

# Vaping: The EX Files



Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

## Grade 6 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 6 Health Curriculum outcomes (see [Grade 6 Curriculum Connections for Vaping Education](#)). Existing outcomes introduce smoking and its harmful effects on the cardiovascular and nervous systems. To be effective, the existing smoking and health unit should be completed first, and then this vaping information can follow. This lesson and its activities are intended to expose vaping and enable Grade 6 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 marketing tactics 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 harms body organs and systems
- Examine some marketing techniques used by vaping companies
- Analyze anti-vaping ads to identify key messages
- Explore some refusal skills as tools to use to resist vaping

**Materials:** A PowerPoint presentation *Vaping: The EX-Files – Let’s EXPOSE Vaping – An Introduction*, has been provided to present content that builds upon the Grade 4 and Grade 5 lessons, links to Grade 6 curriculum outcomes, and provides essential information about vaping. Following this presentation, Teachers are encouraged to play PowerPoint **VAPING: The EX-Files – Let’s EXPOSE VAPING**, to expand on key messages. This activity has been

duplicated as a Kahoot Game but this method does require wifi and chrome books/ipads. 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 EXPOSE Vaping- An Introduction](#)
- [Let’s EXPOSE Vaping PowerPoint Game:](#)
  - Duplicate as a Kahoot Game:
  - <https://create.kahoot.it/share/vaping-ex-files-let-s-expose-vaping-grade-6/eeb2587e-120d-48e4-87fa-6529d3509d34>
- [Let’s EXPOSE Vaping Game Teachers’ Notes and Answer Key](#)
- [Reading Comprehension Activity - Vaping: Big Risks in Small Devices](#)
- [Worksheet 1 – Long Answers – Exposing the Truth](#)
- [Worksheet 2 – Crossword Puzzle – Vocabulary](#)
- [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 EXPOSE Vaping – An Introduction. This will present some new concepts about vaping to the students.
- Play Let’s EXPOSE 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 - Vaping: Big Risks in Small Devices.
- 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 health effects of vaping. Short answer questions challenge students to show their awareness of some risks of vaping.
- Worksheet 1 – Exposing the Truth prompts students to apply facts about vaping to marketing, health and decision making.
- Worksheet 2 – Crossword Puzzle – Vocabulary with context, is an opportunity for a review of terms and key messages from the learning activities. The structure of a crossword links the vocabulary with context to key messages that are take-away learnings.
- **OPTIONAL** - Consider the Consequences (from Health Canada) Activities:
  - On chrome books, students will complete the following activities:
    - Nicotine is Nicotine <https://healthcanadaexperiences.ca/programs/consider-the-consequences-of-vaping/activities/nicotine-is-nicotine/>
    - Hidden Dangers <https://healthcanadaexperiences.ca/programs/consider-the-consequences-of-vaping/activities/hidden-dangers/>

**Closure** - Open discussion with the class:

- What new thing did you learn today about vaping?
- What have you learned about vaping companies and their marketing tactics?
- How do you feel about companies targeting young people with an addictive product that causes harm?
- What things can you do to be the healthiest you can be, in addition to choosing not to vape or smoke?

**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.
- 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>