

Nicotine: The CLEAR Facts

Classroom Lessons on Educating Adolescents to Resist



Program Overview

Caron's Student Assistance Program (SAP) includes a nicotine awareness classroom education program. The students will learn about the health impact of using nicotine delivery devices such as cigarettes, cigars, smokeless tobacco and electronic vaping products. The students will also learn about the addictive properties of nicotine by listening to facts, discussing consequences, looking at visuals, and participating in hands-on activities to reinforce relevant concepts.

Learning Objectives

Participants will:

- Gain awareness of the prevalence of youth nicotine use and recognize that most youth do not use nicotine delivery products
- Recognize the importance of remaining nicotine-free
- Realize the physical, social, emotional, and mental consequences of nicotine use
- Learn about nicotine addiction and why young people are particularly vulnerable
- Gain an understanding of the impact nicotine has on a developing brain