

HookahTellMe Activity (High School)

<u>Purpose & Preparation</u>	<u>Procedure</u>
<p>Purpose:</p> <p>To explore the content and structure of the hookah. Through this lesson, they will learn about each individual component that makes up a hookah and the various health concerns/drawbacks associated with those components; as well as some of the harmful chemicals associated with this tobacco/nicotine product.</p> <p>Materials Needed:</p> <ul style="list-style-type: none"> • Hookah 101 PowerPoint • HookahTellMe Student Worksheet <p>Handouts:</p> <p>HookahTellMe Worksheet HookahTellMe Answersheet</p>	<p>Procedure:</p> <p>Download and upload the <i>Hookah 101</i> PowerPoint Presentation from the Toolkit (<i>this PowerPoint presentation should be presented before conducting the activity</i>)</p> <ol style="list-style-type: none"> 1. Activity: <ol style="list-style-type: none"> a. Pass out the <i>HookahTellMe</i> Worksheet to students (<i>this can be given individually or can be done as a group</i>) b. Students may fill out the worksheet <p><i>Attention: You may have the class do this activity in groups or individually based on classroom set-up or time restrictions.</i></p> <ol style="list-style-type: none"> 2. Wrap-Up: <ol style="list-style-type: none"> a. Questions: <ol style="list-style-type: none"> i. Any thoughts on hookah? ii. Have your views on it changed? iii. Do you think it is less harmful than cigarettes? iv. Did it surprise you that using hookah also means consuming all of those other chemicals as well?

