Substance Use Lesson Plan for Students in Grades 9 to 12
Common Myths About Vaping

**Learning Outcome:** This activity supports youth to consider myths about vaping and to understand the actual risks associated with vaping.

**Skills Taught:** Critical thinking

**Estimated Time:** 10 to 15 minutes

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| You can help prevent and reduce the use of vaping products among youth. Below are some common myths that youth may have about using vapour products along with some facts to help engage them in meaningful discussion about the harmful effects of vaping. | Suggested materials:  
- Flip chart paper, or white board, smart board or chalk board.  
- Flip chart or white board markers or chalk. | *Teaching in Person, with Public Health Measures in Place:*  
Ensure all students have a 2-metre distance from each other.  
Ensure students are wearing a mask, unless exempt. |
| In a group discussion format, share the common myths about vaping listed below with your students. After you share each myth with, ask them what they think the reality is?  
Capture the discussion and discuss the realities (refer to the Facilitation Guide for Educators Working with Youth).  
Myth #1 “Vaping isn’t bad for you.”  
Myth #2 “Vaping is better than smoking cigarettes.” | | *Teaching Online:*  
This activity can be done as a group during a google classroom meeting. The teacher can share their screen with their students to capture the ideas of the group during the group discussion period. |
| Myth #3 “Vaping will help me to quit smoking.” |
| Myth #4 “All my friends are vaping.” |
| Myth #5 “I can use vapour products anywhere I want to.” |

Refer to the Facilitation Guide for Educators Working with Youth for the facts about each myth. [Facilitation Guide for Educators Working with Youth]