



**Do Drugs Make You Happy? (🌈 An Emotional Health Story)
(5th Grade – 10-11 yrs.)
Video: The Truth About Vaping and Nicotine**



STORY CONNECTION – SLIDES 11-12 (Approx Time: 30-35 mins)

You know that when your brain is happy it is because your “happy place” is turned on. Drugs can make you REALLY happy. The reason drugs make you so happy is that they act directly to turn on your happy place. They act faster, stronger, and longer than any other thing that turns on your happy place (like food when you are hungry, water when you are thirsty or playing video games when you are stressed out).

So, you may be saying – drugs make me REALLY happy, so why not take them? Well, when you take the drugs there is not really a need for them. Remember the need and the want issue? You do not NEED the drug. So, when your happy place gets turned on – it does not shut off. But the drug makes your brain happy. Your brain likes being that happy and now your brain makes you think that you NEED the drug – but your brain just WANTS the drug.

Some people may say that they are taking drugs because they NEED to relieve stress, but because of the STRONG effect that drugs have on your brain’s happy place – your brain is so confused and even more stressed. And it cannot shut off. Plus, the drug starts to change the way that the brain’s happy place works. Your brain gets even more confused and stressed...your brain WANTS to be happy again...it makes you take the drug again – only because of the changes, you need to take more of the drug to “feel” happy. That causes more changes to happen to your brain’s happy place.

Materials needed:

- Anticipation Guide (included below) or paper
- Anticipation Guide Answer Key (included below)
- Pencils
- Three video links can be found here: <https://www.bevapefree.org/educators#ElementarySchool>
 - “Cotton Candy Sewer Juice: How Vaping Hurts Your Lungs” (2:03)
 - “The Illusion of Control: How Vaping Tricks You into Addiction” (1:55)
 - “E-Disease Anyone? Vaping is Like a Disease You Choose” (2:00)

Preparation needed:

- Visit this site: <https://www.bevapefree.org/educators#ElementarySchool>
 - Scroll down to the middle of the page to the Self-Paced Module Videos section.
 - You will see “Cotton Candy Sewer Juice: How Vaping Hurts Your Lungs.”
 - Preview all three videos prior to showing them to the student(s).
- Determine if student(s) will use Vaping and Nicotine Anticipation Guide.
 - If so, print 1 per student (There are 3 per page.)
 - If not, have digital copy ready to display for student(s) to get the needed information.
- Print out a copy of the Vaping and Nicotine Anticipation Guide Answer Key for easy access.
- Optional: Familiarize yourself with more facts and statistics on vaping (link provided in Step 1).

Instructions:

1. In this activity, the focus will be on the effects of nicotine with the emphasis on vaping. According to the FDA,
 - 3.3% or 380,000 middle school student(s) reported current e-cigarette use
 - 27.6% of current youth e-cigarette users use a product every day.
 - More statistics can be found [here \(https://www.fda.gov/tobacco-products/youth-and-tobacco/results-annual-national-youth-tobacco-survey\)](https://www.fda.gov/tobacco-products/youth-and-tobacco/results-annual-national-youth-tobacco-survey).
2. Explain to student(s) they will independently complete an anticipation guide prior to watching the videos.
 - An anticipation guide is used to activate student(s) prior knowledge and build their curiosity about a new topic.
 - Student(s) will listen to or read several statements about key concepts.
 - Often these are structured as a series of statements with which the student(s) can choose to agree or disagree.
 - Anticipation guides stimulate student(s)' interest in a topic and set up a purpose for learning.
3. Pass out the Vaping and Nicotine Anticipation.
4. Read each statement aloud and have the student(s) mark true or false.
 - Do not answer any questions or have any discussion.
 - This is to see what they already know, what they think they know, what misconceptions they have, etc.

NOTE: If using plain paper, have the student(s) number their paper 1-10. Read aloud each statement and have them write true or false after each statement is read.
5. Once the student(s) have had time to complete the anticipation guide, tell them they are going to watch a video called "Cotton Candy Sewer Juice: How Vaping Hurts Your Lungs" and after the video they will have the opportunity to change any of their answers on their anticipation guide.
6. Show the first video and then allow student(s) to change any of their responses.
7. Next, tell the student(s) they are going to watch a video called "The Illusion of Control: How Vaping Tricks You into Addiction" and after the video they will have the opportunity to change any of their answers on their anticipation guide.
8. Show the second video and then allow student(s) to change any of their responses.
9. Finally, tell the student(s) they are going to watch a video called "E-Disease Anyone? Vaping is Like a Disease You Choose" and after the video they will have the opportunity to change any of their answers on their anticipation guide.
10. Show the third video and then allow student(s) to change any of their responses.
11. Lastly, go over the anticipation guide as a group.
 - Read each statement and ask for a show of hands or thumbs up/thumbs down as to who thinks the statement is true or false.
 - Before reading or sharing the answer, ask student(s) to justify their response with either evidence from the videos or outside knowledge they might have.
 - Share any additional information from the answer guide with student(s) and correct any misconceptions they might have.
12. Complete this process with each statement on the anticipation guide.
13. In closing, remind student(s) that nicotine is a drug and one of the most used by young people around their age. The reason drugs make them so happy is that they act directly to turn on their happy place. They act faster, stronger, and longer than any other thing that naturally turns on their happy place. The drug starts to change the way that the brain's happy place works. The brain gets even more confused and stressed...the brain WANTS to be happy again...it makes them take the drug again – only because of the changes, they need to take more of the drug to "feel" happy. That causes more changes to happen to the brain's happy place. The brain just wants the drug – it craves the drug - and the brain will do anything to get the drug. When this happens, we say that the brain is addicted. An addicted brain is not happy or healthy.

Anticipation Guide Information Credit: <https://news.childrensmercy.org/vaping-myths-and-facts/>

Anticipation Guide Information Credit: [https://www.aahealth.org/nicotinefreeweek/fast-](https://www.aahealth.org/nicotinefreeweek/fast-facts/#:~:text=Nicotine%20is%20a%20drug%20found,smoke%2C%20and%20anxiety%20or%20irritability.)

[facts/#:~:text=Nicotine%20is%20a%20drug%20found,smoke%2C%20and%20anxiety%20or%20irritability.](https://www.aahealth.org/nicotinefreeweek/fast-facts/#:~:text=Nicotine%20is%20a%20drug%20found,smoke%2C%20and%20anxiety%20or%20irritability.)

Vaping and Nicotine Anticipation Guide**Name:**

1. Vaping is harmless.	True	False
2. Vaping is just flavored water. That it not dangerous.	True	False
3. Vaping cannot make you sick.	True	False
4. Vaping is a safe way to stop smoking.	True	False
5. Vaping is not as bad for you as smoking.	True	False
6. Nicotine is not a real drug.	True	False
7. It takes about five minutes for nicotine to reach the brain.	True	False
8. Teens cannot become dependent on nicotine right away.	True	False
9. Smoking helps people relax.	True	False
10. Tobacco companies specifically market to teens.	True	False

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Vaping and Nicotine Anticipation Guide Answer Key

1. Vaping is harmless.	True	False - When someone vapes, it looks like they are smoking. That is because these electronic cigarettes—or e-cigarettes—heat a liquid into a mist that you inhale and exhale. Vaping delivers chemicals into the lungs that are not supposed to be there. Even if vaping seems harmless, it is not. Vaping products are not controlled by the Food and Drug Administration (FDA). That means we do not always know what they contain or how they are made.
2. Vaping is just flavored water. That it not dangerous.	True	False - Vaping is not just inhaling water vapor. There is not even water in the cartridges people use. They are filled with liquids that contain chemicals, nicotine, and flavorings.
3. Vaping cannot make you sick.	True	False - If you or your friends vape, you could be gambling with your health. It can cause asthma issues, lung injuries, or even hospital visits.
4. Vaping is a safe way to stop smoking.	True	False - At first, vaping was thought to be a safe way to help adults addicted to cigarettes to stop. But it was not supposed to be a substitute for smoking. Now we know you can get addicted to vaping and there are other side effects.
5. Vaping is not as bad for you as smoking.	True	False - The nicotine in one small vaping “pod” can be as much as a whole pack of cigarettes or more. That means vaping a single pod can cause a nicotine addiction and could be enough to make you sick.
6. Nicotine is not a real drug.	True	False - Nicotine is a drug found naturally in tobacco. It is as addictive as heroin and cocaine.
7. It takes about five minutes for nicotine to reach the brain.	True	False - It takes only 8 seconds for nicotine to reach the brain.
8. Teens cannot become dependent on nicotine right away.	True	False - Teens can experience tobacco dependence within a day of first inhaling, including strong urges to smoke, and anxiety or irritability
9. Smoking helps people relax.	True	False - Some people smoke because they think it helps them relax. A new study suggests otherwise: smoking triggers stress. The truth is that smokers are addicted to the nicotine in tobacco; as the nicotine from one cigarette wears off, they start to crave another and become nervous and tense. Does not sound very relaxing!
10. Tobacco companies only market to people old enough to smoke.	True	False - Tobacco companies intensely market to teens. Why? To find replacement smokers for those who die or quit.