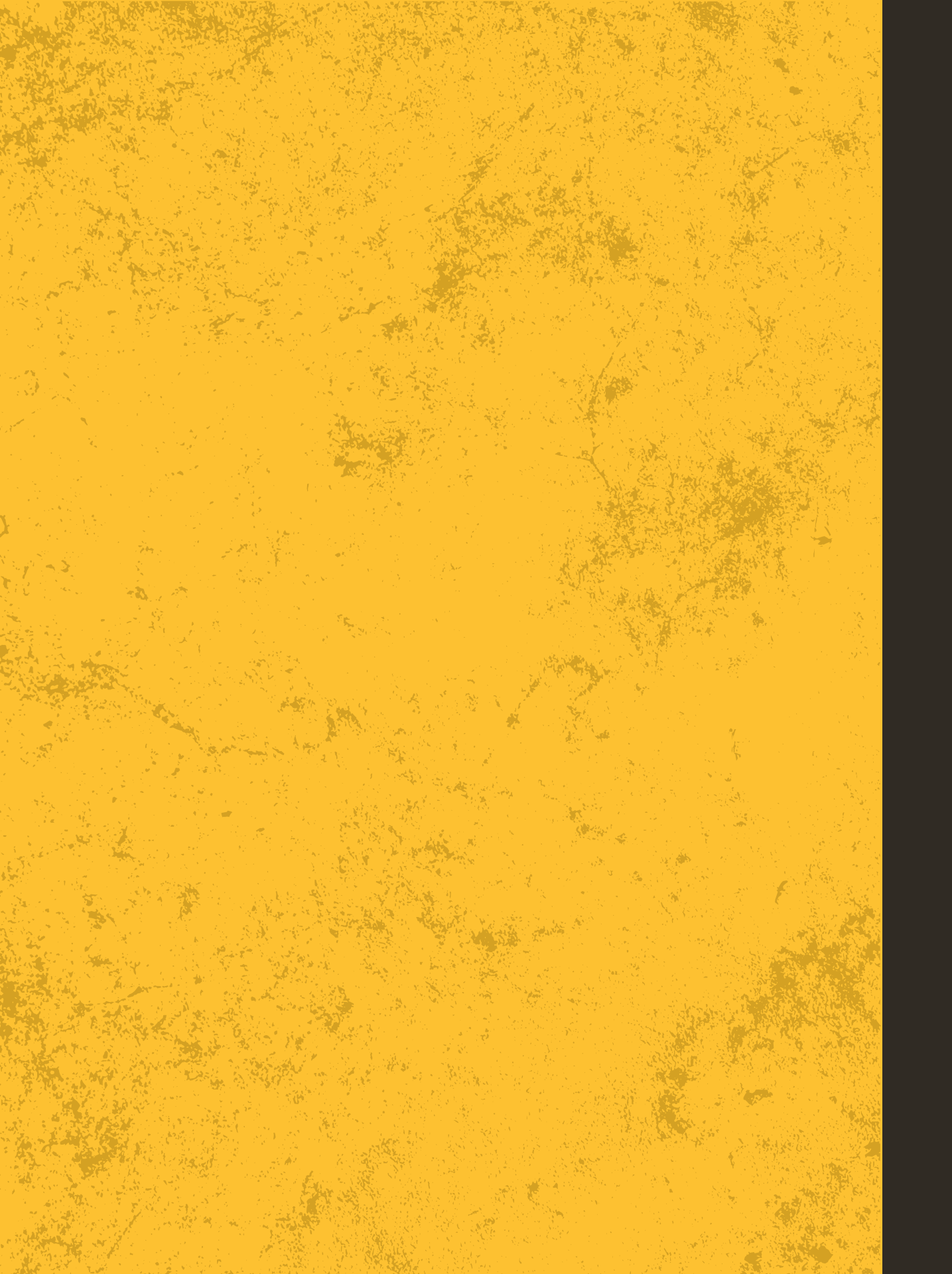




**PROJECT
PREVENT**

PREVENTION • EDUCATION • LEADERSHIP







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CHANGING GEARS

Project Prevent exists for the sole purpose of eliminating tobacco and nicotine use among young people. Most kids and teens understand that smoking and dipping are harmful, and can cause heart attacks, strokes and different types of cancer. However, some still end up using e-cigarettes, smoking or dipping and become addicted to nicotine.

As a member of Project Prevent, how can you help change the way people think about tobacco and nicotine? How are you Changing Gears in your school and community?

Changing Gears can mean many things. Your Project Prevent Chapter can work together to decide what would be the most impactful in your area, but here are a few ideas:



CHANGING SOCIAL NORMS

Recruit students from different social groups to lead as an example by choosing not to vape.

CHANGING RULES

Ask your principal if vaping education and quitting resources can be included in punishment for violations.

CHANGING MINDS

Share facts about the dangers of vaping by putting up signs in hallways or bathrooms.

WHAT IT MEANS TO YOU

Think about what the idea of "Changing Gears" means to you. Use these questions to reflect on how you want to impact your school or community to live healthier.

1. What does "Changing Gears" mean to me?

2. How can I help someone this year?

3. Is vaping a problem among my peers in our community?

4. What kind of impact do I want to leave at my school?

5. What is something that I want to learn this year?

6. What is something I hope to teach someone else this year?

7. Do I have the resources to help someone quit smoking/vaping?



CHANGING SOCIAL NORMS

Social norms are defined as "shared standards of acceptable behavior by groups." Since vaping has been portrayed to be "safer than smoking," it has been more widely accepted among youth.

Now, it's not uncommon to see someone vaping in class or inside a building and not think anything of it. However, it would be shocking to see someone smoking a cigarette at school or indoors.

What does it mean to change social norms? Think about how you can help change the social norms regarding tobacco and nicotine use, so that behavior such as vaping becomes less socially accepted among your classmates and friends.



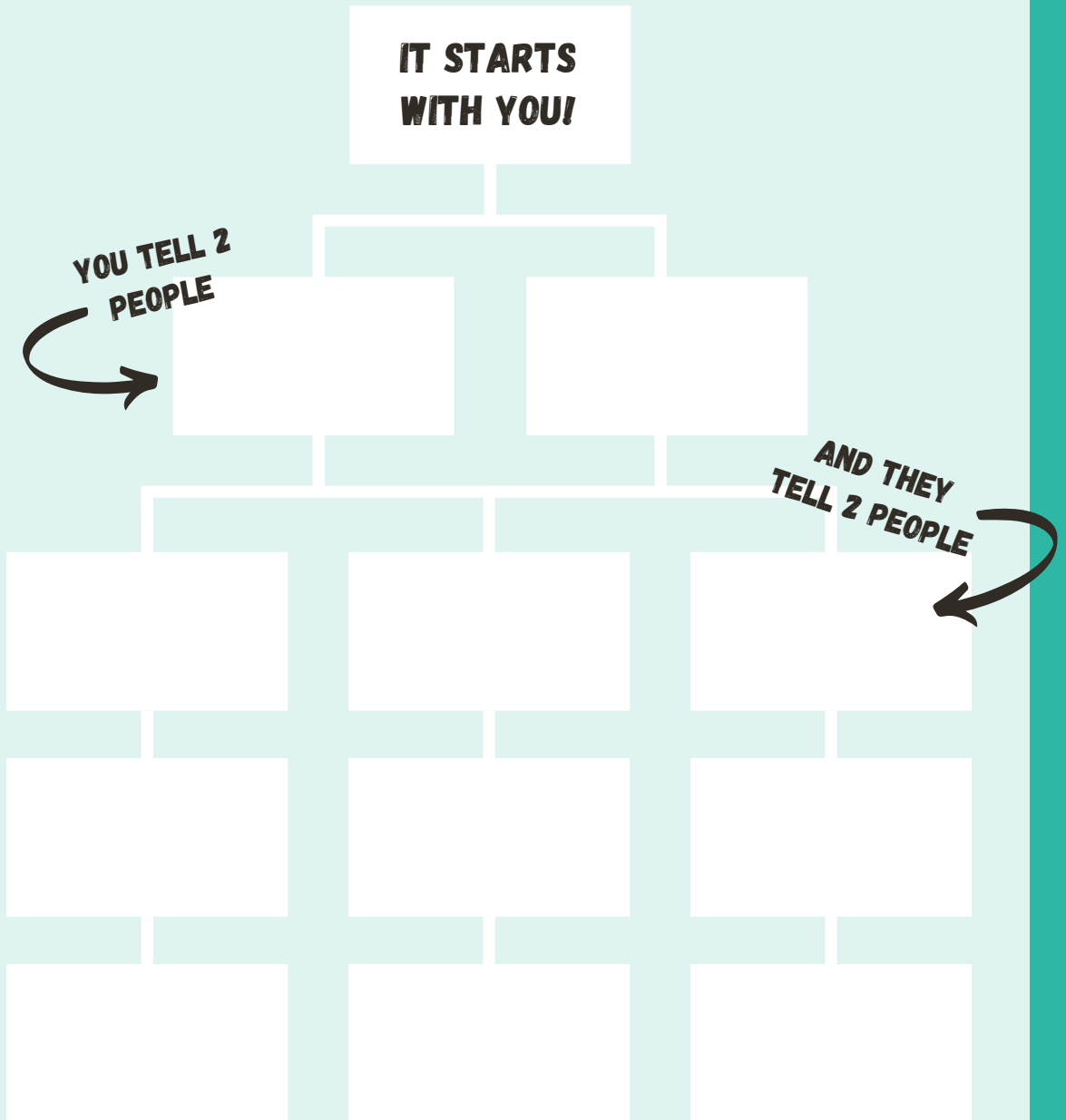
WHAT I THINK

One way to start is by informing and educating your peers on the dangers and risks of e-cigarettes. Many people still don't know all of the risks.

Another way is to start having open and honest conversations. If you see a friend vaping, take that opportunity to talk to them about the risks and why they chose to vape. They may share the message to quit with others.

SPREAD THE WORD!

YOU HAVE THE POWER TO SPREAD IMPORTANT INFORMATION THROUGHOUT YOUR SCHOOL OR COMMUNITY. WHAT WILL YOU SAY? WHO WILL YOU TELL?



AND THAT'S HOW NEWS TRAVELS! WHAT DO YOU WANT YOUR MESSAGE TO BE?

EDUCATE YOURSELF

In today's age, information is always changing and new tobacco and nicotine products are always entering the market.

Therefore, it is important to know the facts yourself before you can educate others. Here are some current statistics, resources and information about tobacco and nicotine:

- TheTruth.com
- Lung.org
- TheRealCost.gov
- CDC.gov
- SmokeFree.gov
- ProjectPreventAR.org



Here are some basic and perhaps well-known facts about smoking and vaping:

- Nicotine is the addictive chemical in cigarettes and vapes.
- One vape-pod can have as much nicotine as an entire pack of cigarettes.
- Secondhand smoke is still harmful to a non-smoker.

Challenge yourself and test your tobacco knowledge by completing the worksheet on the next page.

Let's see how much you really know about tobacco and nicotine!



WHAT I THINK

WHAT DO YOU KNOW?

1. How long does it take for your lungs to heal after you quit vaping? _____
2. How long can a healthy non-smoker be exposed to secondhand smoke before experiencing negative health effects? _____
3. How many tobacco-related deaths are preventable? _____
4. What is the name of the chemical that can cause popcorn lung? _____
5. What is the legal age to be able to purchase tobacco products? _____
6. What is the name of the addictive chemical found in all tobacco products? _____
7. The brain continues to develop until what age? _____
8. Is the tobacco industry required to list the ingredients on their labels? _____
9. What is it called when tobacco pollution lingers on surfaces after someone has been smoking?

10. After a puff of a cigarette, nicotine reaches the brain in how many seconds? _____

(See page 20 for answers)

CHANGING RULES

How can you help change ideas about policies regarding tobacco and nicotine products? How can you help leaders make informed decisions to impact the school and community?

Do you remember what happened to that friend who was caught vaping at school? Were they punished, offered help to make better choices or understand the harmful effects?

Whether at school, church or a local hangout, you have the power to help rewrite the rules. What do you think should happen to someone caught vaping or with any tobacco product? Should they be suspended from school, educated or both?

Here is your opportunity to think about the consequences as well as the desired outcome of the punishment.

Imagine if you were able to rewrite the student handbook to determine the consequences for committing a tobacco violation.

Share your ideas with other Project Prevent chapter members. Decide if you should meet with the principal to discuss some possible changes.



REWRITE THE HANDBOOK!

Fill in the actions that you think should follow each tobacco violation. There are some suggestions listed below, but feel free to make up your own. You may want to list more than one for each offense.

First Offense:

Second Offense:

Three or More Offenses:

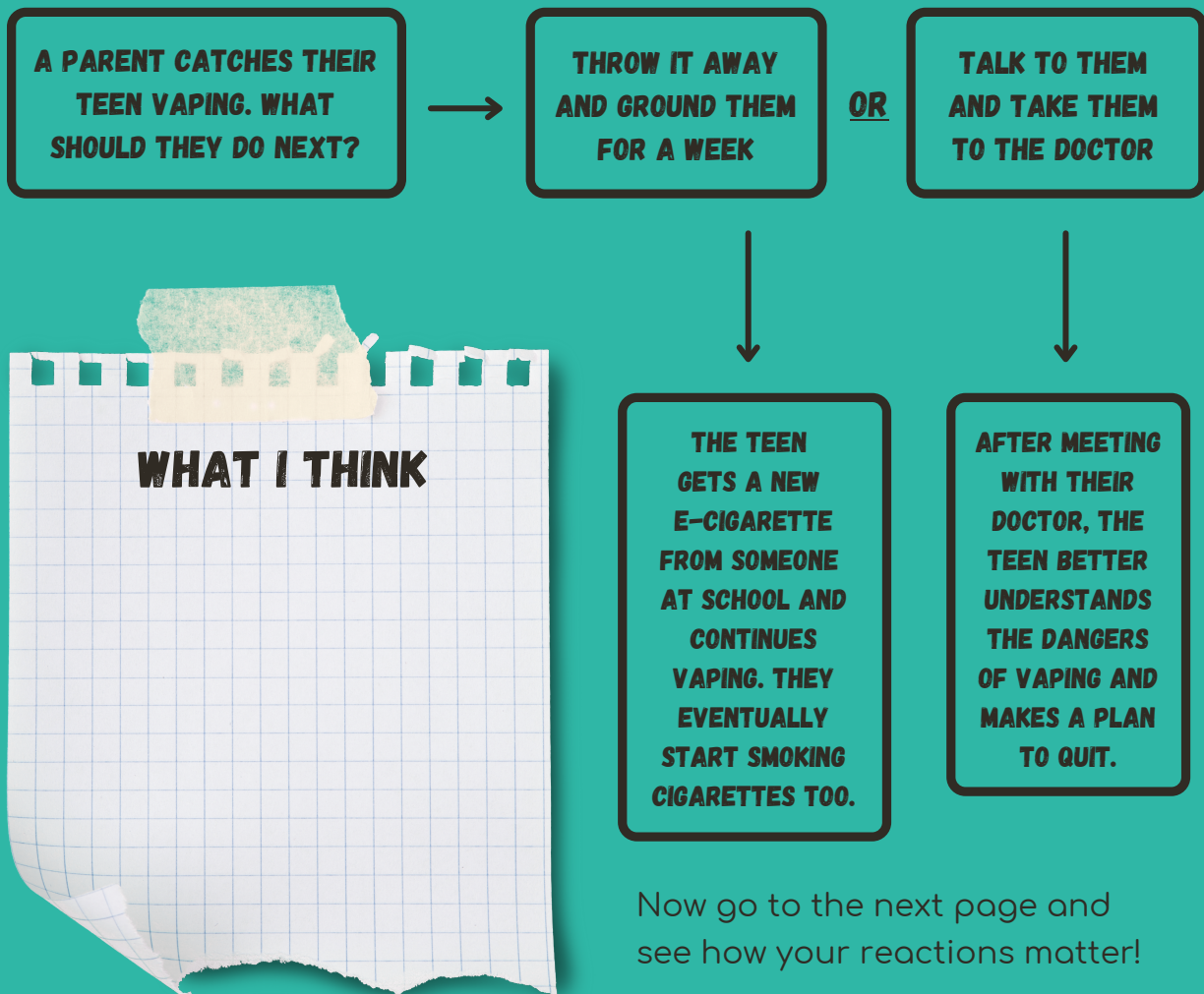
- In-School or Out-of-School Suspension
- Enroll in Tobacco Education Program
- Sign Up for a Student Mentor
- Write an Essay on Tobacco Dangers
- Meet with School Counselor



CHANGING REACTIONS

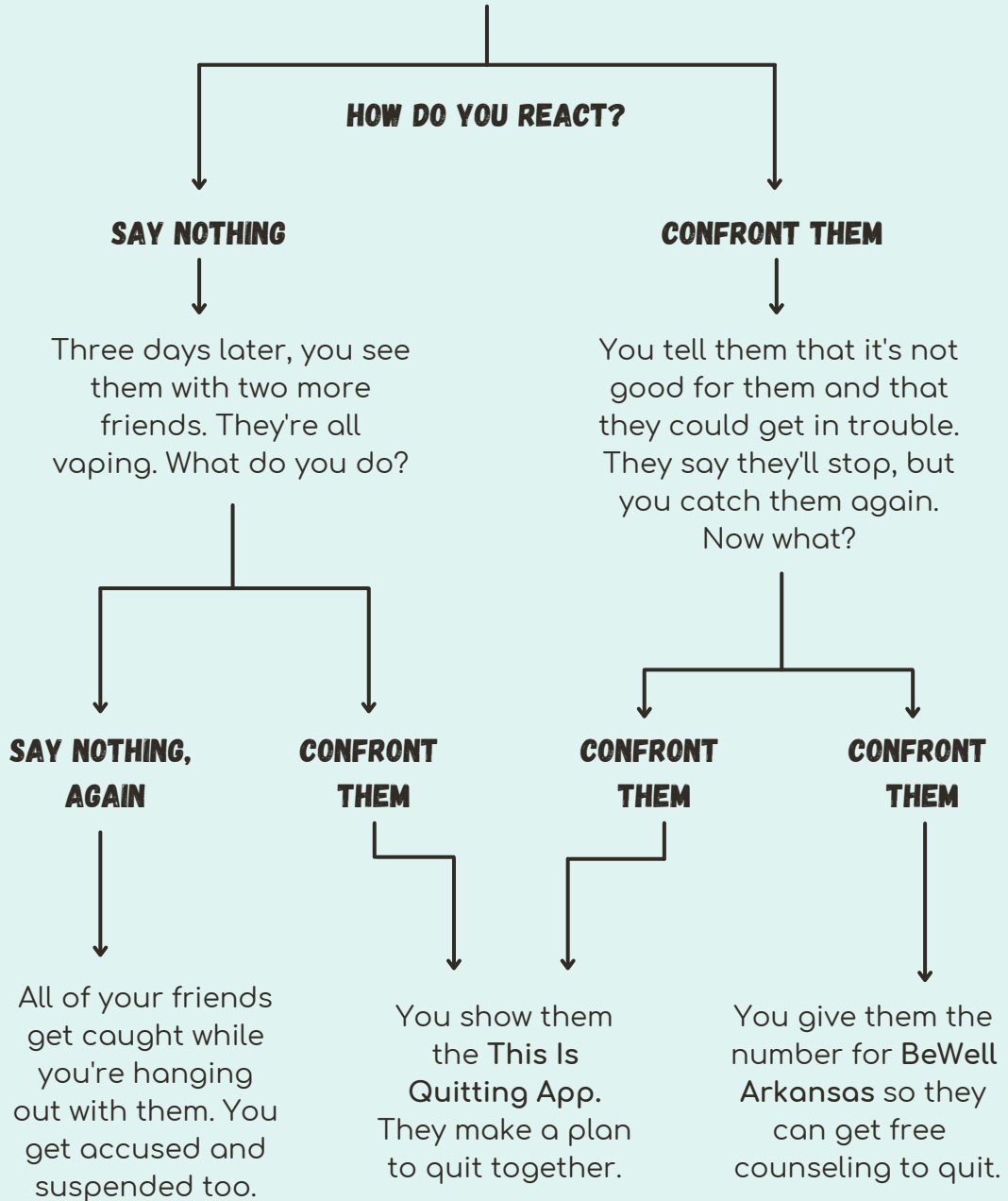
How someone reacts to a situation can make a big difference in what happens next. There are consequences for vaping. The outcomes are different for kids who are punished or suspended for vaping at school, but not offered resources, support or help to quit vaping.

How you react to finding out a good friend is vaping matters. Look at these examples of different outcomes based on the reactions:



YOUR REACTIONS MATTER

You see your two best friends vaping at school.



BE A ROLE MODEL

Who can you think of in your life that has been a good role model for you? Do you have more than one? What kinds of things did they do that positively influenced you? Do you feel like you're a role model for others? Check the boxes below if you consider yourself to be a role model for any of these people:

- Brothers or sisters
- Cousins or other family members
- Friends at school
- Younger kids at school
- Kids at school that you don't really know
- Teammates



WHAT I THINK

A piece of blue graph paper with a torn top edge and a small piece of yellow tape on the left side. The text "WHAT I THINK" is written in bold black letters at the top.

Project Prevent chapter members have the unique opportunity to be role models for a lot of different people.

Look back at the checked boxes above. Did you check them all? The work you do with your chapter can influence so many people in your life.

Just like the role models you've looked up to, you are setting an example for others that could change their life -- or at least change their gears!

HOW CAN YOU MAKE AN IMPACT?

How would you describe a positive role model?

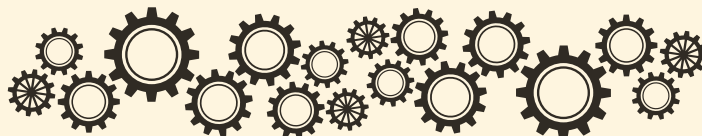
How can you be a good role model by living a tobacco- and nicotine-free life?

What are some qualities that make someone a bad role model? How can you help them?

How do you want to impact your school or community?

What is one thing you would tell a friend if you saw them vaping?

Write down the names of three people in your life who are good role models.



CHANGING FEELINGS

You may know someone who smokes or vapes when they feel stressed. While some may turn to nicotine to lift their mood, studies show tobacco products actually provide a false sense of feeling energized, alert, calm or focused.

Studies show that e-cigarette users are twice as likely to report clinical depression than those who have never vaped.

Research also shows that **NICOTINE CAN:**

- Amplify feelings of depression and anxiety.
- May make users more sensitive to stress.
- Affect the developing brain of teens and young adults, making it harder to concentrate and control impulses.



Everyone deals with stress in a different way. Here are a few ways to cope with stress without using nicotine:

- **Exercise!** Get out and take a walk with your dog or shoot some hoops.
- **Phone a Friend!** Everyone needs to vent sometimes. Call someone you can lean on for a minute.
- **Get Creative!** Do you like to draw or play music? These are great stress-relievers.

What else can you think of?



TOBACCO AND MENTAL HEALTH

Fact or Myth? Circle the one you think is the correct answer.

1. Nicotine can help someone deal with stress and anxiety. **FACT / MYTH**
2. Nicotine increases physical stress, heart rate and blood pressure. **FACT / MYTH**
3. Smokers with mental health problems are more likely to die from tobacco-related disease than their mental condition. **FACT / MYTH**
4. People who suffer from mental illness cannot quit smoking. **FACT / MYTH**
5. The tobacco industry has used multiple strategies to market cigarettes to populations with behavioral health conditions. **FACT / MYTH**
6. Quitting smoking can make mental health symptoms worse. **FACT / MYTH**

(See page 20 for answers)

MOOD CHECK-IN: HOW ARE YOU FEELING TODAY?



ACTIVITY SHEETS

N	Q	V	A	P	E	W	L	U	B
I	B	Y	S	X	D	Y	E	L	M
C	R	O	D	N	U	A	A	U	O
O	E	U	M	K	C	F	D	N	N
T	A	T	J	Z	A	G	E	G	S
I	C	H	A	P	T	E	R	S	Q
N	H	R	X	O	I	K	S	F	D
E	Z	S	H	J	O	V	H	C	G
P	R	E	V	E	N	T	I	O	N
H	E	A	L	T	H	Y	P	E	T

Look for the words listed below.

Prevention

Chapters

Lungs

Reach

Education

Nicotine

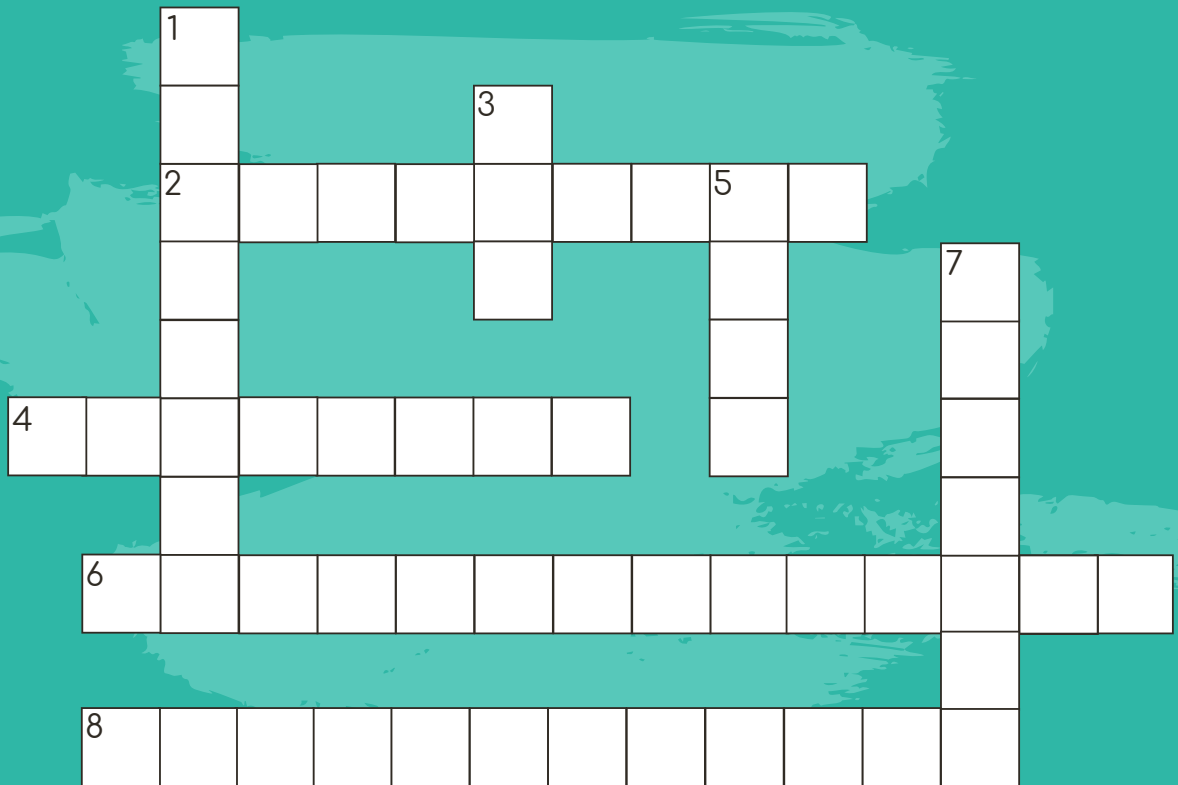
Leadership

Healthy

Youth

Vape

TOBACCO CROSSWORD



ACROSS

2. There are more than 7,000 _____ in a single cigarette.
4. Students caught with tobacco products should be given resources for _____.
6. The video contest hosted by Project Prevent each year.
8. One of the main reasons young people start using tobacco products.

DOWN

1. The addictive substance in tobacco products.
3. Males are more likely to _____ than females.
5. Vaping can cause _____ damage, just like smoking.
7. E-cigarettes have been known to _____, causing burn injuries.

(See page 20 for answers)

NOTES



ANSWER KEY

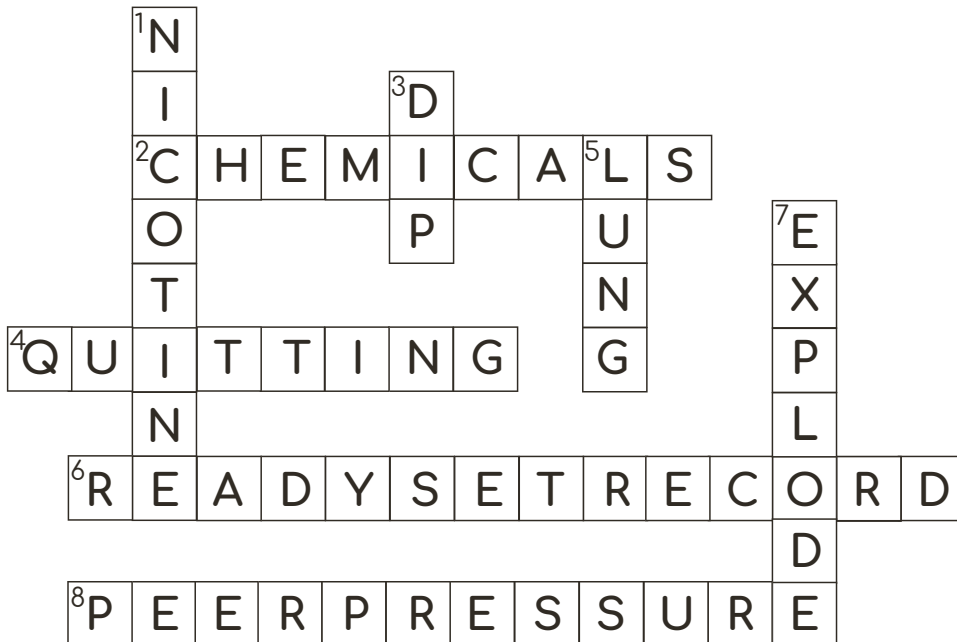
Page 7

1. Two weeks
2. Five minutes
3. 100% / All of them
4. Diacetyl
5. 21
6. Nicotine
7. Age 25
8. No
9. Thirdhand smoke
10. Eight seconds

Page 15

1. Myth
2. Fact
3. Fact
4. Myth
5. Fact
6. Myth

Page 17 Crossword Puzzle



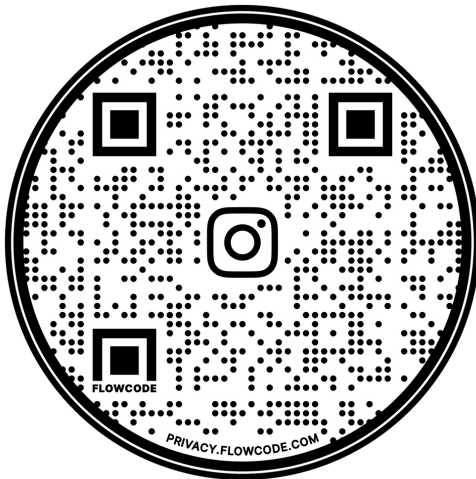
REFERENCES

tobaccofreekids.org
bewellarkansas.org
truthinitiative.org
lung.org

therealcost.gov
cdc.gov/tobacco
teen.smokefree.gov
heart.org

For more resources, visit
ProjectPreventAR.org

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