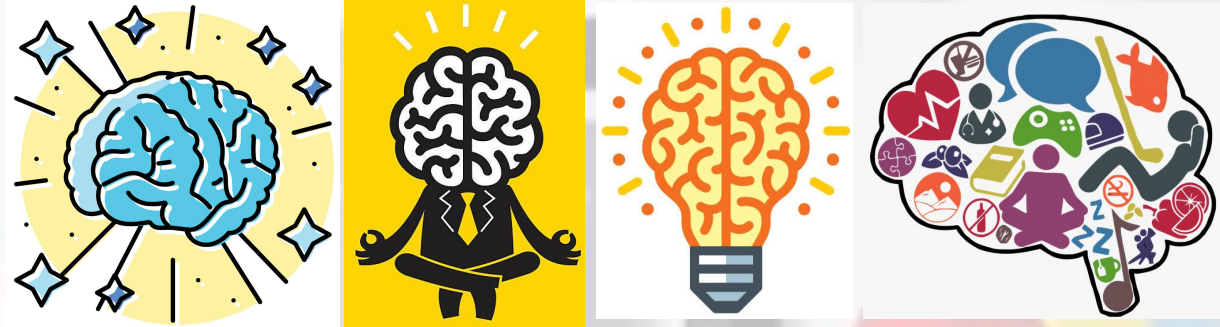


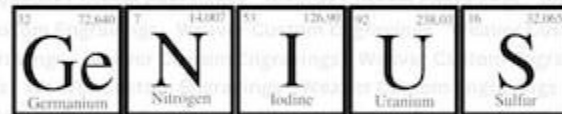
TOO SMART TO VAPE!



Youth Vaping Prevention Project

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Dr. Sara Siddiqui, MD *New York University School of Medicine*



Google Form!

Before we start...Let's see what you already know about vaping

[Too Smart to Vape Google Form](#)

Introduction

- Vaping is when you inhale aerosol (vapor) produced by an E-cigarette that can be very dangerous
- Vaping is different from smoking - flavors
- Vaping is advertised as a healthier alternative to smoking
- Vaping has many negative health effects.



What do you LIKE to do?



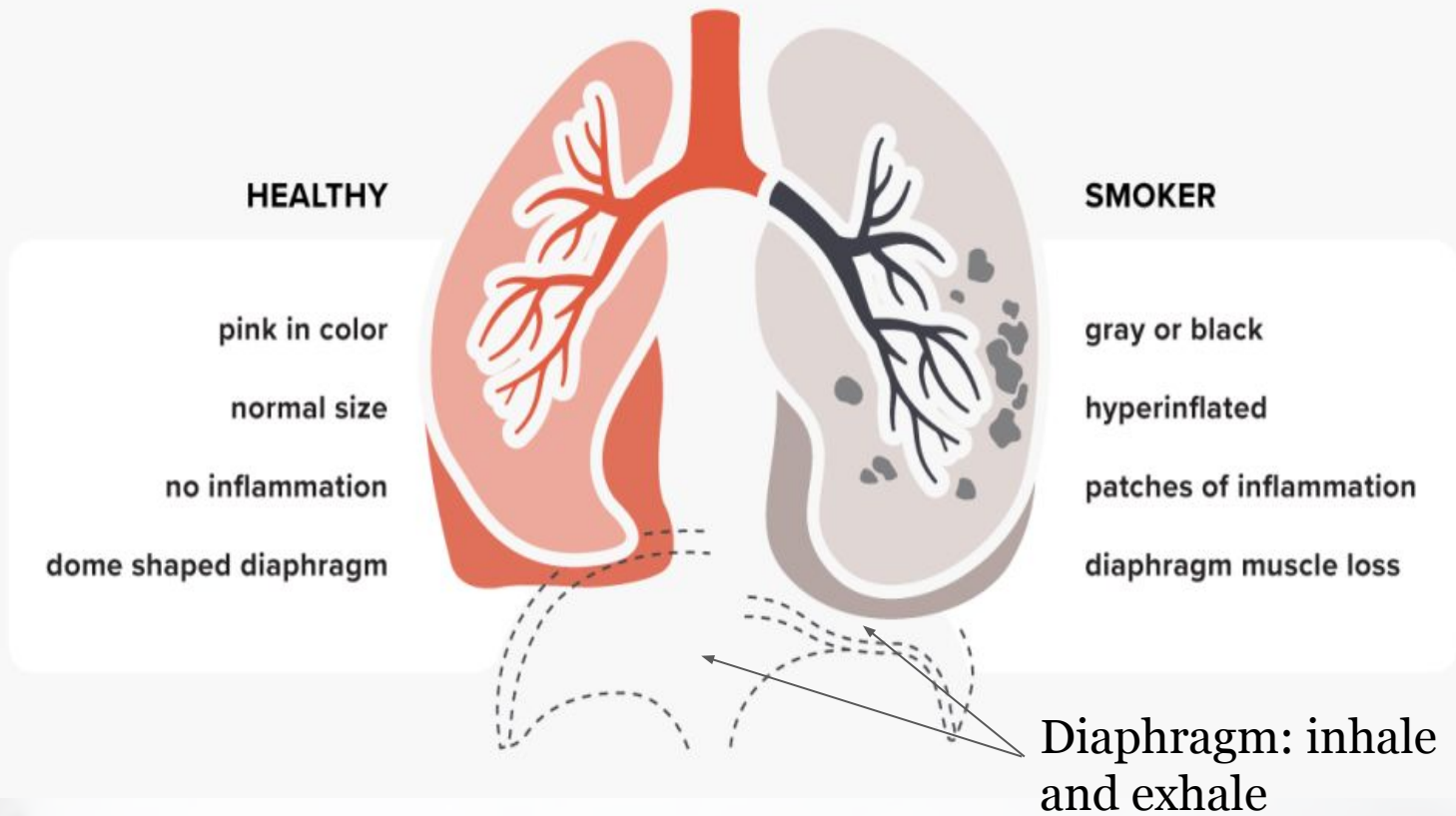
Your **LUNGS** help you do ALL the things you like

How do our Lungs Work?

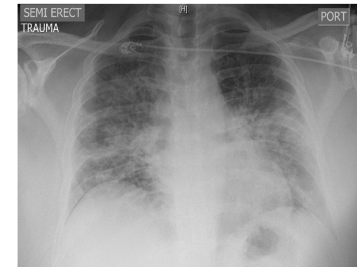
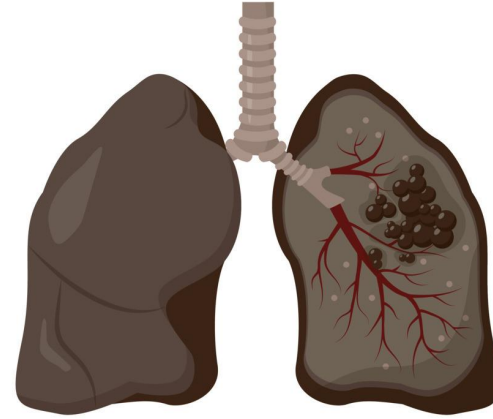
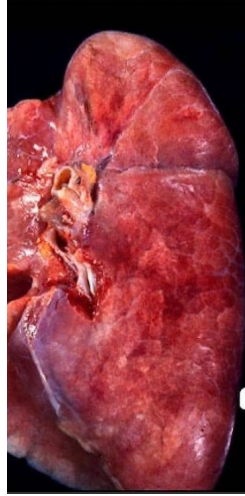
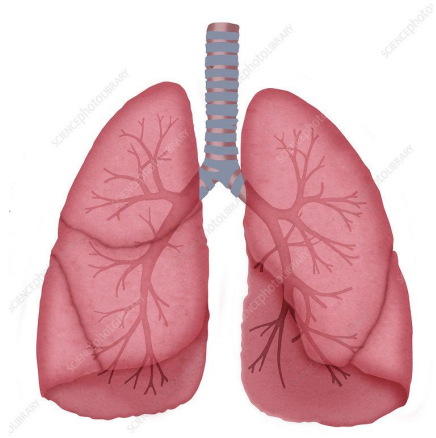
<https://www.youtube.com/watch?v=yR9uXnlWbV8>

How many alveoli do our lungs have?

How Vaping affects the Lungs



WHICH LUNG WOULD YOU RATHER HAVE?





Addiction

In your own words, what is addiction?

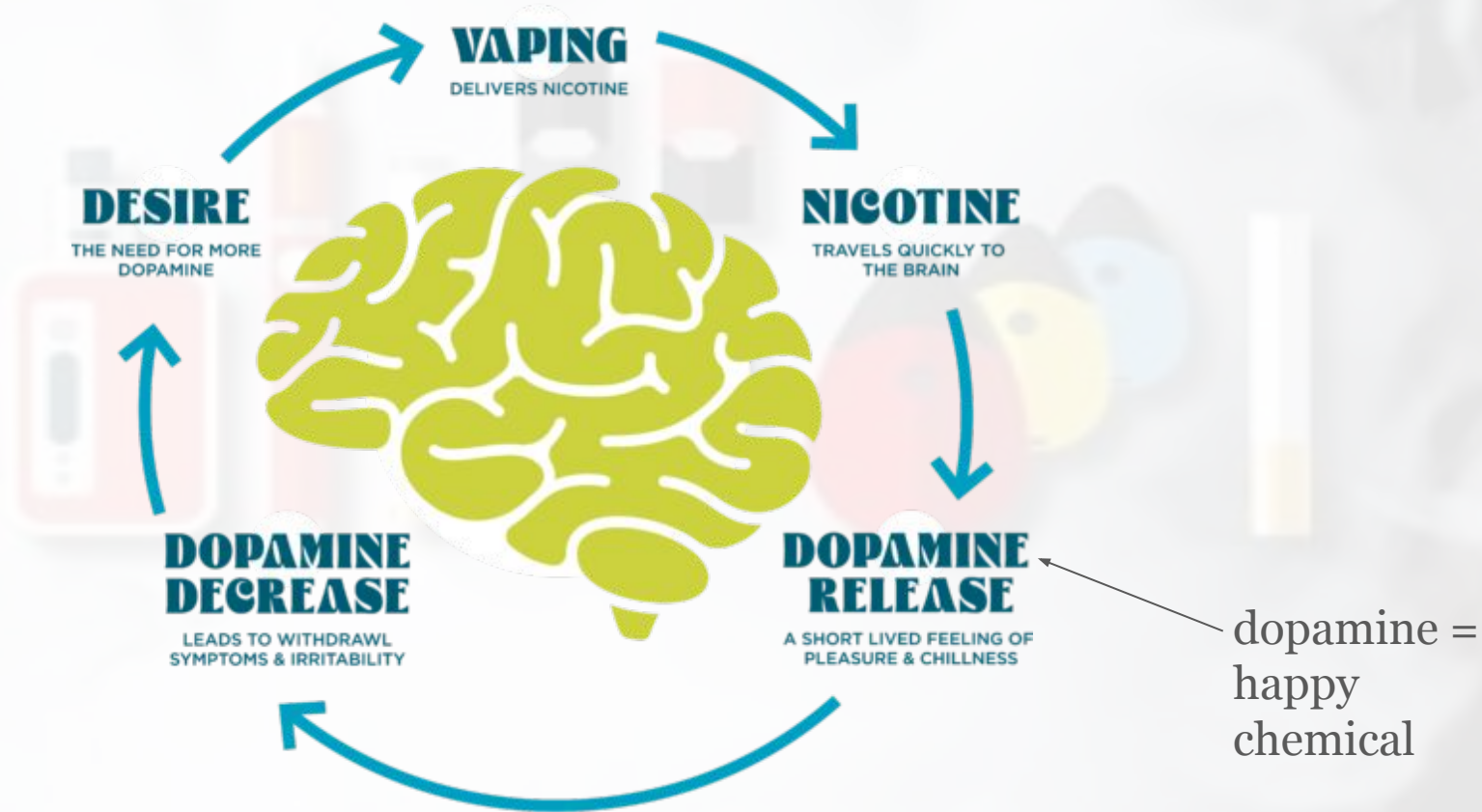
physically and mentally dependant on a particular substance or thing

How does Addiction Work?

<https://www.youtube.com/watch?v=eVLpnMHHEPU&t=38s>

Habits and addiction are similar, but addiction is different because it alters your brain in a negative way. Vaping alters your brain by making it so that the more you use it, you become more dependent on it, creating an addiction cycle that is hard to break.

Addiction Cycle of Vaping



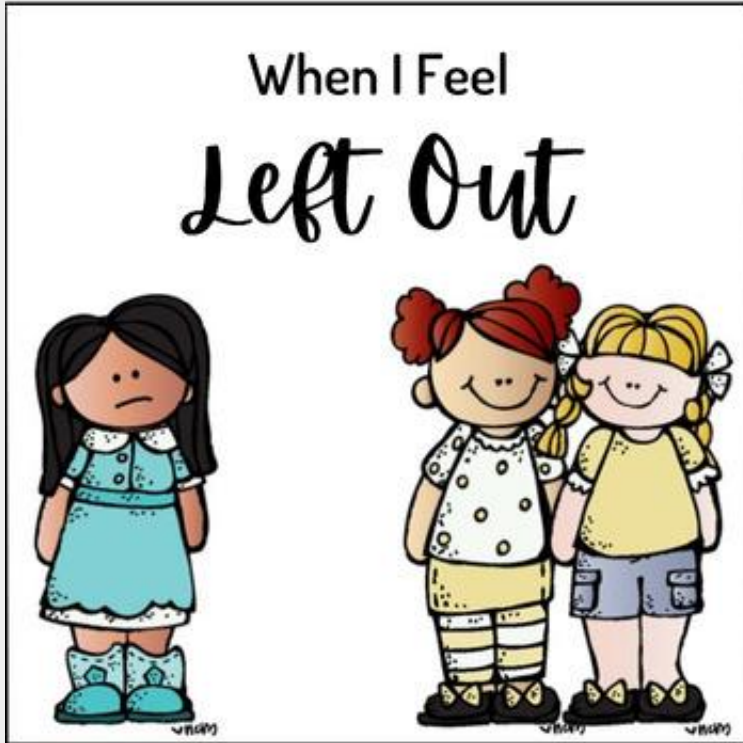


Peer Pressure

influence from members of a person's peer group.

Is all peer pressure bad? Can it be good?

What is Peer Pressure and Why Do We Need to Know About it?



- Peer Pressure= when you do something because you want to feel accepted and included by your friends.
- A lot of people start vaping because of peer pressure
- Good and bad peer pressure exist
 - Let's look at some examples

GOOD AND BAD PEER PRESSURE

GOOD PEER PRESSURE

- Pushing a friend to study harder so they can get better grades.
- Getting an after-school job and convincing friends to get a job too.
- Saving money for a big purchase like a PC and encouraging friends to do the same.

BAD PEER PRESSURE

- Needing to dress or act a certain way.
- Not including certain people in social activities, like recess because your friends told you to
- **Using drugs or alcohol.**
- Stealing or committing crimes to fit in
- Bullying

Why do Youth Give in to Bad Peer Pressure?

- Feeling liked **feels GOOD**.
- The fear of getting **teased** if they don't go along with the group.
- Some are **curious** and want to try things (even if it's **dangerous!**)
- Some think that **if a lot of people do it**, then it's safe.



Say **“NO”** to BAD PEER PRESSURE

Social Media is a kind of PEER PRESSURE

- Social Media makes Vaping look fun.
- They make it look cool and safe.
- Vaping is shown as a way to feel included.

NO ONE MENTIONS

- Dangerous
- Addictive
- Bad for Your Health



How to Deal with Bad Peer Pressure

- **Know what's right.** Trust your own feelings. If you think it's wrong, it probably is.
- **Have a friend who will stand with you.** If you have a friend with you, you won't feel excluded and the pressure isn't a big deal.
- **Help a friend.** You can help by saying, "I'm with you—let's go."
- **Walk away.** If you're alone, stay away from peers who get you to do stuff you know is wrong or dangerous. Walk away and find other friends or classmates to hang out with.
- **Get advice from an adult.** Talking to a parent, teacher, counselor, or doctor can help you feel better.



What Have We Learned?

- Vaping is the act of inhaling aerosol (vapor) through an E-cigarette
- Vaping causes lung problems, so you can't do fun things.
- VAPING IS **DANGEROUS**
- **BAD PEER PRESSURE** is used to get middle schoolers to vape.
 - Social Media plays a big role in peer pressure
- People **PRETEND** Vaping is safe by hiding it in packages that look fun and appealing.
- In middle school, you might be offered a vape

YOU ARE TOO SMART TO VAPE

Google Form!

Now that we have finished the lesson, let's see what you have learned!

[Google Form](#)

DO ANY OF THESE LOOK LIKE THEY CAN HURT YOU?



Make something dangerous seem like something you like



WHICH ONE
IS THE
DANGEROUS
VAPE?

