

Vaping: The EX Files



Examine

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

Grade 5 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 Grade 5 Health Curriculum outcomes (see [Grade 5 Curriculum Connections for Vaping Education](#)). Existing outcomes introduce smoking and its harmful effects on the circulatory and respiratory systems. To be effective, the existing smoking and health unit should be completed first, and then this vaping information can follow. This additional lesson and its activities are intended to examine vaping and enable Grade 5 students to understand how e-cigarettes (vapes) work, recognize that both regular cigarettes and vaping can cause nicotine addiction, identify health risks to body organs and systems, and to examine some marketing techniques of the vaping industry.

[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 vaping as a source of nicotine that can lead to addiction.
- Recognize that vaping products harm body organs and systems.
- Examine some marketing techniques used by vaping companies.
- Explore some refusal skills as tools to use to resist vaping.

Materials: An initial PowerPoint presentation Vaping: The EX-Files – Let’s EXAMINE Vaping – An Introduction, has been provided to introduce content that builds upon the Grade 4 lesson, links to Grade 5 curriculum outcomes, and provides essential information about vaping. Following the initial presentation, Teachers are encouraged to follow with the PowerPoint Game: **VAPING: The EX- Files – Let’s EXAMINE Vaping**, to expand on key messages. This activity

has been duplicated as a Kahoot Game but does require wifi and chrome books or ipads. A reading comprehension activity is intended to follow - How to Refuse a Vape From Friends to highlight refusal techniques. A set of 2 student worksheets are provided to reiterate and reinforce key messages, which may be used for evaluation and assessment at your discretion. A second game- style activity, Fact Block, can be used as part of this sequence immediately or at a later time as a second opportunity to review and highlight key messages.

- [PowerPoint Presentation – Let’s EXAMINE Vaping – An Introduction](#)
- [Let’s EXAMINE Vaping Powerpoint Game](#) OR
 - Duplicate as a Kahoot Game: <https://create.kahoot.it/share/vaping-the-ex-files-let-s-examine-vaping-grade-5/f136e0dd-d1c8-45a5-a691-8f09bfd0d439>
- [Let’s EXAMINE Vaping - Teachers’ Notes and Answer Key](#)
- [Reading Comprehension Activity - How to Refuse a Vape From Friends](#)
- [Worksheet 1 – Fill in the blanks - Key messages summary](#)
- [Worksheet 2 – Long Answers – Analyze Concepts](#)
- [Fact Block Student Game Cards](#), print the set, that will provide 30 unique cards, one per student
- [Fact Block Instructions and Clues](#)

Methods:

- Present the initial presentation – Let’s EXAMINE Vaping – An Introduction. This will present some new concepts about vaping to the students.
- 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 to play Kahoot and good wifi.
- Complete the Reading Comprehension Activity - How to Refuse a Vape From Friends
- Complete the worksheets.
- Play Fact Block at a later time as an extension activity or review.

Check for Understanding

- Reading Comprehension Activity - A reading passage presents the realities of peer pressure and some possible refusal strategies. Short answer questions provide an opportunity for students to show their awareness and preferences.
- 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 –Long Answers – Analyzing Concepts: Long answer style questions prompt students to express in their own words how they understand concepts relating to the sale and marketing of vaping products, and addiction.

Closure - Open discussion with the class:

- What new thing did you learn today about vaping?
- When you learn about vaping companies and their marketing tactics, how do you feel about these companies and the products that they are selling?
- 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.
- The Teacher will read the clues, and students can cross off their answers on their Fact Block 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 full card of correct answers.

Teacher Feedback Form

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