

## HookahTellMe Activity (Middle School)

<u>Purpose &amp; Preparation</u>	<u>Procedure</u>
<p><b>Purpose:</b></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><b>Materials Needed:</b></p> <ul style="list-style-type: none"><li>• <a href="#">Hookah 101 PowerPoint</a></li><li>• HookahTellMe Student Worksheet</li><li>• Scissors</li><li>• Glue or Tape</li></ul> <p><b>Handouts:</b></p> <p><a href="#">HookahTellMe Worksheet</a> <a href="#">HookahTellMe Answersheet</a></p>	<p><b>Procedure:</b></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"><li>1. Activity:<ol style="list-style-type: none"><li>a. Pass out the <i>HookahTellMe</i> Worksheet to students (<i>This can be given individually or can be done as a group</i>)</li><li>b. Students may fill out the worksheet</li></ol></li></ol> <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"><li>2. Wrap-Up:<ol style="list-style-type: none"><li>a. Questions:<ol style="list-style-type: none"><li>i. Any thoughts on hookah?</li><li>ii. Have your views on it changed?</li><li>iii. Do you think it is less harmful than cigarettes?</li><li>iv. Did it surprise you that using hookah also means consuming all of those other chemicals as well?</li></ol></li></ol></li><li>3. Modified Activity:<ol style="list-style-type: none"><li>a. Project the Student Worksheet onto a wall or board for an in-class discussion or work through the activity together.</li><li>b. Have students write their answers on the board or work with students to answer as a class.</li></ol></li></ol>

