

# CATCH My Breath

## Session 2: Resisting Peer Pressure



# What percentage of 11<sup>th</sup> grade students actually smoke E-Cigarettes?

- Silently write down your guess on a piece of paper (do not consult with anyone):
  - Of every 100 students randomly selected in **11th grade** throughout the United States, how many do you think have smoked an E-cigarette in the past 30 days?
  - Keep your guess, we will come back to this at then end of class



# Quick review of the negative consequences and E-cigarette facts from Session 1:

- E-cigs are socially unacceptable
- E-cigs make you look silly
- Costs lost of money, about \$100 to get started
- **Nicotine** is addictive
- Vapor contains formaldehyde and unknown chemicals
- Against school rules; could get suspended
- It's against the law!
- Lose the trust of parent(s)
- Harms babies
- They can explode!

# E-cigarettes aren't as helpful as people think to help them quit smoking

- Once addicted to **nicotine**, it is very difficult to quit.
- Many have tried to use E-cigarettes to quit regular cigarettes, but there is **no evidence** this works.



# Addiction

- What do you think of when you hear the word “addiction”?
- How do you feel about the possibility of being addicted to something?



The Real Cost. NICOTINE IS HIGHLY ADDICTIVE.  
Retrieved September 9, 2016, from <http://1.usa.gov/1YpyQl4>

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MY BREATH  
YOUTH E-CIGARETTE PREVENTION PROGRAM

**You're in control of yourself ...  
until you're addicted.**

Being *addicted* means that you've **lost control over** the decision to smoke, or not to smoke. With addiction, it's a **need**.

It's **loss of control** and **need** that keeps you buying. The companies that sell e-cigarettes depend on **nicotine** to make lots of money.

# Rank these drugs from least addictive to most addictive

nicotine

cocaine

heroin

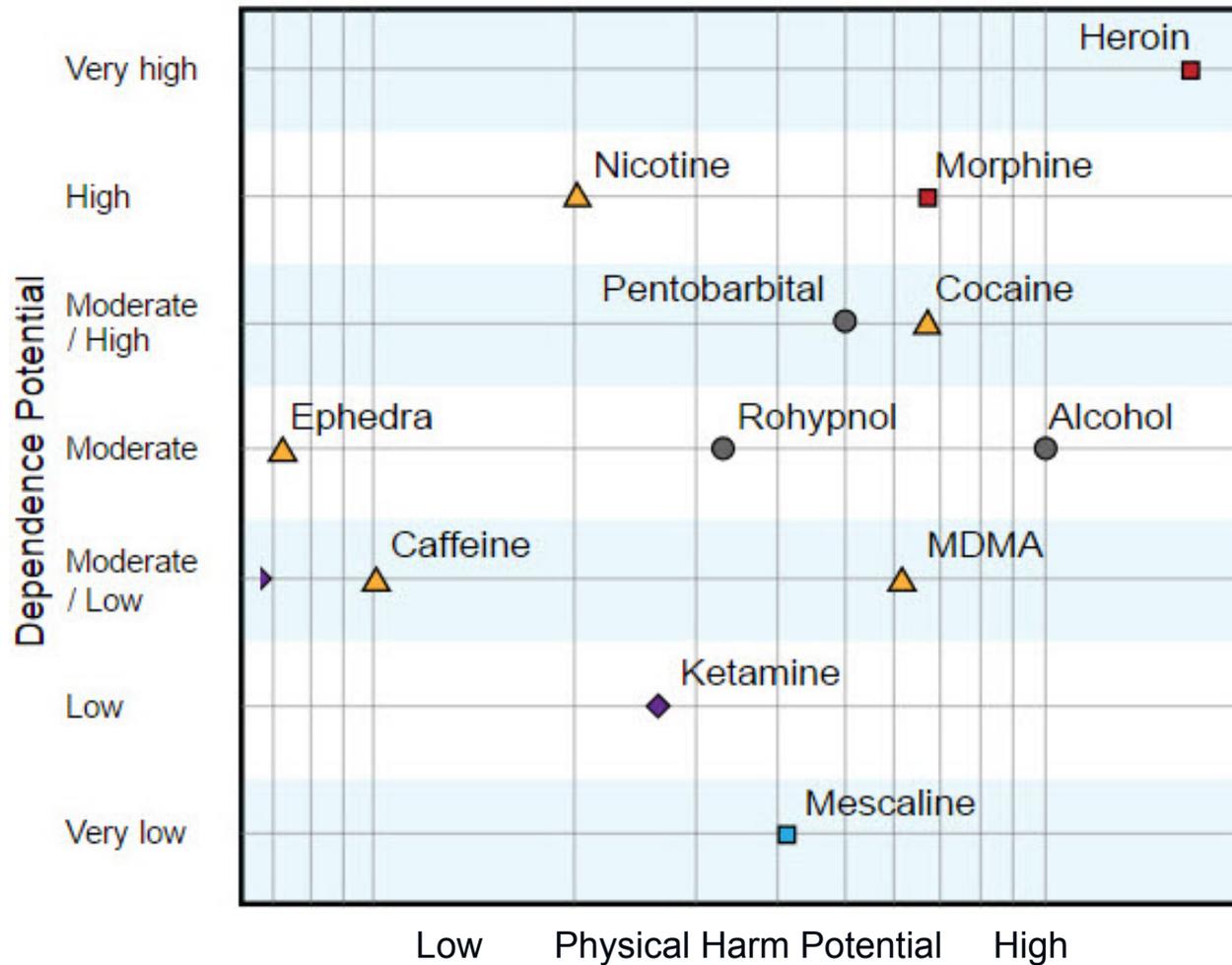
alcohol

caffeine

LSD

marijuana

morphine



John C (2011, December 26). Drug danger and dependence-no title.svg [Digital image]. Retrieved September 9, 2016, from [https://commons.wikimedia.org/wiki/File:Drug\\_danger\\_and\\_dependence-no\\_title.svg](https://commons.wikimedia.org/wiki/File:Drug_danger_and_dependence-no_title.svg)

The addiction potential for **nicotine** is “High”  
Only Heroin is higher

# Why Try?

- Peer Group Facilitators :
  - Lead a quick small-group brainstorm using Peer Group Facilitator Sheet 3, Session 2: *Reasons Why Young People Experiment with E-Cigarettes?*
  - After 5 minutes, I will ask each peer group facilitator to report 2-3 reasons their group listed.

CATCH My Breath Peer Group Facilitator Sheet 3, Session 2

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**REASONS WHY YOUNG PEOPLE EXPERIMENT WITH E-CIGARETTES**

**DIRECTIONS**

1. Read the following definition of *brainstorming* to your group:  
*"Brainstorming means thinking of all the possible answers to a question. There are no right or wrong answers when you're brainstorming. The idea is to try to think of as many answers as you can."*
2. Read the question to your group: *"If there are so many negative consequences of using E-cigarettes, why do people our age start using them?"*
3. Give your group a few minutes to think of all the answers they can to the question.
4. Ask each person in your group to say one of their answers.
5. Continue asking group members until you've heard all of their answers.
6. List on this sheet all the answers given by your group.

**With so many negative consequences,  
why do people our age start using E-cigarettes?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Peer group facilitator(s): \_\_\_\_\_ Group #: \_\_\_\_\_

## Reasons Why Young People Experiment With E-cigarettes

- Friends use it
- Brother/sister uses it
- Parents use it
- To rebel
- Sweet smelling flavors
- Looks fun
- Looks attractive & cool
- Calms nerves
- Freedom
- Something to do
- Makes you look older
- Just for the heck of it
- Ads make you want to try it
- To forget problems
- Clears your mind
- Makes you happy
- Want to try something new
- Curious about how it works
- Meet new people/make new friends
- Gives you energy
- People think it is a safe alternative to tobacco

# Top 5 Reasons People Start Smoking E-cigarettes

Reasons to try an E-cigarette:	Positive Alternatives: (List as many as you can!)
To be accepted or make new friends	
Because I am just curious	
To taste the flavors	
To appear older	
It makes me feel less tired	

# Positive Alternatives to Using E-cigarettes

- Peer Group Facilitators :
  - Lead a quick small-group brainstorm using Peer Group Facilitator Sheet 4, Session 2: Positive Alternatives to Using E-cigarettes.
  - After 3-5 minutes, I will ask each peer group facilitator to report 2-3 alternatives their group listed.

CATCH My Breath Peer Group Facilitator Sheet 4, Session 2

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**POSITIVE ALTERNATIVES TO USING E-CIGARETTES**

**DIRECTIONS**

1. Read the following question to your group: "What are positive alternatives to using E-cigarettes that people our age can do?"
2. Give your group a few minutes to think of all the answers they can to the question.
3. Ask each person in your group to say one of their answers.
4. Continue asking group members until you've heard all of their answers.
5. List on this sheet all the answers given by your group.

**What are positive alternatives to using E-cigarettes that people our age can do?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Peer group facilitator(s): \_\_\_\_\_ Group #: \_\_\_\_\_

# Positive Alternatives to Using E-cigarettes

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

# How Many?

- Peer Group Facilitators:
  - Turn to Peer Group Facilitator Sheet 5: *Our Best Guess: How Many 11<sup>th</sup> Graders Smoke E-cigarettes?*
  - Average your group's guesses according to the directions on your sheet.

**CATCH** My Breath Peer Group Facilitator Sheet 5, Session 2

**OUR BEST GUESS: HOW MANY 11<sup>th</sup> GRADERS SMOKE E-CIGARETTES?**

**DIRECTIONS**

1. Write down one guess from you and from every member of your group in the space below as to how many out of 100 11<sup>th</sup> grade students have smoked an E-cigarette in the past 30 days.
2. Add all of your guesses together to find your group's total.
3. Divide the total by the number of group members to find your group's average guess.
4. Report this number to the class when the teacher calls on you.

**EXAMPLE:**

Let's say there are 6 students in your group and they give the following guesses:

Person 1: 90	Person 4: 50
Person 2: 25	Person 5: 40
Person 3: 45	Person 6: 80

**Step 1:** Add  $90 + 25 + 45 + 50 + 40 + 80 = 330$ .

**Step 2:** Divide 330 (group's total) by 6 (number of students in this group) = 55.

This group's average guess is 55.

Use this space for your calculations:

My group's average guess is \_\_\_\_\_

Peer group facilitator(s): \_\_\_\_\_ Group #: \_\_\_\_\_

Of every 100 **11th grade American** students, how many smoked an E-cigarette in the past 30 days?

	Group 1	Group 2	Group 3	Group 4	Group 5
0-21					
21-40					
41-60					
61-80					
81-100					

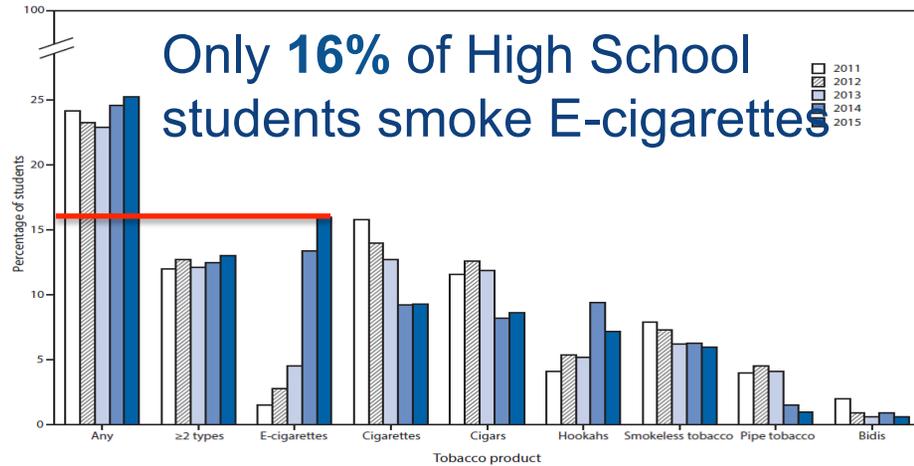
What is your percent?  
Divide your number by 100  
Fill in the bottom row of table

Example: 67 divided by 100  
= 67%

# Most people your age do NOT smoke E-cigarettes

Morbidity and Mortality Weekly Report

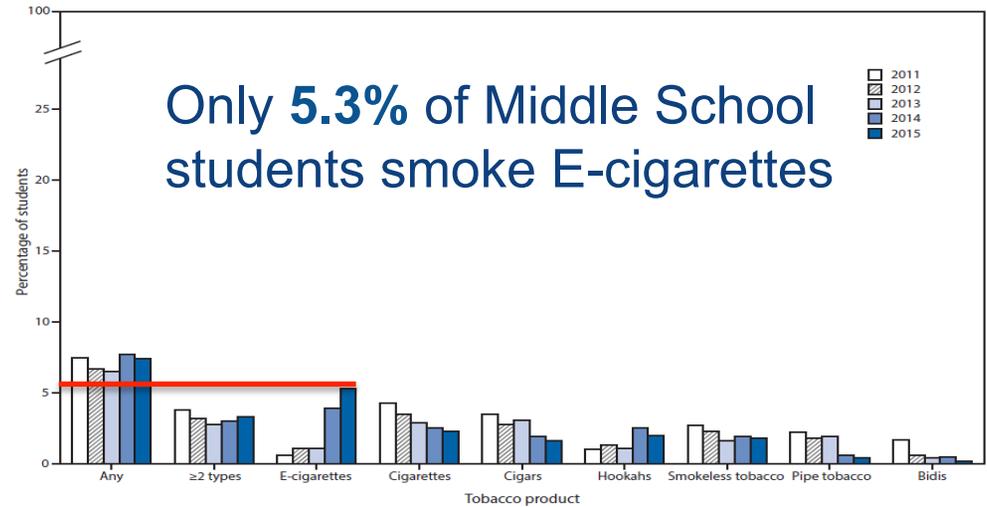
FIGURE 1. Estimated percentage of high school students who currently use any tobacco products,\* ≥2 tobacco products,† and select tobacco products‡ — National Youth Tobacco Survey 2011–2015



\* Any tobacco product use is defined as past 30-day use of cigarettes, cigars, smokeless tobacco, e-cigarettes, hookahs, pipe tobacco, and/or bidis.  
 † ≥2 tobacco product use is defined as past 30-day use of two or more of the following product types: cigarettes, cigars, smokeless tobacco, e-cigaret pipe tobacco, and/or bidis.  
 ‡ E-cigarettes and hookahs demonstrated a nonlinear increase ( $p < 0.05$ ). Cigarettes and smokeless tobacco demonstrated a linear decrease ( $p < 0.05$ ). Tobacco, and bidis demonstrated a nonlinear decrease ( $p < 0.05$ ).

Morbidity and Mortality Weekly Report

FIGURE 2. Estimated percentage of middle school students who currently use any tobacco products,\* ≥2 tobacco products,†,‡ and select tobacco products§ in the past 30 days — National Youth Tobacco Survey, 2011–2015



\* Any tobacco product use is defined as past 30-day use of cigarettes, cigars, smokeless tobacco, e-cigarettes, hookahs, pipe tobacco, and/or bidis.  
 † ≥2 tobacco product use is defined as past 30-day use of two or more of the following product types: cigarettes, cigars, smokeless tobacco, e-cigarettes, hookahs, pipe tobacco, and/or bidis.  
 ‡ ≥2 tobacco product use demonstrated a nonlinear change ( $p < 0.05$ ).  
 § E-cigarettes and hookahs demonstrated a linear increase ( $p < 0.05$ ). Cigarettes, cigars, and smokeless tobacco demonstrated a linear decrease ( $p < 0.05$ ). Pipe tobacco and bidis demonstrated a nonlinear decrease ( $p < 0.05$ ).



# Why do you think students' estimates are higher than the actual number?

- Advertising through magazines, YouTube and Social Media makes e-cigarettes seem everywhere
- Teens see a few people their age using E-cigarettes & think everyone their age uses them
- Some students brag about smoking E-cigarettes to get attention

**Most middle or high school students do NOT use E-cigarettes, and in fact, most students think smoking E-cigarettes is a bad idea.**

# Assignment – Adult Interview

- Interview one of your parents/guardians (or another adult) about their thoughts on smoking cigarettes or E-cigarettes.
- We will be discussing the interviews during the next session.

**CATCH My Breath**      **Adult Interview**      Handout 1 Session 2

Ever wonder what it was like to be a young person in your parent's day and age, back in the "old days" before smart phones and the Internet? Do you think your parents had to make tough decisions about whether to use tobacco or E-cigarettes? Now is your chance to find out.

Your assignment is to ask a parent (or grandparent, aunt, uncle, or some other adult you know) the questions listed below. Explain that you need the information for a special assignment at school.

Write the answers on this sheet and be prepared to share the information with this class in the next **CATCH Clean 58 Lesson** (number 3):

Name and relationship of the person you interviewed \_\_\_\_\_

Ask the following questions and write down the answers:

1. Have you ever tried tobacco, even a puff? Yes      No      (If no: skip down and only ask questions 5 through 7.)
2. How old were you when you first tried tobacco?
3. What influenced you to try using tobacco? Did you become a regular user of tobacco? \_\_\_\_\_
4. Have you ever tried to quit using tobacco? Yes      No      Were (are) you addicted to the **nicotine** in tobacco? What does it feel like when you quit and don't get the **nicotine**? \_\_\_\_\_
5. Have you heard about E-cigarettes? They are little devices that heat a liquid and vaporize nicotine into smoke. It looks like a rain cloud, but it's not water, it's **nicotine** and other harmful chemicals. While its true E-cigarettes are safer than tobacco, and might help people quit, there is a lot of concern that kids my age might start using them and get addicted to **nicotine**.  
If you have a computer, tablet or phone Show the YouTube videos about E-cigarettes you saw in class: <http://bit.ly/1Ukn9Cs> and <http://bit.ly/1HM0Qpl>. It will only take about 4 minutes.
6. What pressures do you think young people might feel to make them experiment with smoking an E-cigarette? Peer pressure? Advertising? Role models? \_\_\_\_\_
7. What advice would you give to someone my age that is thinking about trying an E-cigarette or tobacco? \_\_\_\_\_

# Review/Next Class

- Most kids your age do NOT smoke E-cigarettes
- There are many positive alternatives to using E-cigarettes.
- Remember to interview an adult about E-cigarettes!
- Show your parent/guardian:
  - <http://bit.ly/1UT2Wv6> - Are E-cigarettes Harmful?

The next CATCH My Breath session will focus on E-cigarette social media & advertising