

## **HOSA Mini Lesson: Vaping**

### **Objectives:**

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. analyze informational texts regarding risks of vaping
2. create an anti-vaping infographic/poster

### **Time:**

- article & activities (class period)
- poster (class period)

### **Materials:**

- Internet access
- Scholastic's [Teacher Guide](#)
- [Scholastic's The Risks of Vaping](#)
- Poster Board or digital poster such as [glogster](#)

### **Instruction:**

1. watch [Vaping: The Hit Your Brain Takes](#) (2:19 minutes)
2. read [Scholastic's The Risks of Vaping](#)
3. complete selected activities from [Scholastic's The Real Cost of Vaping](#)
4. poster for student challenge

### **Assessment:**

1. Health Poster- ["Vaping's Not My Thing" Student Challenge](#)
2. [Health Poster](#) rubric or [Research Poster](#) Rubric

### **Standards:**

#### **NCHSE**

#### **9.1 Healthy Behaviors**

##### **9.1.1 Promote behaviors of health and wellness.**

- Exercise
- Nutrition
- Relationships
- Sleep habits
- Stress management
- Weight control

##### **9.1.2 Examine various aspects of behavioral health.**

- Anxiety
- Depression
- Substance abuse
- Suicide

For additional Curriculum Crosswalks see [CE Useful Tools](#)