

### Safe Lungs, Safe Life Posters

#### Materials:

- Poster paper
- Markers
- Pencil crayons
- Crayons
- Magazines
- White board
- Sticky notes
- Blank paper
- Tape

#### Instructions

- On the white board, write the following question, "On a scale of 1-10 how bad do you think vaping is for your lungs?" Then write a number 1 (not bad) and a number 10 (extremely bad) on a blank sheet of paper and tape each on the opposite sides of a wall
- Have students rate their answer to the question by standing where between the two numbers
- Option: place number sheets on the white board and have students use sticky note with their names on it to rate their answer

#### Class Discussion

- If your answer rated between 1-5, explain your reasoning
- If your answer rated between a 6-10, explain your reasoning
- Do you think your answers would change if we asked the same question but made it specifically about younger students or older adults? Why or why not?
- Why do you think it is important to discuss what dangers vaping has on your lungs?
- How can you promote the importance of lung health to other students? (Ex: posters, social media, announcements, etc.)

#### Posters

- Students will be assigned (or they can choose) one of the eight slogans to use to create their poster

- They will then create a poster with images and text that best reflect their slogan
- Students may find images online, or in magazines, or they can free hand draw
- Vaping slogans are as follows:
  - "Safe Lungs, Safe Life"
  - "Be King to Your Lungs"
  - "Healthy Lungs, Healthy Life"
  - "Breathe in Clean Air"
  - "Breathe Freely"
  - "Save Your Lungs, Save Your Life"
  - "I Love (heart) My Lungs"
  - "Long Live My Lungs"
- Once posters are complete, hang them in high volume areas like the hallway, foyer or classrooms