

Vaping: The EX Files

GR

4

Explain

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

Grade 4 Lesson Plan

Purpose

Vaping is an emerging health concern, drawing children and youth into nicotine addiction. **Vaping: The EX-Files** has been developed to complement the existing provincial curricula (see [Grade 4 Curriculum Connections for Vaping Education](#)). Existing outcomes introduce smoking and the effects of second-hand smoke. This additional lesson and its activities are intended to introduce vaping and enable Grade 4 students to recognize similarities and common risks between smoking and vaping – two sources of nicotine which can lead to addiction and both have health risks.

[The Joint Consortium for School Health – Addressing Substance Use in Canadian Schools – Effective Substance Use Education: A knowledge Kit for Teachers](#) (2009), informed the approach and provided evidence for the methods used:

- Tailor substance use education to the community context and developmental stages of the students.
- Universal substance use education should be delivered over multiple years, beginning just before significant initiation to substance use and continuing during the period of significant increase or normalization of use.
- The content of universal substance use education should shift as the focus changes from safety and protection in earlier years to guidance, self-regulation, and autonomous decision-making in later years.
- Early attention should be given to the safe use of medications since most children will be exposed to these drugs first.
- Social influence education (e.g., becoming conscious of and managing peer and media influences around substance use) should be included.
- Specific techniques that work well in this process include role-play, Socratic questioning, games and simulations, brainstorming, buzz groups and case studies.

Learning Outcome(s)

Students will:

- Identify Nicotine as an addictive drug
- Recognize that vaping products contain nicotine
- Identify some risks of vaping

Materials: Using the Grade 4 Powerpoint Game: **Let's EXPLAIN Vaping**, teachers will present key messages about vaping. This activity has been duplicated as a Kahoot Game, but will require wifi and chrome books or ipads. Aligning with the drug education outcomes, similar health effects of vaping will be presented. A reading comprehension activity is intended to follow - Explaining the Basics of Vaping - to solidify the key concepts. Three additional student worksheets are provided to reiterate and reinforce key messages.

A second game-style activity, Fact Block, can be used simultaneously or at a later time as a second opportunity to review and highlight key messages.

- [Let's EXPLAIN Vaping – PowerPoint Game](#) **OR**
 - Let's EXPLAIN Vaping- Kahoot Game - Duplicate of Powerpoint, if time and tech resources permit:
 - <https://create.kahoot.it/share/vaping-the-ex-files-let-s-explain-vaping/3ce6aec3-294a-4336-8eb1-8657e4c5fe5f>
- [Let's Explain Vaping Game Teacher Notes and Answer Key](#)
- [Reading Comprehension - Explaining the Basics of Vaping](#)
- [Worksheet 1 – Fill in the blanks - Key messages summary](#)
- [Worksheet 2 – True or False and Matching](#)
- [Worksheet 3 – Terms and Vocabulary – Word Search](#)
- [Fact Block Student Game Cards](#), print the set, to provide 30 unique cards, one per student
- [Fact Block Instructions and Clues](#)

Methods:

- Play Let's EXPLAIN Vaping PowerPoint Game
- You may arrange small teams to play together or have everyone play as an independent player.
 - Alternatively, use the Kahoot version of the game. It is an exact duplicate.
 - Students will need chrome books or ipads, and good wifi to play Kahoot.
- Complete the reading comprehension activity - Explaining the Basics of Vaping
- Complete the worksheets
- Play Fact Block at a later time as an extension activity or review.

Check for Understanding

- Reading comprehension activity - Explaining the Basics of Vaping explains the key messages that are appropriate for grade 4 students that align with the health curriculum (Drug Education unit).
- Worksheet 1 – Key Messages: Fill-In-The Blank Worksheet recaps the key messages for students and provides an opportunity for them to demonstrate their learning.
- Worksheet 2 – Fact Check: True and false statements and the matching activity reinforce facts about vaping.
- Worksheet 3 – Key Terms and Vocabulary: a review of key terms and vocabulary that will be repeated as the students learn more about vaping in future grades.

Closure

- Open discussion: what new thing did you learn today about vaping?
- What things are the same between smoking and vaping?
- What things can you do to be the healthiest you can be?

Extension Activity: Revisiting Vaping at a later date:

- Play the Fact Block game at a later date, as an opportunity to review key messages and vocabulary.
- As Teacher reads the clues, students can cross off their answers on their cards with a marker.
- Not every card will contain every answer.
- Suggest that each correct answer be revealed/discussed as the game is played, so that students do not make errors throughout the game.
- Can be played for straight lines or a full card of correct answers.

Teacher Feedback Form

Please complete this short evaluation: <https://forms.gle/Qm793VAiNjyKoEXt9>