

How to use the **Seeing Through the Haze** lesson cards



Seeing Through the Haze is a free evidence-based, curriculum-aligned vaping education resource that has been designed for use in school settings with upper-primary and secondary school students. The resource aims to prevent vaping uptake, by building health literacy and critical thinking skills among young people.

Across interconnected learning activities, students:

- Understand how vapes work and the health harms of vaping
- 'See through the haze' of industry misinformation, and investigate cessation support options
- Create their own campaign for smoke and vape-free places.

The Seeing Through the Haze lesson cards provide school and health educators with flexible and tailored delivery options.

These lesson cards can be used when:

- There is limited capacity to deliver the full suite of activities in the student resource.
- A tailored approach to activity delivery is needed to better suit student needs.
- Responding to vaping incidents within school settings or other needs of the school or community.

The lesson cards offer flexible formats for delivery across 3 lessons or 2 lessons, while maintaining key learning outcomes.

STEP 1

Access Seeing Through the Haze education resources and lesson cards

- Access the resources by visiting www.quit.org.au/about-our-education-resources
- Ensure the student resource, teaching guide and lesson cards applicable for the year level have been received.
- The teaching guide is designed to be used alongside the student resources. **Both** of these resources are **essential** when using the lesson cards.

STEP 2

Select the lesson sequence and topic

- There are three topics to choose from in both the 3 and 2-lesson sequences.
- After reviewing the topic options, select the topic that best suits the students', school and/or community needs.

STEP 3

Deliver your preferred lesson sequence

- Follow the lesson card sequence.
- Each lesson card bundle outlines a suggested sequence of activities, including learning intentions, curriculum links, preparation and delivery time as well as page references from the *Seeing Through the Haze* student resources.