

CATCH My Breath: 6th Grade

Session 2: Making Our Own Choices



Video: ASAP Science

Smoking vs. Vaping

<https://catchinfo.org/smoking-vs-vaping-asap-science/>



CATCH[®]
GLOBAL FOUNDATION

CATCH[®]
MY BREATH
YOUTH E-CIGARETTE PREVENTION PROGRAM

Take a Guess

- What percentage of middle schoolers smoke E-cigarettes?
- What percentage of 11th graders smoke E-cigarettes?



Actual Percentage:

Only **11.3%** of high-schoolers and **4.3%** of middle schoolers have smoked an E-cigarette in the last 30 days.

Questions to consider:

- Are these numbers surprising?
- Why do you think students' estimates are usually higher than the actual number?

Assemble into your small groups



Activity 1: Reasons Why Young People Experiment with E-cigarettes and Positive Alternatives

On the front of your index card, record responses to the following question:

- Why might young people experiment with E-cigarettes?

On the back of your index card, record responses to the following question:

- What are some positive things young people can do instead of using E-cigarettes?

Activity 1: Reasons Why Young People Experiment with E-cigarettes and Positive Alternatives

- **Peer Group Facilitators:** Collect the index cards and read the reasons for use and positive alternatives aloud to your group.
- **Share 2-3** of the reasons for use and positive alternatives with the whole class.

Reasons to try an E-cigarette:	Positive Alternatives:
Accepted by friends	Be yourself. Figure out your passion and join a sports team or a club; Invite friends to a movie; Tell a joke;
Just curious	Ask lots of questions and research the facts.
To taste the flavors	Make your own smoothie with a variety of fruits. Get a fresh-pressed juice. Eat or drink something tasty.
To rebel, or appear older	Volunteer to take on more responsibility; Make mature choices.
To feel less tired	Go to bed earlier; Take a nap; Watch less Netflix; and YouTube; Workout/exercise (it gives you more energy); Visit your doctor or school nurse to rule out any illness; Talk to your friends/parents/teachers about how you are feeling

Activity 2: Refusal Skills

- Use scratch paper to brainstorm smart exit strategies/refusals to use when offered an E-cigarette.



Smart Exit Strategy Examples

- Simply say "No thanks, I'm good."
- Stand tall with non-smoking friends
- Suggest something else to do
- Give Your reason for not wanting to use an E-cigarette
- Add some humor

Activity 2: Refusal Skills Game

- Form a circle
- Toss the ball to each other
- When you receive the ball, give a unique refusal to remain standing

Adult Interview

- Interview one of your parents, or another adult.
- Bring completed interview to the next session to discuss.