



Parent Page - School Counseling
Elementary

Content	Concept and Student Support Standards	Resource
3rd-5th gd Vaping Lesson	M1 Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. B-SMS 9 Personal Safety 1. Introduction with the Objectives: • What are e-cigarettes? • Why are e-cigarettes dangerous to your health? • Why do kids try them? • What you can do to avoid using e-cigarettes. 2. What are e-Cigarettes? • Examples of different ones • Toxic nicotine that hurts the brain and lungs 3. Chemicals that are in vapes such as nicotine, lead, benzene, nickel, etc 4. Don't be Tricked! • They come in fun candy & fruit flavors but remember they are full of chemicals. 5. Video: Vaping: The Hit Your Brain Takes	<u>ASCA Student Standards</u>



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3rd-5th gd Vaping Lesson	6. Group activity that discusses the chemicals in vapes, why they are harmful and why you want to stay away from them? B-SMS 1. Responsibility for self and actions 7. Consequences at School • Call parents • Counselor will meet with them • Office consequences that will involve school suspension and/or loss of privileges B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary 8. What Can You Do? • Option that kids can take to say no. • Don't be around people smoking. • Tell an adult if you are offered a vape. • If you find one, do not touch it and report it to an adult.	<u>ASCA Student Standards</u>



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