



# A Lesson on Vaping



## **Your child's class is scheduled to receive a lesson on the harmful effects of vaping and nicotine from the Council on Chemical Abuse**

### **WHY A LESSON ON VAPING?**

The purpose of this lesson is to educate students on the reality of highly addictive vaping devices and to prevent youth use. Understanding the health and safety risks of ENDS (electronic nicotine delivery systems) will empower students to stay nicotine-free. Students who have knowledge and strategies are more prepared to appropriately handle a situation where they may be pressured to vape.

### **WHAT WILL STUDENTS LEARN?**

This lesson will inform students about the dangers of electronic nicotine delivery systems and provide them with resources to make the best life choices by dispelling myths about vaping, discussing peer pressure, and teaching refusal skills.

### **WHO WILL TEACH THE LESSON?**

The lesson will be taught by Teresa Detweiler, a Certified Prevention Specialist with the Council on Chemical Abuse. Our prevention education lessons allow students to develop healthy techniques to help them avoid harmful behaviors.

### **WHAT CAN PARENTS DO?**

As parents, you play a vital role in prevention efforts. We encourage you to ask your student what they learned and have more conversations about vaping. Children are much less likely to use addictive substances when parents voice a strong disapproval towards all drug use. Like you, we want your students to be prepared for real life situations and give them the tools they need to succeed.



More information about the Council on Chemical Abuse can be found on our website at [www.cocaberks.org](http://www.cocaberks.org)