

Drug and Alcohol Prevention K-8

Lesson Title: *I Did It to Fit In*

Grade Level: Elementary and Middle School

Main Character: Lavale

SEL Competencies: Self-awareness, Self-management

Introduction

Lavale is in high school and a martial arts expert. He also started smoking in middle school believing that as long as he worked out smoking would not affect him.

Activity 1

Watch the video: *I Did It to Fit In*

Activity 2

If you are working with a team each person should take time to reflect individually before discussing with a partner or the group.

Lavale talks about how he started smoking. He says, "I did it to fit in", do you think that his story is common? Why or why not? Why do you think that adolescents find nicotine products enticing?

Lavale also tells when he realized that smoking was a problem for him. Think about the students you work with and assess their level of insight. Do you believe your students generally have the opportunities to see the negative effects of nicotine and tobacco use as quickly as Lavale did? Why or why not?

Activity 3

Watch the video again.

Teen tobacco use has declined over the last several years, but nicotine use has not. Why do you believe this to be the case? Do you see vaping and electronic nicotine devices as a problem among students you work with? Why or why not (they do not necessarily need to be using these products to be affected)?

How do you assess your skills at encouraging students to participate in healthy activities? Do you believe that you model healthy and well behavior for your students? What are your strengths? Are there other things you could or should be doing?

Activity 4

Consider your school context.

Assess your school's programming regarding encouraging students to make safe and positive choices regarding nicotine products. Are your school's efforts effective? Why or why not?

What is your opinion regarding your school culture in modeling and encouraging students to make healthy and well choices beyond issues of nicotine use? Why do you believe as you do?

Are action steps needed? If so, develop them. If not, why do you believe your school's program is working well?

Additional Resources

Vox article on vaping

<https://www.vox.com/science-and-health/2018/5/1/17286638/juul-vaping-e-cigarette>

American Academy for Pediatrics Healthy Children

<https://www.healthychildren.org/english/Pages/default.aspx>