

Vaping: The EX Files



Explain

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

Let's Explain Vaping Game - Grade 4: Teacher's Notes and Answers

Kahoot Link:

<https://create.kahoot.it/share/vaping-the-ex-files-let-s-explain-vaping/3ce6aec3-294a-4336-8eb1-8657e4c5fe5f>

1. What do you need to be healthy?
 - Correct Answer: **All of the above**
 - This question introduces the primary components of healthy living, including clean air to breathe.
 - Key Message: Your body needs clean air to be healthy and work properly.
2. What organ makes it possible for you to breathe?
 - Correct Answer: **Lungs**
 - This question is bringing the focus of the lesson towards lungs and how important it is to keep them healthy.
 - Key Message: Healthy lungs are needed to breathe properly.
3. Which of the following is a drug?
 - Correct Answer: **Nicotine**
 - Reinforcing the learnings from the health unit, identifying nicotine as a drug.
 - Key Message: Nicotine is a drug
4. Which of the following drugs is **NOT** used as a medicine?
 - Correct Answer: **Nicotine**
 - Introducing the concept that Nicotine, unlike most drugs, has no medicinal value or purpose.
 - Key message: There is no reason for people to consume nicotine.
5. Being addicted to a drug means...
 - Correct Answer: **All of the above**
 - Introducing concepts of addiction. We can use drugs appropriately (medicine) and not become addicted to them. Addiction occurs when the thoughts and behaviors listed start to manifest.
 - Key message: Addiction to nicotine is a risk for youth and addiction to nicotine is what keeps people smoking or vaping.



6. POLL: Which statement below best describes what you know about vaping?
- A discussion opportunity for the teacher to engage the class about their experiences to date about vaping. At grade 4, some students/classes may be more or less aware than others. This poll will help inform the teacher about the classes' current level of knowledge/exposure.
7. SLIDE: What is a vape?
- An informational slide to ensure that all students have the correct information about vape components and how it works.
8. What addictive drug in cigarettes is also in vapes?
- Correct Answer: **Nicotine**
 - Key Message: Both cigarettes and vapes are a source of nicotine.
9. Addiction can start after the first use of nicotine.
- Correct Answer: **True**
 - Because of its addictiveness, young people, with their immature (still developing) brains, are very susceptible to nicotine addiction after few exposures (uses) even when using small amounts.
 - Key Message: Nicotine addiction can start to develop quickly. For youth, the first use is a dangerous experiment.
10. Nicotine from a vape is just as addictive as nicotine from a cigarette.
- Correct Answer: **True**
 - Nicotine is Nicotine, and regardless of its delivery mechanism, it is a dangerous drug that causes harm and addiction.
 - Key Message: All inhaled forms of nicotine can cause addiction.
11. Which of the following can hurt your airways and lungs?
- Correct Answer: **All of the above**
 - Introducing students to the concept that vaping can also damage your airways.
 - Key Message: Vaping and smoking can both harm your airways and lungs.
12. The aerosol (smoke-like cloud) from a vape is just harmless water vapour.
- Correct Answer: **False**
 - Many people believe that the aerosol from a vape is just harmless water vapour. In fact, an ingredient in the e-liquid called Propylene Glycol (Theatrical Smoke or Fog), is responsible for creating this cloud effect. When heated, Propylene Glycol forms formaldehyde (embalming fluid), a known cancer-causing agent.
 - Key Message: Vape clouds contain harmful chemicals. It is not water vapour. It is not safe.



13. Vapes contain many of the same harmful chemicals that are in cigarettes.

- Correct Answer: **True**
- Vapes actually contain many of the same harmful chemicals found in cigarettes, but fewer of them and in smaller amounts. Because we do not know what amount (if any) of these chemicals are safe for human inhalation, vaping still has risks.
- Key Message: Inhaling any amount of chemicals is harmful to lungs. Vapes are not safe.

14. Which of the following does not have juice in it?

- Correct Answer: **E-Juice**
- When companies promote the vaping liquid as e-juice, it sends a message that these products are not really harmful. When everyone starts calling vaping liquid “juice” and the label says “juice”, younger children might think it is something to drink. There are cases of poisoning when children have ingested these products.
- Key Message: Calling vaping liquids ‘E-juice’ implies that they are not harmful, it attracts children and kids think it is healthier. Using healthy names for vape liquids (which contain chemicals) is dangerous for children.

15. How might vaping harm you?

- Correct Answer: **All of the above**
- The purpose of this slide is to show that vaping is associated with harm. Studies are showing that young vapers are showing signs of airway damage: dry throat, cough & shortness of breath are commonly reported.
- Key Message: Vaping is not harmless.

16. In what ways can nicotine harm children?

- Correct Answer: **All of the above**
- This question introduces the ways in which nicotine is harmful to children, beyond addiction. Nicotine changes their developing brain, making it harder to learn and which increases the likelihood of progression to smoking tobacco cigarettes. Nicotine poisonings are a frequent source of calls to poison control centres. E-liquid containing nicotine can be particularly dangerous when swallowed or spilled onto skin.
- Key Message: Nicotine poses many dangers to children.



17. Smoking and vaping can give you cavities.

- Correct Answer: **True**
- Smoking and vaping cause changes in the user's mouth. It triggers an increased production of slime-producing bacteria that leads to cavities.
- Key Message: Smoking and vaping can harm oral health.

18. Who can be harmed by second-hand smoke or vapour (aerosol)?

- Correct Answer: **All of the above**
- Second-hand smoke includes smoke from the burning tip of a cigarette and well as what is exhaled by users. Second-hand vapour is the aerosol clouds exhaled by users. Vapes do not have a burning tip. Both products contain chemicals that are harmful when inhaled by animals and humans. Unborn babies can be harmed by second hand smoke because they are exposed to the same things as the pregnant mom.
- Key Message: Smoking and vaping are sources of air-pollution and harm humans and animals.

19. What are some ways that vaping companies target children and youth?

- Correct Answer: **All of the above**
- Vaping companies know that youth are easier to addict to nicotine and that they are long-term customers. They use candy, fruit and dessert flavours and names, as well as colourful packaging and cool designs to appeal to youth.
- Key Message: Vaping and tobacco companies like to get people addicted to nicotine at an early age and keep them as a customer for life.

20. What can you do to live a long and healthy life?

- Correct Answer: **All of the above**
- To live a long and healthy life, there are things that you should do and things that you shouldn't do. Discuss other behaviours that can be adopted or avoided.
- Key Message: Reinforcing the healthy choices for healthy living.

