

Vaping: The EX Files



Examine

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

Powerpoint Game - Let's EXAMINE Vaping

Teachers' Notes and Answers

Kahoot Link: <https://create.kahoot.it/share/vaping-the-ex-files-let-s-examine-vaping-grade-5/f136e0dd-d1c8-45a5-a691-8f09bfd0d439>

1. What are some ways to keep your mind and body healthy?
 - Correct answer: **All of the Above**
 - To associate smoke and vape free living with other healthy living behaviours
 - Key message: Staying smoke and vape free is important to your health
2. POLL: How curious are you about vaping?
 - No correct answer
 - Key message: Remind the class that this is an anonymous poll and they should be as honest as possible. No one will know who said what, allowing you to have a more honest discussion in a safe space. Everyone is curious about these things and that's ok.
3. POLL: How confident are you in your ability to refuse a vape if it were offered to you?
 - Ask students to make note/remember how they respond to this question. Do not reveal that it will be repeated at the end of the Kahoot
 - Key message: Everyone will have different levels of confidence in their knowledge and comfort level. Some may say they would not refuse, which creates the opportunity for either a) building refusal skills or b) providing information for making a better informed decision.
4. Transition slide to introduce the review of key points from the Powerpoint presentation "Vaping Explained and Explored" which preceded this Kahoot.
5. What addictive drug is found in both cigarettes and vape products?
 - Correct answer: **Nicotine**
 - This question reminds students that nicotine is contained in both cigarettes and vapes
 - Key message: Both smoking and vaping is essentially drug use
6. How does nicotine affect your heart?
 - Correct answer: **Increases heart rate!**
 - Filling a gap in existing health and science curriculum identifying how vaping may harm the circulatory system.
 - Key message: Nicotine from vaping harms your heart

7. How does nicotine affect blood vessels?
 - Correct answer: **Increases blood pressure**
 - Filling a gap in existing health and science curriculum identifying how vaping may harm the circulatory system.
 - Key message: Nicotine from vaping harms your blood vessels

8. How does vaping affect your respiratory system?
 - Correct answer: **All of the Above**
 - Filling a gap in existing health and science curriculum identifying how vaping may harm the respiratory system. All of the chemicals both in and produced by vaping irritate, inflame and injure airways and lungs.
 - Key message: Vaping harms your entire respiratory system

9. Why are flavoured vaping products dangerous to young people?
 - Correct answer: **All of the Above**
 - Identifying that flavoured vape juices have risks and are a marketing ploy by the industry. This links to consumer literacy
 - Key message: Flavoured vape juices are designed to get young people using vape products and can lead to nicotine addiction

10. Transition slide to introduce the next section of the Kahoot which will look at decision making scenarios and practice refusal skills. Most of the following slides are poll questions with no right or wrong answer. The intent is to illustrate that everyone feels comfortable doing different things and that there is no correct way to refuse. It is whatever works for you at the time.

11. What does it mean to make an informed decision?
 - Correct answer: **All of the Above**
 - Links decision making practices to the choices students might have to face about vaping
 - Key message: There is a choice to be made about vaping and they have a skill set they can use to do it

12. POLL: How would you respond to unwanted/negative peer pressure?
Key message: There are many ways to respond to negative peer pressure. Which one of these options makes students most comfortable? Teacher may ask if other options not listed would work as well.

13. All of these are refusal skills EXCEPT...
 - Correct answer: **Go along with what they are doing**
 - There are many ways to say no, the answers provided are not a comprehensive list
 - Key message: Kids can say no in any way that they feel comfortable doing.

QUESTIONS 16-20 are the decision making and refusal skill scenarios. Please allow enough time for discussion after the poll results come in as students may want to discuss other options that they like.

Scene 1: Walking home from school, your best friend offers you a puff from their vape. What refusal skill would you use?

Say "No Thanks" and repeat if necessary

Give a reason: I play sports/instrument and don't want to damage my lungs.

Blame your parents: I'd lose my phone, so I'm not interested

Change the subject: No, let's go have a snack, I'm hungry.

Scene 2: At the park you are offered a vape from a kid you don't know. They are older and bigger than you. What do you do?

Say you have to go, and leave the park

Give a reason: I have asthma so I can't vape

Make a joke: No thanks bud, I need all the brain cells I can get

Be a broken record, saying no with confidence each time

Scene 3: With 6 friends, 2 start vaping and offer to share. There are 2 flavours to try and they smell good. What would you do?

Say No, I do not want Covid from you, thanks!

Put positive peer pressure on the 4 friends to not vape

Give a reason: There's nicotine in vapes, so no way, not ever.

Use humor: Sharing vapes is like kissing everyone here, so hard pass!

Scene 4: Your team just won gold and are celebrating at a teammates' house. A few vapes appear and come to you. What do you do?

Pass it along and ignore it

Move to a different group of teammates

Say to team: How are we gonna keep winning if we all vape?

Say You're making it easy for me to be the best player if you're all vaping

Last Slide POLL: How confident are you in your ability to refuse a vape if it were offered to you?

- Determine if student responses have changed from the beginning of the game (slide 3).
- Discussion questions:
 - o Do they now feel a little more confident and prepared to say no to vaping?
 - o How do they feel about vaping now?
 - o Has there been any change in their attitudes?
- Key message: Everyone will have different levels of confidence in their knowledge and comfort level. Some may say they would not refuse, which creates the opportunity for either a) building refusal skills or b) providing information for making a better informed decision.