

HOSA Mini Lesson: Tobacco Education Resources

Objectives:

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. analyze informational texts regarding risks of vaping
2. create an anti-vaping infographic/poster

Site for Advisor Review:

[Tobacco Education Resource Library](#) (site includes lesson plans, videos, and test your knowledge with videos, quizzes, and games)

Standards:

NCHSE

9.1 Healthy Behaviors

9.1.1 Promote behaviors of health and wellness.

- ï Exercise
- ï Nutrition
- ï Relationships
- ï Sleep habits
- ï Stress management
- ï Weight control

9.1.2 Examine various aspects of behavioral health.

- ï Anxiety
- ï Depression
- ï Substance abuse
- ï Suicide

For additional Curriculum Crosswalks see [CE Useful Tools](#)