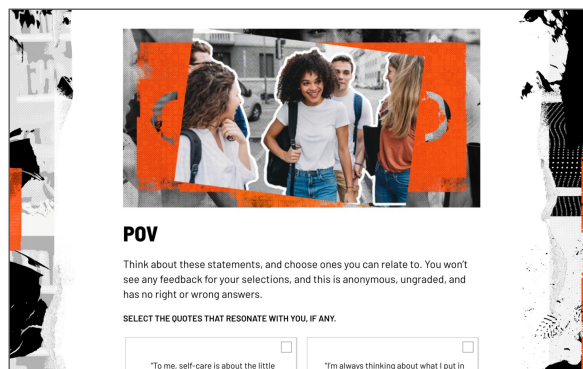
Uncover

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

EVERFI[®]
from Blackbaud

Ready to start?
Register now at
EVERFI.COM/NewTeacher



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.

EVERFI.COM/K-12