

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

Category 2: Behavior Standards

- B-LS 1: Critical thinking skills to make informed decisions
- B-LS 9: Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias
- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SMS 7: Effective coping skills
- B-SMS 9: Personal safety skills
- B-SS 1: Effective oral and written communication skills and listening skills
- B-SS 3: Positive relationships with adults to support success
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary
- B-SS 5: Ethical decision-making and social responsibility
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence

1. Read the story, "I Am Vape" by Julia Cook aloud.
2. Review the PowerPoint or digital for Google Slides™ presentation.
3. Review the instructional posters
4. Play the true or false game.
5. Use the discussion cards.
6. Ask students to sign the NO Vaping Pledge.
7. Complete a worksheet or coloring page.

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation is a companion to the story, "I Am Vape" by Julia Cook. Please read the book aloud, first. The presentation teaches students what vaping is, the dangers of vaping, what peer pressure is, and 10 tips for handling peer pressure.

Posters:

9 instructional posters are included that review the definition of vaping, why vaping is harmful, the definition of peer pressure, and tips for handling peer pressure. These are great for reviewing and reinforcing the material, and displaying in your space.

Printable True/False Game:

Both a digital and printable true/false game are included. The printable game includes 24 cards and 2 mats (one "true" mat and one "false" mat). Please place the "true" mat on one side of the room and the "false" mat on the other side of the room. Please place the cards in a pile. Students

DIRECTIONS PAGE 2:

can take turns coming up to the front of the room, choosing a card, and reading it aloud to the class. Then, they can decide if it shows a "true" statement or a "false" statement. If the card shows a "true" statement, students can place it on the "true" mat. If the card shows a "false" statement, students can place it on the "false" mat.

Please talk through each statement with students to ensure their understanding.

Discussion Cards:

36 discussion cards are included in full color and black/white. You may choose to use these as a whole group or divide students into small groups. I prefer to divide students into groups of 2-4 and give each group a few cards. Students can discuss their thoughts with their small group then share out with the class.

NO Vaping Pledge:

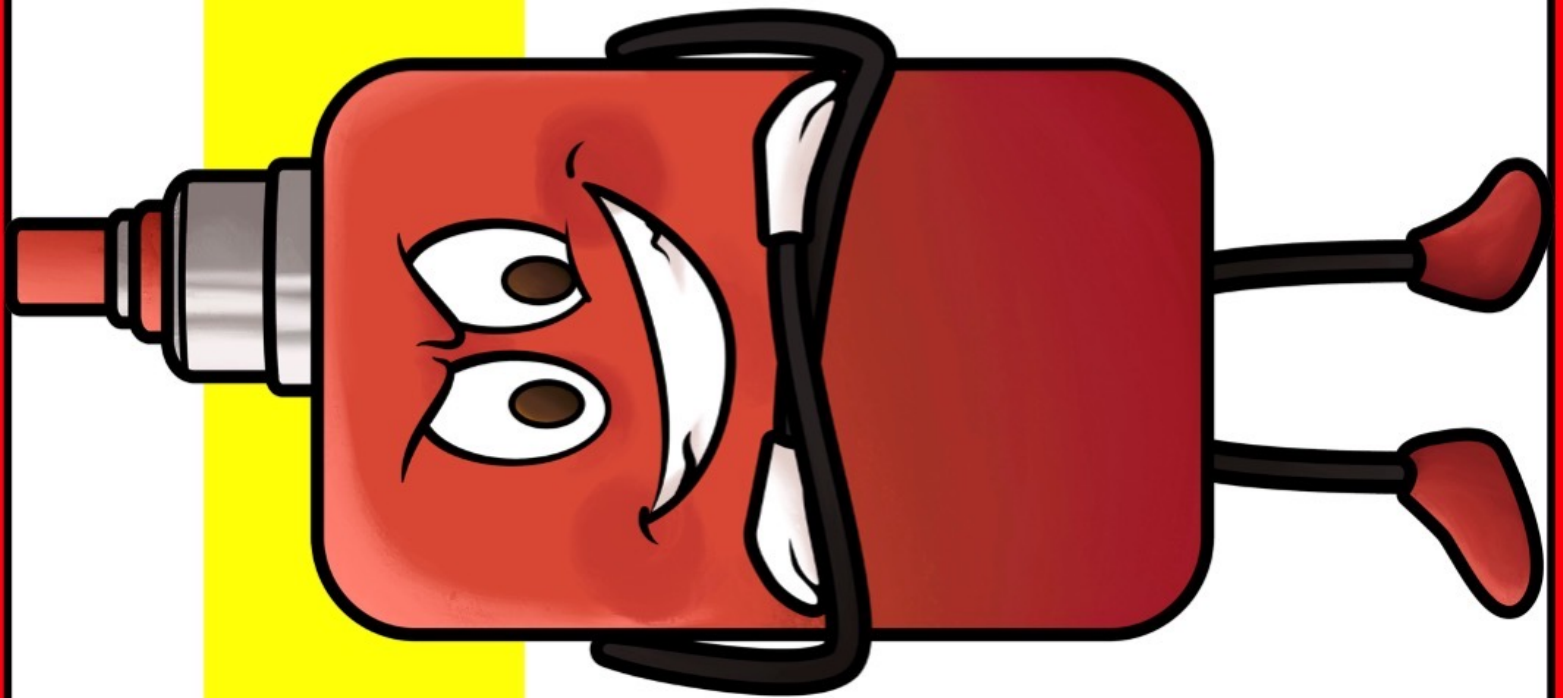
Please give each student a NO Vaping Pledge. Both full color and black/white versions are included. Please read the pledge aloud to students and then ask them to read it aloud with you. Then, students can sign and date the pledge. These are great to display in the hallway or on a bulletin board!

Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit your needs and the amount of time that you have.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help!

POSTERS



What is **VAPES?**

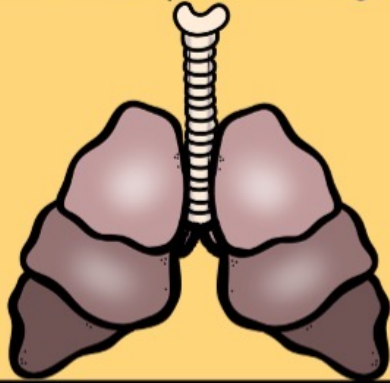


o o o o o o o o o o

A small device
that people
use to breathe
in flavored air.

Why is Vaping **HARMFUL?**

Hurts your lungs



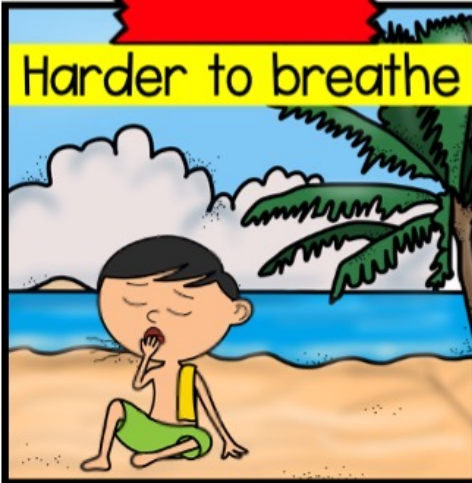
Super addictive



Full of toxic poisons



Harder to breathe



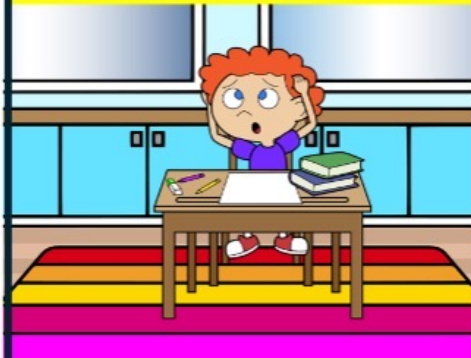
Takes control



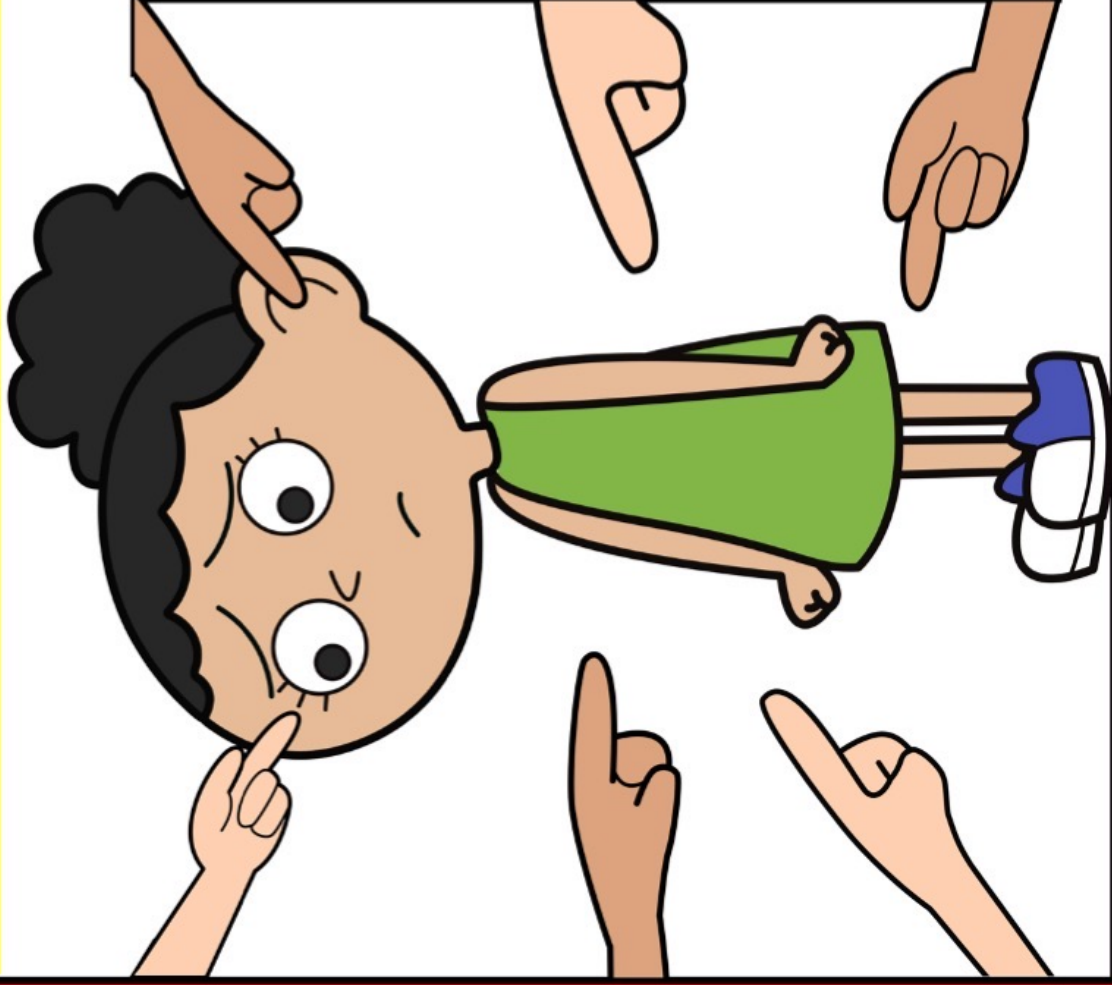
Trouble focusing



Harder to learn



What is **PEER PRESSURE?**



o o o o o o o o o o o o o o o o

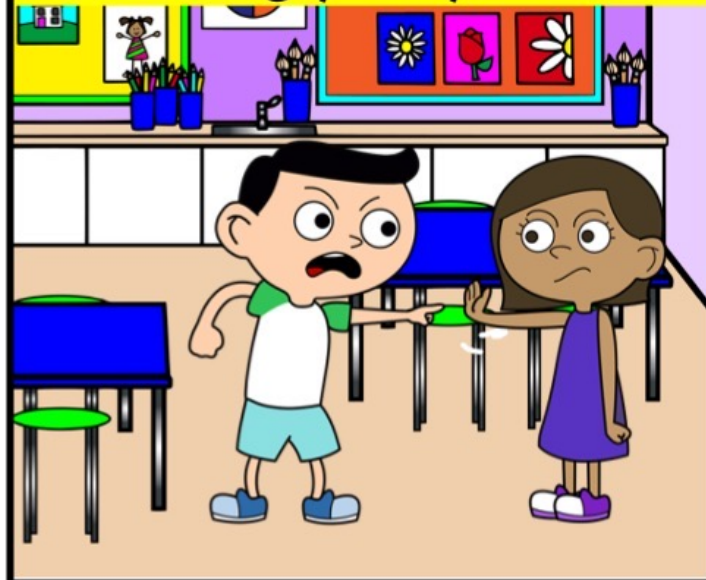
When other kids
try to get you to
do something,
even if you really
don't want to.

Tips for Handling **PEER PRESSURE**

Trust your gut



Strongly say, "no"



Chose friends wisely



Walk away



Tips for Handling **PEER PRESSURE**

Use humor, make a joke



Suggest something else



Blame the rules



Talk to a grown-up



VAPE-FREE

is the way to be!



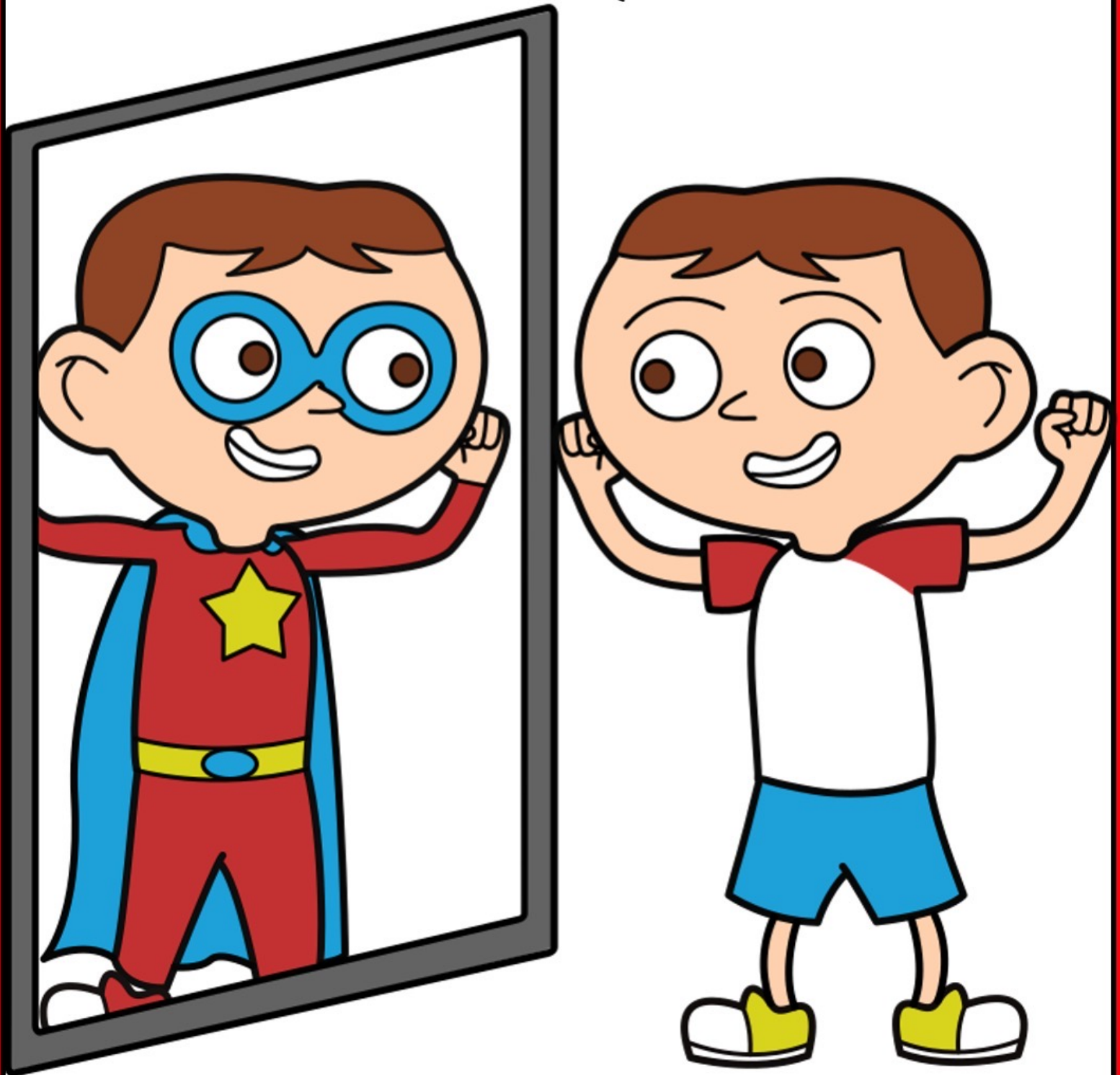
VAPE-FREE

is the way to be!



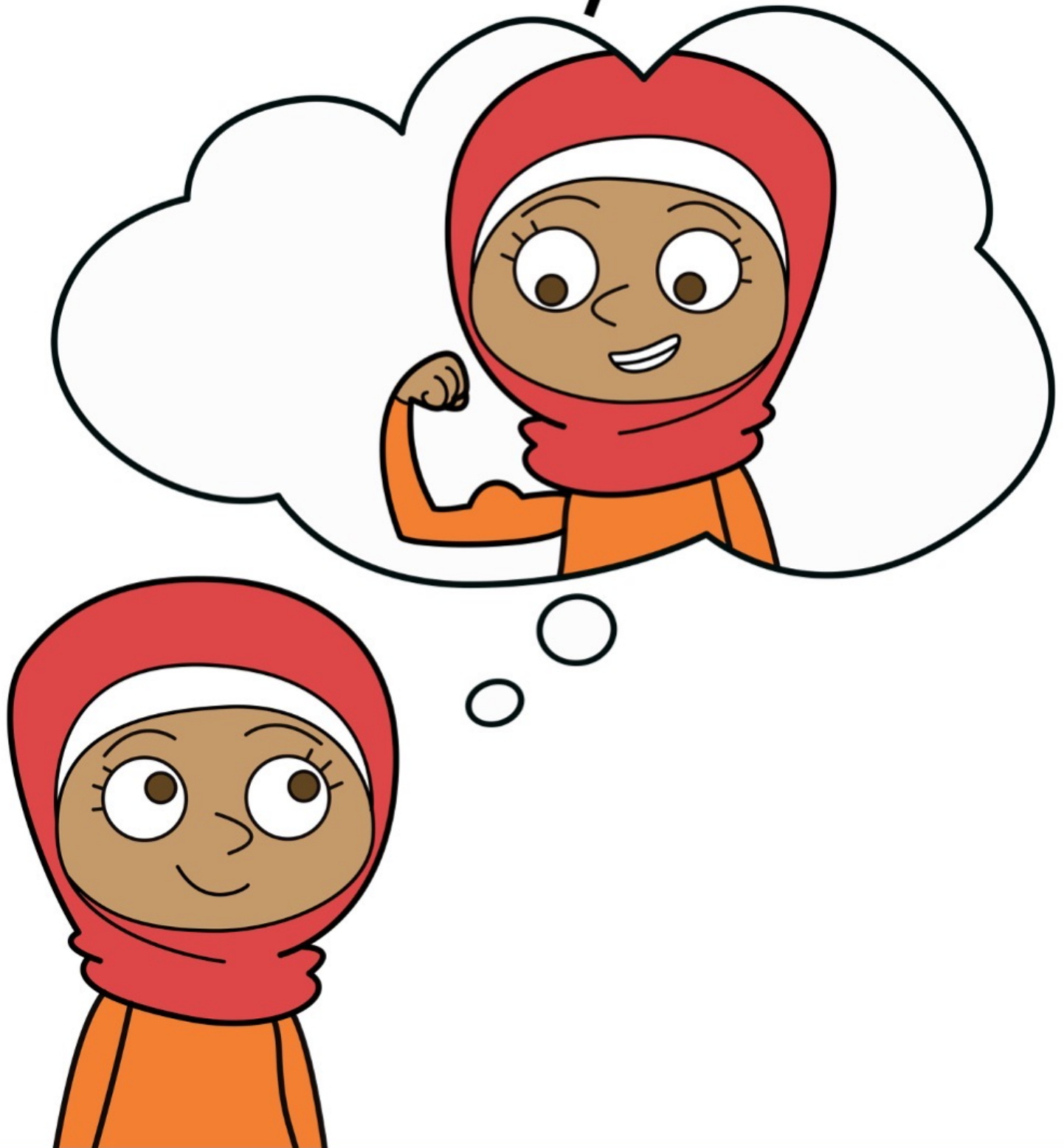
VAPE-FREE

is the way to be!



VAPE-FREE

is the way to be!



DISCUSSION

CARDS

Let's Talk!



About Vaping

What have you heard about vaping from others?

Let's Talk!



About Vaping

Have you ever seen anyone vaping? Describe what you saw.

Let's Talk!



About Vaping

What is vaping?

Let's Talk!



About Vaping

How is vaping different from smoking?

Let's Talk!



About Vaping

Why do you think
some people
choose to vape?

Let's Talk!



About Vaping

What have you
heard about vaping
on TV, online, or in
movies?

Let's Talk!



About Vaping

What have you
heard from friends
about vaping?

Let's Talk!



About Vaping

Has anyone ever
asked you to try
vaping?

Let's Talk!



About Vaping

Have your parents
ever talked to you
about vaping?

Let's Talk!



About Vaping

How does vaping
affect your lungs
and breathing?

Let's Talk!



About Vaping

How is vaping
harmful to your
body?

Let's Talk!



About Vaping

How is vaping
harmful to your
mind?

Let's Talk!



About Vaping

How does vaping
take control of your
thoughts?

Let's Talk!



About Vaping

What is the
addictive chemical
in vaping called?

Let's Talk!



About Vaping

What does
addiction mean?
What does it feel
like?

Let's Talk!



About Vaping

How can vaping
affect your ability
to play sports?

Let's Talk!



About Vaping

Why is it important to protect yourself from vaping?

Let's Talk!



About Vaping

What would you do if someone asked you to try vaping?

Let's Talk!



About Vaping

What is peer pressure?

Let's Talk!



About Vaping

What is an example of peer pressure?

Let's Talk!



About Vaping

What are two ways
to handle peer
pressure?

Let's Talk!



About Vaping

What is your
favorite way to
handle peer
pressure?

Let's Talk!



About Vaping

Has anyone ever
pressured you to do
something? Explain.

Let's Talk!



About Vaping

What would you do
if your friend was
being peer
pressured?

Let's Talk!



About Vaping

If someone asked
you to try vaping,
what would you
say?

Let's Talk!



About Vaping

Why is it important
to say "no" in a
confident and
strong way?

Let's Talk!



About Vaping

Show us how to
say, "no" in a strong
and confident way.

Let's Talk!



About Vaping

Why do you think it's
hard to stand up to
peer pressure?

Let's Talk!



About Vaping

Why is it important to know your values and trust your gut?

Let's Talk!



About Vaping

What are some things you enjoy that would be hard to do if you started vaping?

Let's Talk!



About Vaping

How do you feel knowing that kids your age may be vaping?

Let's Talk!



About Vaping

Who is an adult that you can talk to about peer pressure?

Let's Talk!



About Vaping

Who is an adult that
you can talk to
about vaping?

Let's Talk!



About Vaping

Who is one of your
role models?
Explain why.

Let's Talk!



About Vaping

Why do you think
some kids think
vaping looks cool?

Let's Talk!



About Vaping

What is an example of a
joke you could make if
someone tried to
pressure you to try
vaping?

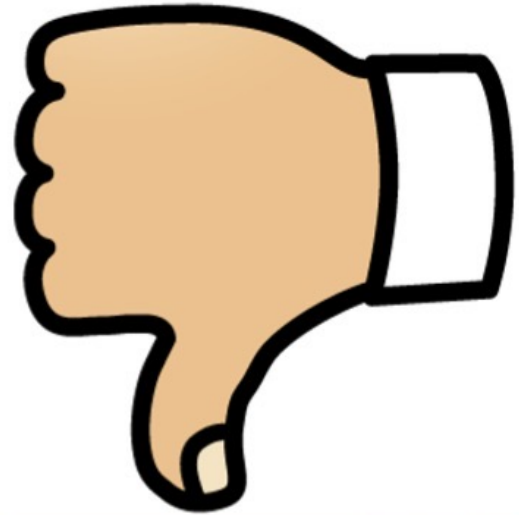
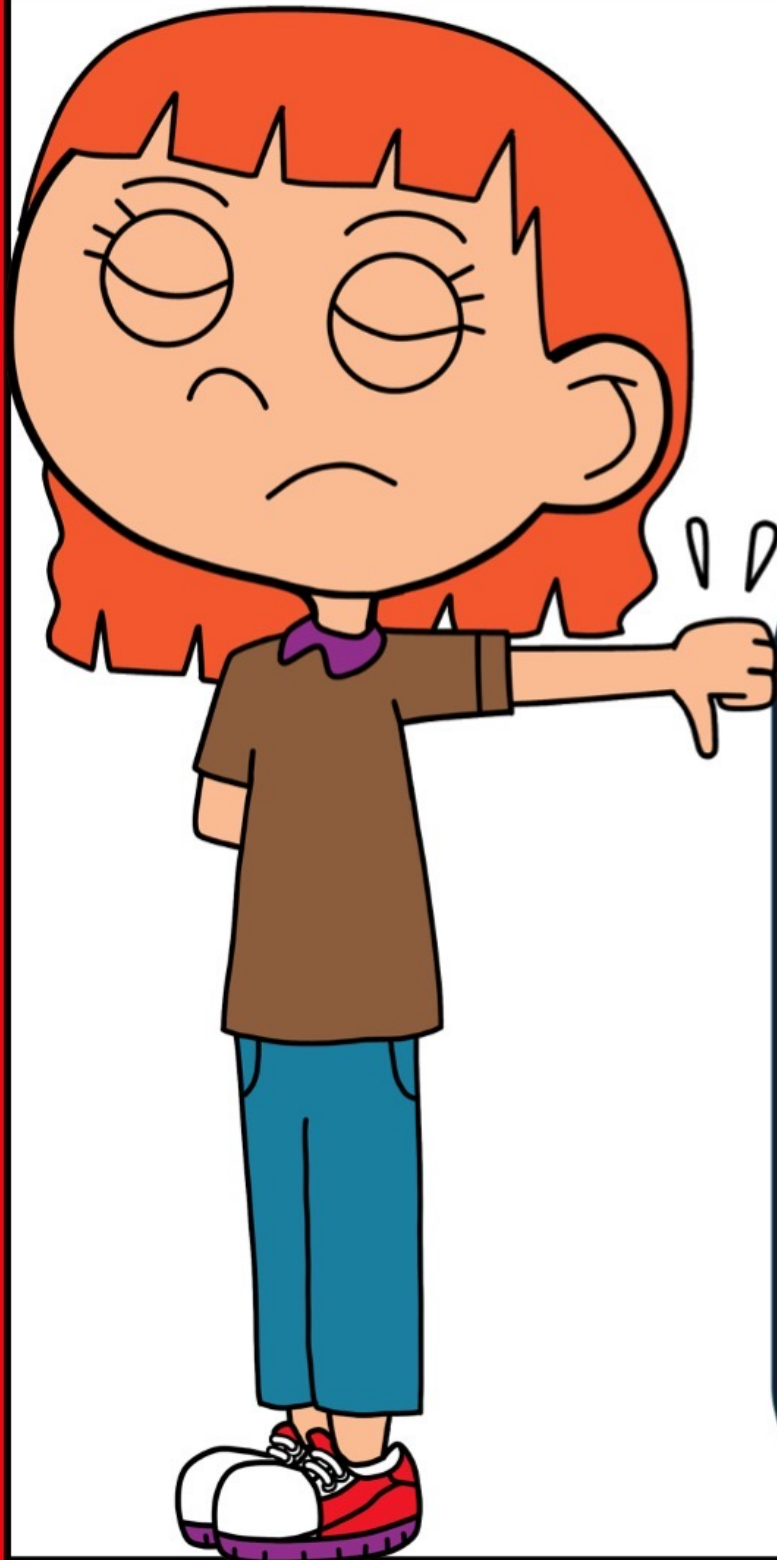
TRUE + FALSE

GAME

TRUE



FALSE



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**Let's
Play!**



**TRUE OR
FALSE?**

Place "false"
cards here.

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**Let's
Play!**



**TRUE OR
FALSE?**

Vaping is just
flavored air, so it's
safe to breathe in.

**Let's
Play!**



**TRUE OR
FALSE?**

Vaping can damage
your lungs, making it
harder to breathe.

**Let's
Play!**



**TRUE OR
FALSE?**

Vaping can damage
your memory.

**Let's
Play!**



**TRUE OR
FALSE?**

Vaping can make it
harder for you to
focus.

**Let's
Play!**



**TRUE OR
FALSE?**

Vaping doesn't have
any harmful
chemicals in it.

**Let's
Play!**



**TRUE OR
FALSE?**

Vaping can make you
addicted to nicotine.

**Let's
Play!**



**TRUE OR
FALSE?**

It's easy to stop once
you're addicted to
vaping.

**Let's
Play!**



**TRUE OR
FALSE?**

Vaping is especially
dangerous for kids
and teens.

**Let's
Play!**



TRUE OR FALSE?

Vaping is a healthy way to relax and cope with stress.

**Let's
Play!**



TRUE OR FALSE?

Vaping can make it harder for you to play sports.

**Let's
Play!**



TRUE OR FALSE?

Some people think vaping looks cool — but it IS NOT!

**Let's
Play!**



TRUE OR FALSE?

Vaping is safer than cigarettes, so it's safe for kids.

**Let's
Play!**



TRUE OR FALSE?

Addiction tricks your brain into thinking you need something.

**Let's
Play!**



TRUE OR FALSE?

Vaping takes control of your thoughts and behaviors.

**Let's
Play!**



TRUE OR FALSE?

Peer pressure is when kids try to get you to do something you don't want to do.

**Let's
Play!**



TRUE OR FALSE?

If you see someone vaping at school, be sure not to tell anyone.

**Let's
Play!**



TRUE OR FALSE?

Vaping smells good,
so it must be safe.

**Let's
Play!**



TRUE OR FALSE?

It's okay to say, "no"
when a friend pressures
you to do something.

**Let's
Play!**



TRUE OR FALSE?

Your real friends will
respect your choices and
not pressure you into
unhealthy choices.

**Let's
Play!**



TRUE OR FALSE?

If everyone is vaping,
then you should try
it, too.

**Let's
Play!**



TRUE OR FALSE?

Blaming a rule or your
parents is a good way to
stop peer pressure.

**Let's
Play!**



TRUE OR FALSE?

Making a joke is a
good way to stop
peer pressure.

**Let's
Play!**



TRUE OR FALSE?

Walking away is a
good way to stop
peer pressure.

**Let's
Play!**



TRUE OR FALSE?

If someone tries to
pressure you to vape,
talk to a grown-up.

WORKSHEETS

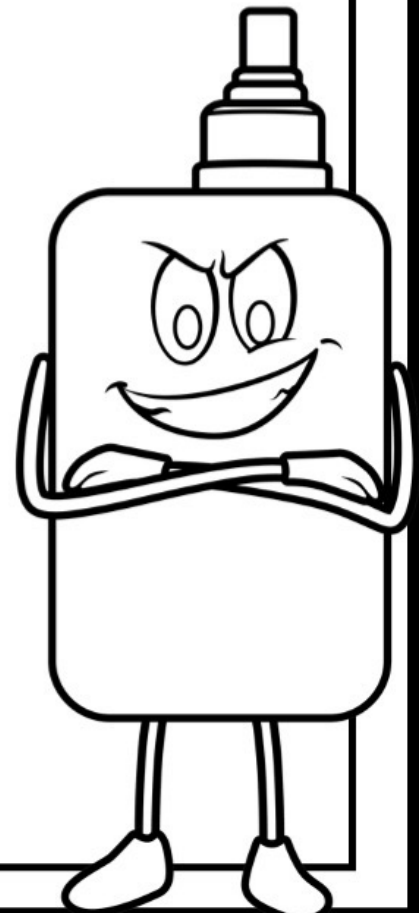
+ COLORING

PAGES

Name: _____

VAPE-FREE IS THE WAY TO BE!

Write and draw about why you would
say, "NO!" to vaping.



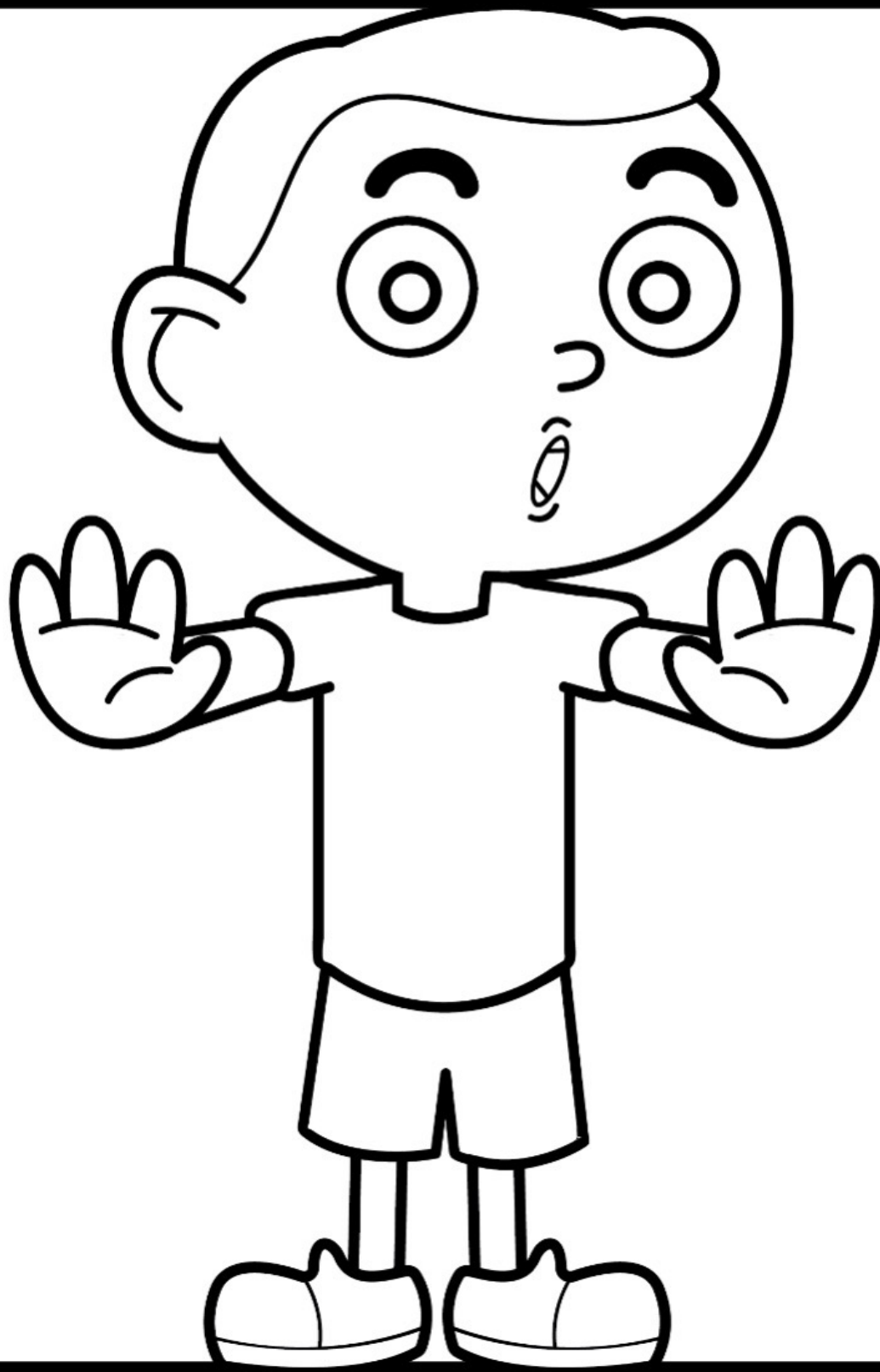
Name: _____

VAPE-FREE IS THE WAY TO BE!



Name: _____

VAPE-FREE IS THE WAY TO BE!



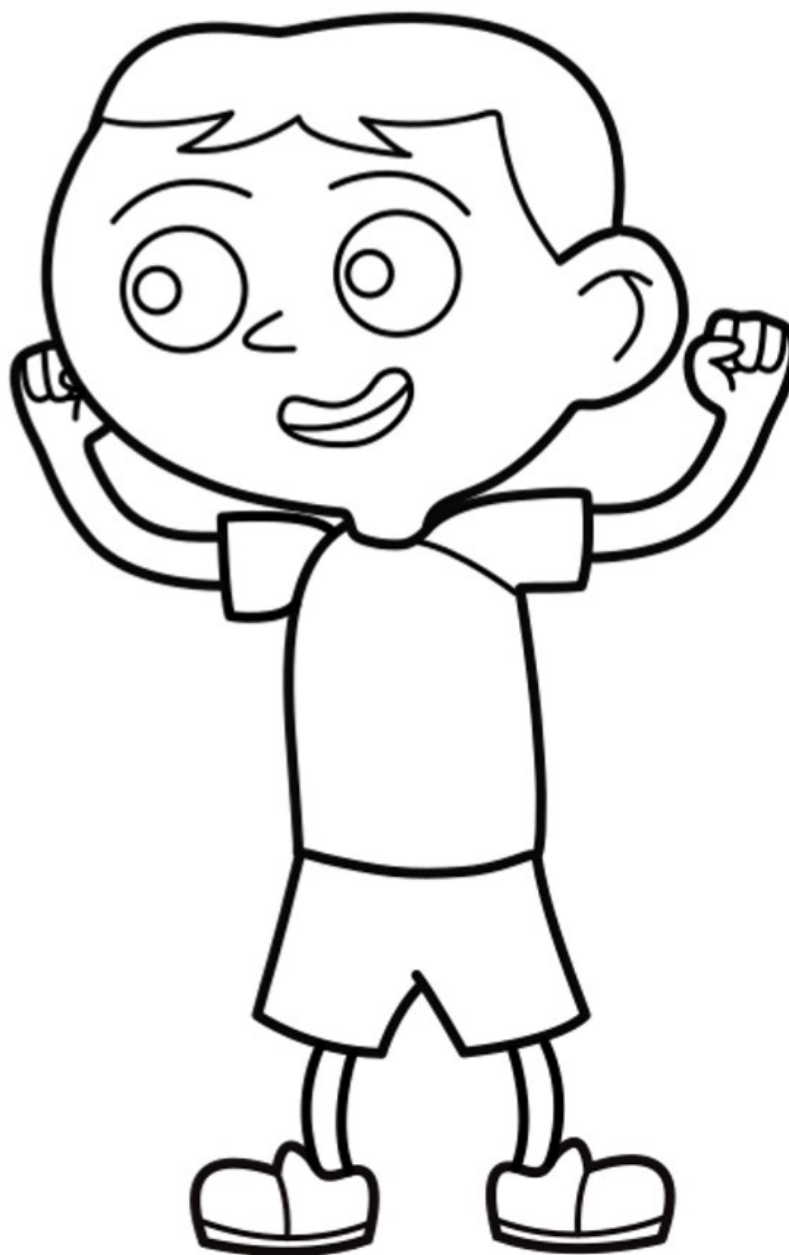
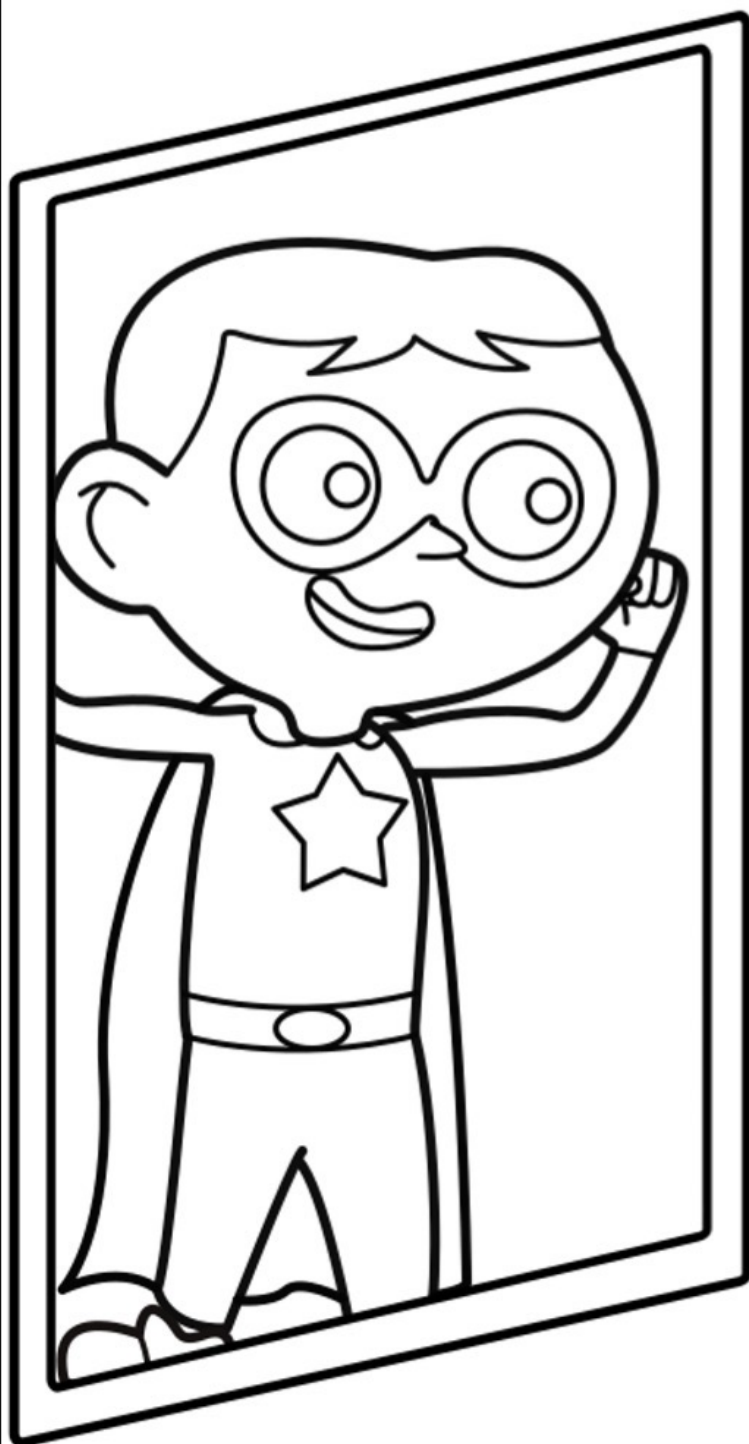
Name: _____

VAPE-FREE IS THE WAY TO BE!



Name: _____

VAPE-FREE IS THE WAY TO BE!



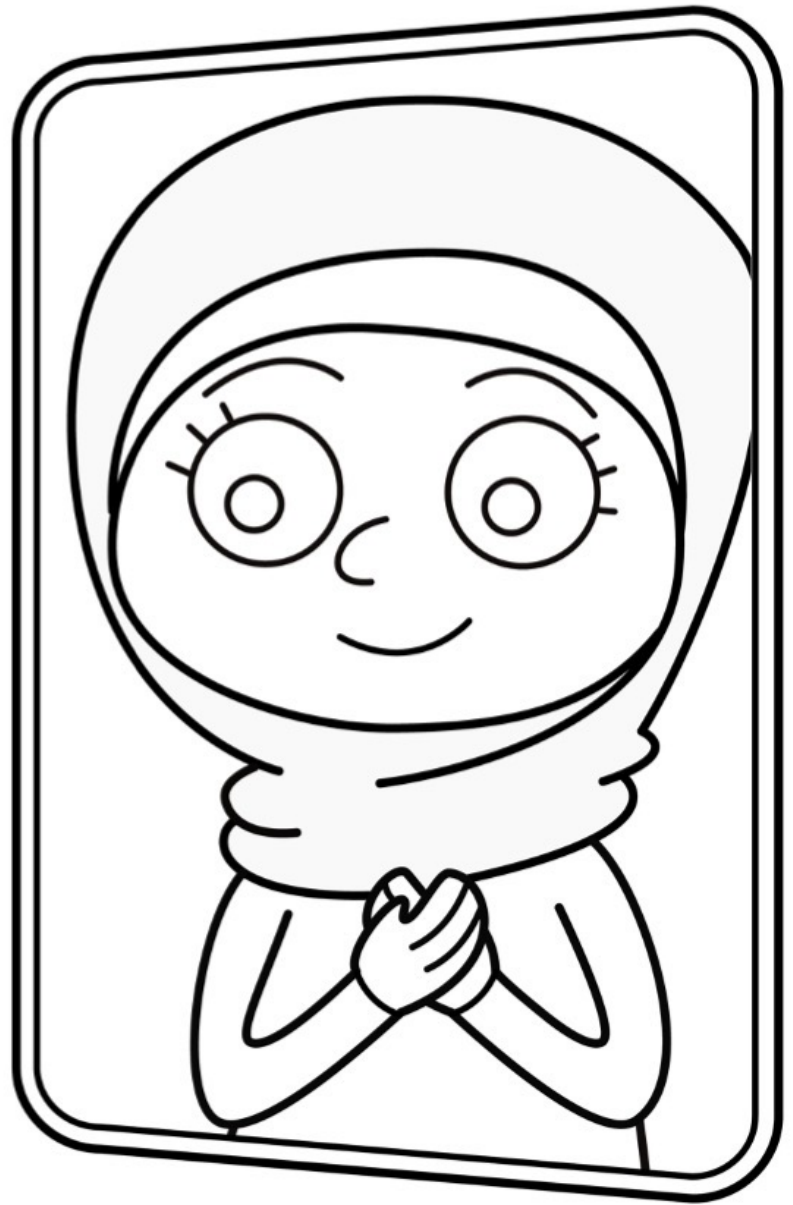
Name: _____

VAPE-FREE IS THE WAY TO BE!



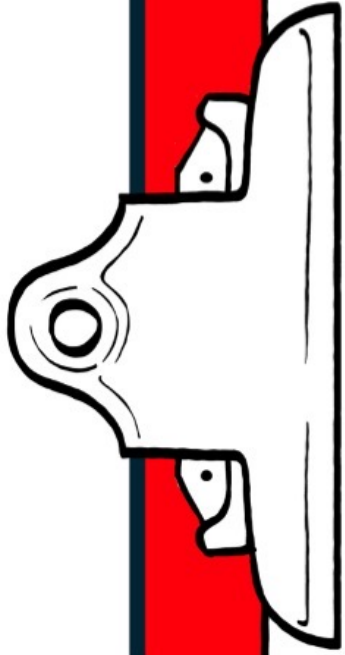
Name: _____

VAPE-FREE IS THE WAY TO BE!



NO VAPING

PLEDGE



NO Vaping **PLEDGE**

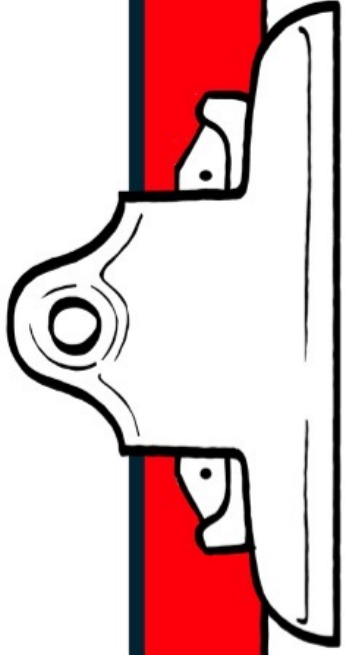
I promise to take care of my
body and make healthy
choices every day. Vaping is
harmful to my lungs, my
health, and my future. I will
stay strong and say, "no"
because...

**VAPE-FREE IS THE
WAY TO BE!**

Signature: _____

Date: _____

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NO Vaping **PLEDGE**

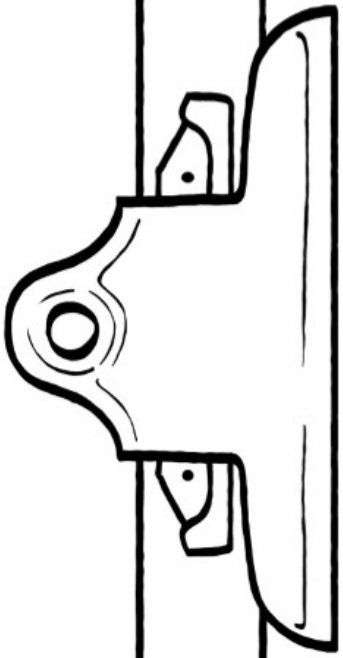
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**VAPE-FREE IS THE
WAY TO BE!**

Signature: _____

Date: _____

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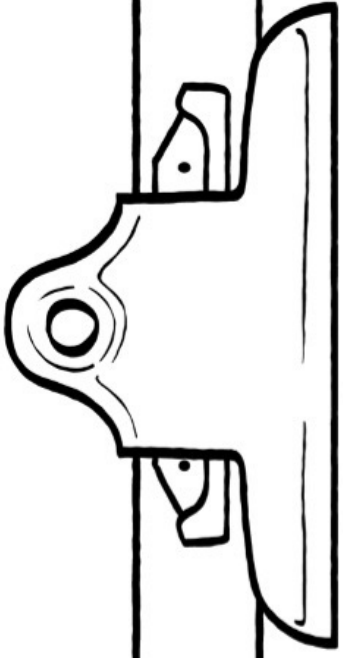
NO Vaping **PLEDGE**

I promise to take care of my
body and make healthy
choices every day. Vaping is
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health, and my future. I will
stay strong and say, "no"
because...

**VAPE-FREE IS THE
WAY TO BE!**

Signature: _____

Date: _____



NO Vaping **PLEDGE**

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body and make healthy
choices every day. Vaping is
harmful to my lungs, my
health, and my future. I will
stay strong and say, "no"
because...

**VAPE-FREE IS THE
WAY TO BE!**

Signature: _____

Date: _____

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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

