



Parent Page - School Counseling

Second Semester		
Content	Concept and ASCA Student Standards	Resource
Secondary Vaping Lesson	ASCA Mindsets: M1 – Belief in development of whole self) M3 – Positive attitude toward work and learning ASCA Behaviors: B-SMS7 – Effective coping skills <u>Health & Safety Awareness</u> • E-cigarettes and vaping products are unsafe for youth. • Understanding risks empowers students to make informed, healthy choices. ASCA Mindsets: M6 – Understanding that postsecondary education and life-long learning are necessary for long-term success ASCA Behaviors: B-LS1 – Demonstrate critical-thinking skills <u>Understanding What E-Cigarettes Are</u> • E-cigarettes go by many names (vapes, JUUL, e-cigs). • Devices heat liquid into aerosol that is inhaled. • Products are intentionally designed and marketed to appeal to youth.	ASCA Student Support Standards



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Secondary Vaping Lesson	ASCA Mindsets: M3 – Sense of belonging in the school environment ASCA Behaviors: SS2 – Create positive and supportive relationships with peers <u>Risk Factors & Why Youth Vape</u> • Exposure to advertising and flavored products increases use. • Peer influence and marketing tactics play a significant role. • Students reflect on social and emotional reasons behind vaping. ASCA Mindsets: M5 – Belief in using abilities to their fullest to achieve high-quality results ASCA Behaviors: B-SMS2 – Demonstrate self-discipline and self-control <u>Healthy Alternatives to Vaping</u> • Positive coping strategies reduce stress without harming health. • Activities include exercise, art, music, social connections, and school involvement. ASCA Mindsets: M1 – Whole self development ASCA Behaviors: B-SMS9 – Demonstrate personal safety skills <u>Dangers of Nicotine</u> • Nicotine is highly addictive and harmful to developing brains. • Impacts attention, learning, mood, and impulse control.	ASCA Student Support Standards



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Secondary Vaping Lesson	- Early nicotine use increases long-term health risks. ASCA Mindsets: M4 – Self-confidence in ability to achieve ASCA Behaviors: B-SMS10 – Demonstrate ability to manage transitions and change <u>Addiction & Long-Term Impact</u> - Youth brains are more vulnerable to addiction. - Vaping increases the likelihood of future substance use. - Most teen users continue nicotine use into adulthood. ASCA Mindsets: M1 – Whole self development ASCA Behaviors: B-SMS9 – Personal safety skills <u>Physical Health Risks</u> - Vaping can cause lung damage (e.g., popcorn lung). - Risks include poisoning, burns, device explosions, and unknown long-term effects. ASCA Mindsets: M6 – Life and career readiness ASCA Behaviors: B-LS4 – Apply self-motivation and self-direction to learning <u>School & Legal Consequences</u> - Possession or distribution can lead to suspension, alternative placement, or legal consequences.	ASCA Student Support Standards



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Secondary Vaping Lesson	- Disciplinary actions may impact graduation and postsecondary opportunities. ASCA Mindsets: M4 – Self-confidence in ability to succeed ASCA Behaviors: SS6 – Effective collaboration and cooperation skills SS8 – Demonstrate advocacy skills <u>Prevention & Peer Pressure Resistance</u> - Planning ahead helps students avoid risky situations. - Assertive communication and refusal skills support healthy choices. - Supporting peers promotes a safer school environment. ASCA Mindsets: M2 – Sense of belonging ASCA Behaviors: B-LS9 – Use resources to support learning and personal growth <u>Help-Seeking & Support Resources</u> - Students are encouraged to seek help from trusted adults and support services. - Access to national quit resources reinforces that support is available. ASCA Mindsets: M6 – Life-long learning is necessary for long-term success ASCA Behaviors: B-SMS5 – Perseverance to achieve long and short term goals <u>Empowerment & Responsible Decision-Making</u> - Students review key questions and reinforce learning. - Emphasis on protecting health, making smart choices, and helping others.	ASCA Student Support Standards



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