



Vaping: Know the truth
Curriculum Guide

COURSE MISSION

Vaping: Know the truth is a prevention-forward digital learning experience that gives today's students core knowledge about the dangers associated with using e-cigarettes/cannabis and offers resources to help them quit if they already vape.

COURSE DESCRIPTION

This original course was created with Truth Initiative in 2020, in partnership with both Kaiser Permanente and the American Heart Association. Youth e-cigarette use remains at epidemic levels and this prevention-forward digital learning experience gives today's students core knowledge about the dangers associated with using e-cigarettes and offers resources to help them quit if they already vape. In 2023, two new modules were added, focusing on vaping cannabis, which empower students to make informed choices about their own health.

COURSE OVERVIEW

TOPIC	DESCRIPTION
Substance	Facts about nicotine and cannabis
Ingredients	Ingredients in e-cigarette and cannabis products
Risks	Risks of e-cigarette and cannabis use, including short- and long-term health effects and potential for addiction
Misconceptions	Common myths about e-cigarette and cannabis use and facts/data to debunk them
Agency	Empowerment messaging for quitting and living vape-free lives
Intervention	Self-check questions and resources for quitting
Freedom	Lessons learned from positive peer stories

COURSE STRUCTURE

Pre-survey	Module 1: Know	Module 2: Uncover	Module 3: Overcome	Module 4: Change	Module 5: Explore	Module 6: Choose	Post-survey
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Survey participation is completely optional – Students are asked if they would like to opt out before the survey begins.

The course is ungated. Students can take as many modules as they want in whatever order they like, although completing all modules from M01 to M06 is recommended for deeper understanding. Each module is designed to measure learning gains with pre- and post-assessment questions.

DETAILED COURSE OUTLINE

Module 1: Know

This lesson introduces learners to the topic of vaping and invites them to reflect on their awareness and knowledge of the topic.

Learning Objectives

Students will be able to...

- Recognize that you are empowered to make healthy and informed choices.
- Recognize that regardless of delivery mechanism, nicotine is addictive in all forms.
- Recognize the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Know	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
POV	Students reflect on their awareness and experience of vaping.
Keywords	Students review the definitions of keywords: tobacco, nicotine, and vaping.
Tobacco History	Students learn about the history of tobacco, which is closely related to the origins of vaping.
History Repeating	Students explore some growing problems about vaping.
Watch Giana's Story	Students watch Giana's story and learn about how she got involved with tobacco and vaping prevention activism.
Take a Guess	Students guess the vape juice and cigarette ingredients and get feedback.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Ingredient List	Students learn about three main chemicals found in vape juice: diacetyl, propylene glycol, and lead.
Moment of Truth	Students test their knowledge with an interactive card game.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.

Module 2: Uncover

This lesson confronts learners with the hard facts about e-cigarette companies' marketing and advertising schemes and debunks common misconceptions about vaping.

Learning Objectives

Students will be able to...

- Recognize that you are empowered to make healthy and informed choices.
- Describe the strategies used by e-cigarette manufacturers to appeal to their current and prospective users.
- Recognize the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Uncover	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
POV	Students reflect on their thoughts about the vaping industry's marketing strategies.
Keywords	Students review the definitions of keywords: loopholes, misleading advertising, and replacement customers.
Big Tobacco 3.0	Students learn about the tobacco industry's playbook and how the vaping industry has been targeting youth with their marketing strategies and actions.
Riffing Off or Ripping Off?	Students explore the packaging and design for e-cigarettes and cigarettes and find similarities.
Get the Message	Students analyze underlying messages of the marketing campaign for e-cigarette products.
Watch Luka's Story, Part I	Students watch Luka's story and learn about how he got addicted to vaping.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Take a Guess	Students sort out truths and misconceptions about nicotine's effect on the body.
Different ≠ Safe	Students learn about the potential risks of vaping.
Moment of Truth	Students test their knowledge with an interactive card game.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.

Module 3: Overcome

This lesson challenges learners to consider the dangers of nicotine addiction, reinforces addiction as a primary danger of vaping, and lays the framework for quitting.

Learning Objectives

Students will be able to...

- Recognize that you are empowered to make healthy and informed choices.
- Recognize the physiological and psychological properties of nicotine.
- Recognize that e-cigarettes can deliver as much or more nicotine than cigarettes.
- Recognize that regardless of delivery mechanism, nicotine is addictive in all forms.
- Recognize the physical effects associated with nicotine use.
- Recognize that nicotine addiction may require meaningful and substantive lifestyle changes to overcome.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Sensitive Content Warning	This page serves as a sensitive content warning and lets students know there are resources that can offer them support.
Overcome	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
Keywords	Students review the definitions of keywords: nicotine dependence and nicotine addiction.
A Slippery Slope	Students learn about the process of nicotine addiction.
Watch Maddie's Story	Students watch Maddie's story and learn about her experience of quitting vaping.
Take a Guess	Students sort out truths and misconceptions about nicotine addiction.
Your Brain ft. Nicotine	Students explore how nicotine interacts with the brain.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Watch Luka’s Story, Part II	Students watch Luka’s story and learn about his experience of quitting vaping.
Self-Check	With a series of questions, students have an opportunity to check in with themselves about their own vaping experience and determine if they need help.
Moment of Truth	Students test their knowledge with an interactive card game.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.

Module 4: Change

Introducing Truth Initiative’s first-of-its-kind text message youth quit-vaping program called *This is Quitting*, this lesson empowers learners by refocusing their energy on better, alternative behaviors while delivering the relevant truth about vaping.

Learning Objectives

Students will be able to...

- Recognize that nicotine addiction may require meaningful and substantive lifestyle changes to overcome.
- Recognize that you are empowered to make healthy and informed choices, to help others make those choices.
- Demonstrate how to seek out, recommend, and utilize the support services and resources that are available in school, local community, or nationally, to help you or someone else quit using.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Change	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won’t get a score because this is not a quiz or a test.
POV	Students reflect on their thoughts about self-care.
Self-Care Strategies	Students review some common misconceptions about vaping nicotine.
#BeBeautiful	Students uncover the reality behind the myth that vaping makes people look cool and more attractive to others. Truth is, vaping nicotine can negatively impact physical and mental health.
#StayFit	Students uncover the reality behind the myth that vaping is easier on the body. Truth is, vaping can damage the lungs as much as smoking.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
#StayWell	Students uncover the reality behind the myth that vaping helps with stress and anxiety. Truth is, vaping can actually worsen mental health.
Self-Care Takeaways	Students learn about the true meaning of self-care.
Self-Care Tips from Giana	Students watch Giana’s story and learn about how she takes care of herself.
In the Now	Students rate some immediate self-care activities and think about what they can improve today.
Long-Term Impact	Students rate some long-term self-care activities they can start based on their goals for the future.
This Is Quitting	Students learn about the <i>This Is Quitting</i> program that can help them quit vaping.
Watch Christina’s Story	Students watch Christina’s story and learn why she got into vaping and what she realized by quitting.
Moment of Truth	Students test their knowledge with an interactive card game.
Okay, Review Time	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.

Module 5: Explore

This lesson equips learners with knowledge regarding cannabis use by exploring the health effects, risks, and consequences of cannabis vaping and the co-use of nicotine and cannabis.

Learning Objectives

Students will be able to...

- Debunk common misconceptions about cannabis use with facts and data.
- Describe the health risks and consequences of short- and long-term cannabis use.
- Examine the health effects of different types of vaping (nicotine, cannabis, or co-use).

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Explore	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won’t get a score because this is not a quiz or a test.
The Truth about Vaping Cannabis	Students watch a video that gives them a high-level overview of cannabis vaping, including its health risks.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
POV	Students reflect on their thoughts about cannabis use.
Keywords	Students review the definitions of keywords: cannabis, cannabidiol (CBD), and tetrahydrocannabinol (THC).
Cannabis Use 101	Students explore cannabis legality, how it's used, trends in youth cannabis use, and common misconceptions about cannabis use.
Jodie's Story	Students read Jodie's story and learn about her experience with cannabis.
But First, Science	Students review facts about cannabis, including its ingredients and health risks.
Take a Guess	Students sort out what cannabis has and has not been proven effective in treating.
Risks of Cannabis Use	Students learn about risks of cannabis use, especially early use, and truths about cannabis addiction and synthetic cannabinoids.
Co-Use: Double Trouble	Students explore how the co-use of nicotine and cannabis can increase health risks.
Moment of Truth	Students test their knowledge with an interactive card game.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.

Module 6: Choose

This lesson helps learners reflect on why young people may turn to cannabis and orients them toward choices they can make to take better care of themselves.

Learning Objectives

Students will be able to...

- Describe why teens and young adults may use cannabis.
- Evaluate personal health choices, practices, and behaviors in terms of cannabis use.
- Justify healthier choices that maintain and improve physical and mental wellness.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Choose	This page gives an overview of the lesson.
What You Know	Pre-assessment questions measure what students already know. Students won't get a score because this is not a quiz or a test.
POV	Students reflect on how they make health choices for themselves.

ACTIVITY TOPIC	ACTIVITY DESCRIPTION
Keywords	Students review the definitions of keywords: self-care, self-indulgence, and peer pressure.
Take a Guess	Students sort into three categories various reasons young people may use.
Think for a Moment	Students learn about the importance of knowing the facts and impacts regarding health choices.
Check the Facts	Students have an opportunity to fact-check common reasons young people may turn to cannabis.
Self-Care	Students debunk the common misconception that cannabis use helps self-care. Truth is, its risks and consequences may keep people from truly taking care of themselves.
Self-Indulgence	Students debunk the common misconception that there's no harm in having fun with cannabis use. Truth is, there are real health risks and consequences that come with using cannabis, which may outweigh the "fun" part.
Peer Pressure	Students debunk the common misconception that cannabis use helps people feel included. Truth is, using cannabis can actually negatively impact relationships.
Self-Check	With a series of questions, students have an opportunity to check in with themselves about their own cannabis use and determine if they need help.
A Guide to Quitting	This page provides a list of resources students can refer to if and when they want to quit cannabis use.
Quick Review	This page provides three key takeaways of the lesson.
Quiz/Your Score	Post-assessment questions measure learning gains from the module. Students need to score at least 70% to pass.