



Course on impact of smoking, vaping, and other nicotine-containing products

Nicotine 101 addresses the use of nicotine in its many forms, including cigarettes, cigars, chewing tobacco, and hookah, but places an extra emphasis on vaping. The course explores an individual's nicotine use, reasons for use, and consequences of use.

It can be used as both a prevention and intervention course. Non-users will be reaffirmed in their choices. Users will be guided through a personalized plan for change. Individuals will finish the course informed about the effects nicotine has on their body, the risk of addiction, and the impact it has on their developing brain.



LEARNING OUTCOMES

After taking Nicotine 101, the individual will be able to:

- Examine personal perceptions of peer usage
- Weigh the perceived benefits with the actual risks of use
- Explain the difference between nicotine and tobacco
- Recognize and take ownership of personal habits related to nicotine use
- Challenge cultural norms and social pressures for vaping and other nicotine use
- Identify adverse effects on general health, lungs, and brain associated with short or long-term use
- Understand the effect dependence, triggers, and cravings can have on everyday activities
- Explain mental and physical side effects of smoking
- Recognize and identify stages of nicotine poisoning
- Recognize the higher risk developing brains have of becoming addicted to vaping
- Identify circumstances that may trigger use
- Affirm reasons for choosing not to use
- Explore alternative activities to vaping and other nicotine use
- Understand levels of nicotine delivered by the various methods of use
- Understand that vaping can be a gateway for traditional cigarettes and other drug use
- Prepare a relevant plan to quit using nicotine with the option of two-week follow up texts

