

Session 2: Making Our Own Choices

Starter

| Write in the answers to the questions below from the information you learned in the last session. | |
|---|--|
| Nearly all e-cigarettes contain _____, which is an addictive chemical. | |
| What comes out of an e-cigarette is not harmless water vapor; it is an _____. | |
| Name three consequences of using e-cigarettes. | |

Get the Facts Straight

| | |
|---|--|
| 1. If you are under _____, it is illegal to buy or use tobacco products including e-cigarettes. | |
| 2. What percentage of middle schools used e-cigarettes in the last 30 days? | |
| 3. Most kids in middle and high school choose _____. | |

Positive Alternatives to Vaping

| Why would someone even try it? | More fun or positive things to do instead: |
|--------------------------------|--|
| | |
| | |
| | |

Refusal Skills & Exit Strategies

| Refusal Skills | |
|---|-------------------------------|
| Refusal skills are strategies to help people avoid doing something they don't want to do. | |
| Type | Examples of how I would do it |
| Simply say 'no' in your own way | |
| Give a reason you can't/don't want to use | |
| Add some humor | |
| Exit Strategies | |
| An <u>exit strategy</u> is a thoughtful way to get out of an uncomfortable situation. | |
| Type | Examples of how I would do it |
| Suggest something else to do | |
| Make an excuse to leave | |
| Avoid hanging out with vapers in the first place. | |