

# Vaping: The EX Files

GR

5

Examine

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

## Dear Grade 5 Teachers,

In recent years vaping has become a significant public health concern among NL youth, as data is indicating increasing rates of experimentation and regular use of vaping products. Data from the 2021-22 CSTADS indicates that NL has the highest prevalence of past 30-day use of e-cigarettes among grade 7- 12 students among Canadian provinces. Research is validating that vaping leads to nicotine addiction and increased risk for tobacco use (combustible cigarette use) later in life (young adults). Youth are obviously experimenting with vaping early, so our approach is to provide vaping education materials for use in the elementary grades. The Newfoundland and Labrador Alliance for the Control of Tobacco (ACT) and its provincial partners are aware of the need for vaping education in schools across the province. To provide a standardized set of resources that align with grade- specific outcomes, the partners of ACT have collaborated to develop a set of educational resources.

**Goal:** To reduce the prevalence of vaping use among NL youth by increasing their knowledge of the associated harms and risks.

### Objectives:

Provide grade-specific educational materials to increase youth's knowledge about:

- Harms of smoking and vaping, specific to the circulatory and respiratory systems.
- Nicotine addiction.
- Media literacy to be aware of marketing tactics that target youth.
- Critical thinking and decision making about vaping and tobacco use.
- Refusal skill development.
- Normative education: to promote vape free living as the healthy and more popular choice.

An initial presentation is provided to introduce specific key messages about vaping to students. Following that, use the Let's EXAMINE Vaping PowerPoint Game to review concepts from Grade 4, and examine additional risks to specific body systems, marketing tactics and other facts about vaping that align with Grade 5 learning outcomes. To assist teachers, the game comes with a set of speaker's notes, so that key messages are explained and may provide an opportunity for elaboration, examples, or discussion leads. The Game is duplicated as a Kahoot Activity, but will require wifi, chrome books or ipads and the time to set up. A set of student worksheets are also available to reinforce messages and may be used for evaluation/assessment.

Thank you for using these resources to educate and support our youth to lead healthier lives. A collective approach to address youth vaping is needed to curb this growing concern.

Sincerely,

