

**Video 4**

***Vaccine Myths***

**Summary:**

Students will differentiate between vaccine truths and myths.

**Target Grades:**

6th – 9th

**TEKS**

* Biology 4 (C) compare the structures of viruses to cells, describe viral reproduction, and describe the role of viruses in causing diseases such as human immunodeficiency virus (HIV) and influenza.
* Biology 10 (A) describe the interactions that occur among systems that perform the functions of regulation, nutrient absorption, reproduction, and defense from injury or illness in animals

**Learning Objectives:**

* Explain why even people with good hygiene need to be vaccinated.
* Explain how vaccinations prevent, not cause, disease.
* Describe the types of chemicals in vaccines and their effect on the body.
* Compare fighting diseases naturally and with the help of a vaccination.
* List three reasons experts recommend getting vaccinations.

**Outline:**

1. Myth #1: People with good hygiene don’t need vaccines.
   1. Good hygiene, like hand washing and drinking clean water, are important.
   2. Many diseases are spread through the air between persons with good hygiene.
2. Myth #2: A vaccine can infect a person with the disease it's trying to prevent.
   1. Most vaccines contain dead viruses or dead bacteria.
   2. Dead viruses/bacteria do not cause the disease.
   3. Dead virus/bacteria vaccinations can cause some short-term pain/swelling/sickness.
   4. The U.S. COVID-19 vaccine does not contain live viruses
3. Myth #3: Vaccines contain unsafe chemicals.
   1. Vaccines contain very low levels of several chemicals.
   2. The low levels of chemicals in the vaccines are considered safe for people.
4. Myth #4: People are better at fighting the disease naturally than with the vaccine.
   1. People vaccinated for COVID-19 have milder symptoms than unvaccinated individuals who contract the virus.
   2. People who get vaccinated for COVID-19 often don’t get the disease at all.
5. Experts recommend that all people who are eligible receive the COVID-19 vaccination.

**Prior to Viewing the Video**

* Ask a few individuals to share two truths and 1 lie about themselves. Have the rest of the class try to determine which statements were true and which was a lie. Discuss how they determined what was true.

**After Viewing the Video**

* Using information from the expert in the video, students will share with a partner a strong, truth-based argument for the benefit or safety of vaccines.