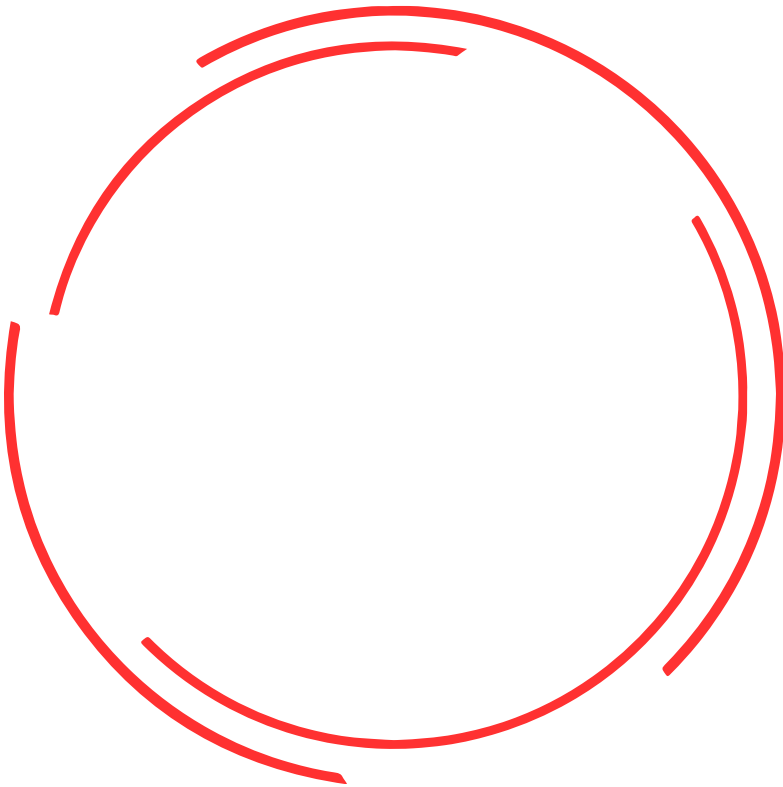
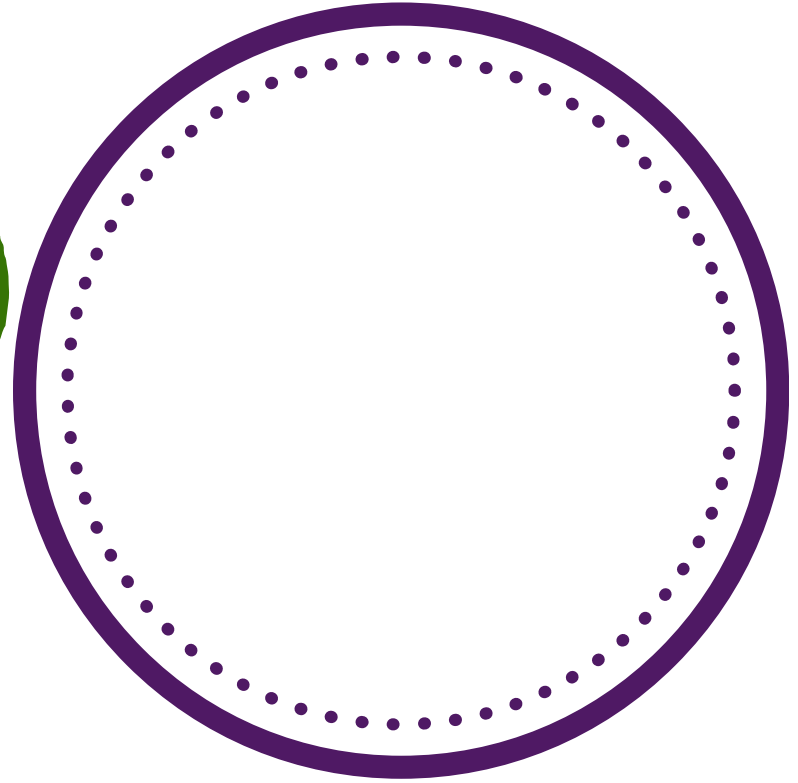
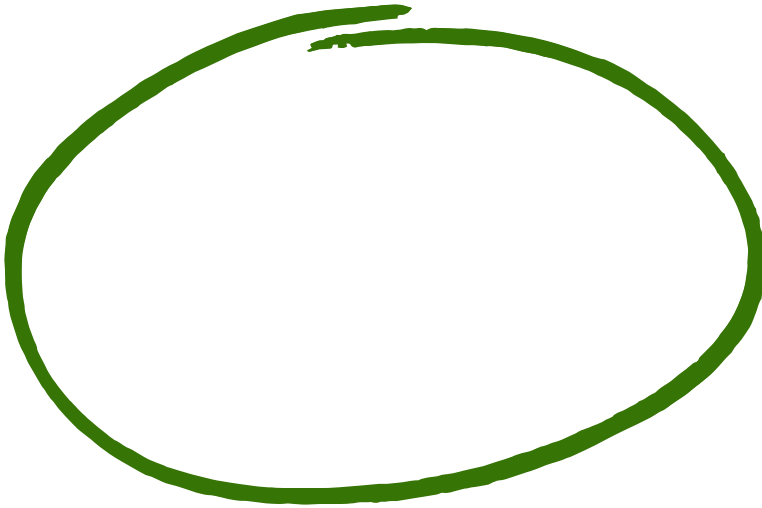


Nicotine **Exposé** Kit

2

Grade 9 Student Workbook



Name: _____

It's time to be blunt about vaping...

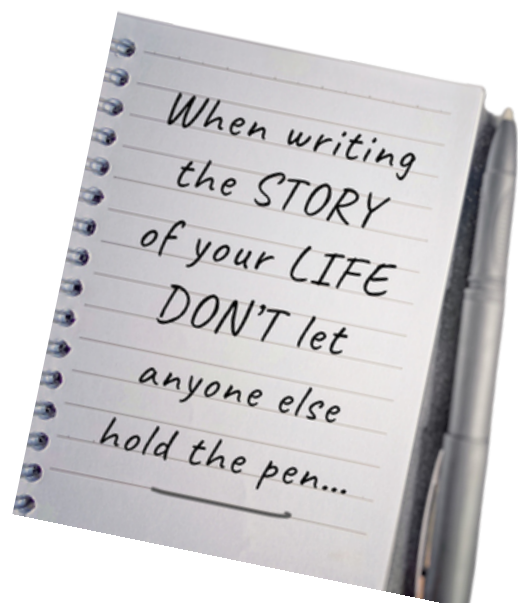
You have seen it around and heard people talking about it, perhaps you have tried it. You may think it's not a big deal. It's time to face the facts, to understand what vaping can do to your mind and body, so you can make the best decisions for yourself and your future.

Vaping is the new look of nicotine addiction. Basically, youth are using and getting addicted to nicotine with an electronic device instead of a cigarette. All vaping devices work the same way - the battery heats a metal coil that heats a liquid (called e-liquid) to produce an aerosol for inhaling. The aerosol contains nicotine, flavorings, and other chemicals.

Right now, let's focus on you. In the activities that follow, you can examine the real impacts of vaping on young people, such as health, financial, and social impacts, as well as take a critical look at the marketing tactics used to appeal to new customers - particularly youth.

Remember, your health and well-being are incredibly valuable, and your choices have consequences, both positive and negative. Taking care of yourself now sets you up for a bright and healthy future.

Stay informed, stay empowered, and stay nicotine-free.



Workbook Activities

1. Thoughts Up Front
2. What You and Your Friends Need to Know
3. Vaping in the Bathroom
4. Nicotine by the Numbers
5. Ceremonial Tobacco Matters
6. A Peek at Vaping Marketing
7. Exposing the Facts About Vaping: What the Science Says
8. Meet Morgan
9. Vaping Slideshow Showcase
10. The Big Review - Kahoot



Thoughts Up Front

In the circles on the cover page, write the first few things that you know or want to know about vaping.



Use various colours. One space could be for an image or a slogan or catch-phrase you like to personalize your workbook.

Use your current knowledge, this is not a fact-seeking exercise. You may also consider putting a question about vaping there.

This activity is a personal reflection. There are no wrong entries.

Vaping: What You and Your Friends Need to Know

- Read the booklet *What You and Your Friends need to Know*. You can find it here: <https://smho-smsso.ca/wp-content/uploads/2020/06/Vaping-Student-Resource-EN.pdf>
- Answer question #1, and 3 others of your choice.
- You may need to investigate and use additional sources for information.



1. **The booklet is a resource from Ontario and references legislation from that province. Find the following information about Newfoundland and Labrador Legislation:**

Use the site linked to the QR code.



The _____ Act restricts how tobacco and vapour products can be displayed, stored and promoted in stores.
The _____ Act prohibits smoking and using e-cigarettes in all indoor public places (including bars, decks and bingo halls), workplaces and schools.
In NL it is illegal for anyone, including retailers, family and friends, to give or sell tobacco or vaping products to youth under the age of _____.
It is illegal in NL to smoke or vape in motor vehicles when anyone younger than _____ years of age is present.

2. What substances are typically inhaled when vaping, and how can they affect your health?
3. Why is vaping particularly risky for people under 25 years old?
4. What are some common short-term health effects of vaping?
5. How does the vape industry target young people, and why is this concerning?
6. How can you respond if a friend offers you a vape?
7. There are many resources available to help people quit smoking and/or vaping. Name three, with contact information (phone or online).

Activity 3

Vaping in the Bathroom

Watch this short video and answer the following questions.

https://www.youtube.com/watch?v=elieorX7eKoYour_paragraph_text



1. Define Toilet Plume.
2. What contents from the toilet become aerosolized (4 things)?
3. In this study, how high were toilet plumes projected into the air after flushing? Where is this in relation to your nose and mouth?
4. After learning about toilet plume, what do you think about hanging out in the bathroom longer than necessary?

Schools report that students are vaping in the bathrooms. Now that you know about toilet plume and that:

- Vaping is an exercise that requires deep breathing.
- Vaping in bathrooms means that students are staying in there for an extended period of time.
- While hanging out in the bathroom, people may be leaning on and touching more surfaces.
- Talking and laughing may trigger deeper inhalations.

Complete one of the following activities:

Digital or hand-drawn Poster

Create a poster with a message to discourage vaping in your school's bathrooms.

Slide show

Create a slide show that explains to a lower grade why vaping in bathrooms is not appropriate.

Poem or song


Write a poem or song that shares a message about how unwise it is to be vaping in the school's bathrooms.


Nicotine by the Numbers


Nicotine is a very addictive drug. Vape liquids often contain very high amounts of nicotine. The more nicotine a young person uses, the higher the risk for addiction and other negative effects on the brain.

- How much nicotine a vape liquid contains must be printed on products and shared with people who purchase/use vapes – this is called the Nicotine Concentration.
- The maximum nicotine concentration for e-liquid products legally sold in Canada is 20 mg/ml which means that there are 20 milligrams of nicotine in each milliliter of e-liquid.
- Products can have lower concentrations, or claim to be nicotine free. Sometimes products labeled as nicotine free have been found to actually have nicotine in them.
- To compare, one cigarette delivers approximately 1 mg of nicotine, so a regular pack of 20 cigarettes provides 20 mg of nicotine to smokers. While we can calculate how much nicotine is in a vape, we don't know for sure how much of that nicotine is absorbed into your body.
- To calculate the amount of nicotine in the following vaping products:

multiply the nicotine concentration x the volume of e-liquid.

<p>VUSE Banana Ice</p>  <p>Nicotine Concentration = 18 mg/ml Volume of pod = 2.0 ml 2 pods per package</p>	<p>Calculate the total amount of nicotine in this package:</p>	
	<p>How many packages of cigarettes would deliver the same amount of nicotine?</p>	
	<p>Why do you think the names of many vaping products have references to fruit and ice?</p>	

<p>VUSE GO XL</p>  <p>Nicotine Concentration = 20 mg/ml Volume of e-liquid = 4.8 ml 1 device per package</p>	<p>Calculate the total amount of nicotine in this device:</p>	
	<p>How many packages of cigarettes would deliver the same amount of nicotine?</p>	
	<p>What characteristics of this package and the device may be appealing to young people?</p>	

<p>VUSE GO 5000</p>  <p>Nicotine Concentration = 20 mg/ml Volume of e-liquid = 10 ml One device</p>	<p>Calculate the total amount of nicotine in this device:</p>	
	<p>How many packages of cigarettes would deliver the same amount of nicotine?</p>	
	<p>What risks does this VUSE Go Edition 5000 product pose?</p>	

Ceremonial Tobacco Matters

When we hear the word "tobacco," our minds often jump to cigarettes and other harmful products. However, not all tobacco is the same, and it is important to distinguish between ceremonial and commercial tobacco when creating public health laws and regulations.



Ceremonial Tobacco vs. Commercial Tobacco

Ceremonial tobacco is used by Indigenous peoples in Canada in spiritual, religious, and healing practices. It is considered sacred and is used with respect and intention during ceremonies, prayers, and rituals. It is not altered with chemicals, and not smoked or used in ways that can harm people.

Commercial tobacco, however, is the kind of tobacco sold in stores, like cigarettes and cigars. These products are full of chemicals and are linked to serious health problems like lung cancer, heart disease, and breathing issues. Commercial tobacco is sold by big companies to make money and is often connected to addiction and harmful behaviors.

Why It's Important to Separate Ceremonial and Commercial Tobacco?

Respecting Indigenous Cultures: Indigenous peoples have faced a lot of unfair treatment, including having their religious and cultural practices restricted. When public health laws don't make a difference between ceremonial and commercial tobacco, it can disrespect these important traditions. Recognizing ceremonial tobacco in laws can help protect Indigenous cultures and rights.

Health Differences: Commercial tobacco is much more harmful because of the chemicals added to it, which can lead to serious health issues. Ceremonial tobacco is un-refined and used only in small amounts during important rituals. Health laws should focus on reducing the dangers of commercial tobacco rather than restricting ceremonial tobacco, which is much safer.

Preventing Confusion: When ceremonial tobacco is treated the same as commercial tobacco in laws, it can spread the wrong idea that all tobacco is bad, even the kind that is sacred in Indigenous cultures. By making a clear difference, we help people understand and respect these traditions while focusing health efforts on the real risks of commercial tobacco.

Balanced Public Health Policies: Public health laws need to protect people's health while also respecting cultural practices. If ceremonial tobacco is treated the same as commercial tobacco, Indigenous ceremonies could be unfairly affected. A better approach would focus on the harms of commercial tobacco while allowing the safe and respectful use of ceremonial tobacco.

As governments continue to work on public health laws, it's important they see the difference between ceremonial and commercial tobacco. This not only respects Indigenous traditions but also helps public health efforts focus on reducing the real dangers of commercial tobacco. This approach can protect both public health and cultural heritage, creating a fairer and more respectful society.

Questions to answer:

1. What are some key differences between ceremonial tobacco and commercial tobacco?
2. Why is it important for public health laws to recognize ceremonial tobacco separately from commercial tobacco
3. Why is it important to respect Indigenous cultural practices when creating public health policies about tobacco use?



Activity 6

A Peek at Vaping Marketing

Millions of dollars are invested into vaping product development, marketing and advertising. This is effective in attracting new, often young, customers. The industry calls these new customers ‘entrants’.



E-cigarette ads and packaging often include features like images of candy, bright colors, and images of “cool” people. Do you think these features are designed to attract the attention of youth or adults? Explain.

Some e-cigarette companies have partnered with social media influencers who have large numbers of followers on apps like Instagram. Some influencers are paid to promote e-cigarettes by talking positively about them in their posts. How do you think this might impact the number of teens who try e-cigarettes?

Since 2020, Canada has prohibited the advertising of vaping products in public spaces if the ads can be seen or heard by youth, whether in brick and mortar stores, online or other media channels. In addition, the display of vaping products at point-of-sale where youth have access is prohibited. What do you think is the goal of this law?

Activity 7

Exposing the Facts about Vaping: What the Science Says...

Read 'Exposing the Facts About Vaping' and complete the following statements as they are presented in the document.



<https://truthaboutvaping.ca/wp-content/uploads/2024/11/Exposing-the-Facts-about-Vaping-ENGLISH.pdf.pdf>



1. More than _____ have been found in vape liquid. _____ this liquid causes chemical reactions that create even more harmful chemicals.
2. Just like second-hand smoke, second-hand vape aerosol is dangerous for those around you. It contains _____ substances.
3. Some teens think vaping nicotine will help to get rid of _____, but it doesn't. Vaping nicotine can actually make feelings of stress and anxiety _____.
4. Puffing a vape sends a huge hit of _____ right to your _____ in _____ seconds.
5. E-cigarettes left on the _____ eventually break down into _____ and chemicals that flow into storm drains and end up polluting _____.
6. Vaping creates garbage and hazardous waste. Hazardous waste includes _____, _____ the vaping devices, and nicotine residue. They can also leak _____ metals into the ground.
7. Youth often identify _____ and _____ as the main reasons for _____ a vape.
8. _____ are the most used _____ among youth. The _____ a person is when they start using nicotine products, the _____ it is to _____.
9. _____ industries have a history of _____ youth through _____ and are now using the same _____ to _____ youth to vape.
10. Vaping _____ is strongly associated with _____ at the individual level, but _____ with _____ marketing _____ have _____ overall vaping prevalence.

Every statement presented in this document is presented as a FACT and backed up by scientific EVIDENCE. As a whole, this represents a large body of high quality and trusted scientific evidence surrounding vaping.

Meet Morgan



Meet Morgan

Vaping has emerged as the new, cool and popular nicotine product, especially among teens and young adults. Marketed with attractive designs, with sweet flavours such as fruit, candy and desserts, vaping has surpassed traditional cigarettes as the most commonly used nicotine products among youth. Vaping isn't harmless though - it is costing youth much more than they may have bargained for when those first few puffs were taken. Let's meet Morgan and see what vaping is costing them.

Financial Costs: A Drain on Your Wallet

How do teens afford things they want? Some may get an allowance, others may have to work. Money is either spent or saved. Some people are very goal-focused and can save a long time for a big purchase, such as a PS5, the latest phone, university tuition or even a car. Vaping will cost you those dollars. A reusable vape requires the initial purchase of the device and then the e-liquids, pods, or cartridges need regular replacement. Others may be buying disposables. Either way, for anyone who is vaping regularly, these costs add up quickly.

Health Costs - Cause it's Not Just Water Vapour!

Inhaling anything other than fresh air puts your health at risk. E-liquids contain nicotine, an addictive substance that can harm adolescent brain development. Beyond addiction, there's growing evidence that vaping can cause respiratory issues, lung damage, and cardiovascular problems. The long-term effects are still being investigated, but as more evidence becomes available, it is clear that vaping is causing harm and youth are paying a price with their health.

Morgan purchases one disposable vape each week, at \$21 each.

How much will Morgan spend in a year?

What would you do with this amount of money?

Morgan's disposable vape device has a nicotine concentration of 20mg/ml, and a 5 ml volume. This means that Morgan is exposed to 100mg of nicotine per week (equal to 100 cigarettes). Do you think this is a lot of nicotine for a young person? Why or why not?

Young people who vape are showing early signs of heart disease. What are the effects of nicotine on the heart and circulatory system?

Social Costs: Relationship Jeopardy

Vaping may affect your social life in unexpected ways. While some young people say they started vaping to fit in, others have found that vaping has hurt their relationships with family and friends. Some friends might be turned off by vaping, leading to strained relationships or social isolation. Schools are cracking down on vaping, with consequences that can affect academics and extracurricular activities. Relationship with parents or other trusted adults (ex. coaches) may suffer due to lying and deception about vaping.

Morgan has great soccer skills but did not try out for the team this year. How might vaping be affecting Morgan's relationships with teammates and parents?

How might vaping be affecting Morgan's sport performance?

Psychological Costs: The Mental Toll

Teens who vape often say that they started vaping as a way to handle stress, but it often has the opposite effect. The anxiety of concealing vaping activity, planning when and where to vape, managing the costs, and needing nicotine to feel 'normal' can add to stress rather than lessen it. When someone vapes with nicotine their body will go through withdrawal when they go without nicotine for a while. One of those withdrawal symptoms is increased feelings of anxiety, so the person will feel they need to vape again to get nicotine back in the body to help ease the anxiety. Relying on nicotine for stress relief can prevent youth from learning and developing healthier coping mechanisms.

Morgan has been vaping for a year. The family is planning a trip. Morgan is totally freaking out about the 4-hour drive to a small cabin and staying there together for a week. Why might Morgan be feeling this way?

Is vaping increasing or reducing Morgan's stress? Explain.

What are healthier ways for Morgan to deal with stress?



Like Morgan, some decisions that you make in grade 9 will influence and impact your future. Choose wisely and prioritize your health and happiness over a nicotine product.

Activity 9

Vaping - Slideshow Showcase

The activities in this workbook have explored broad issues surrounding vaping such as the health risks, environmental pollution, and vaping advertising and marketing. This approach is intended to introduce you to the 'big picture' and the many societal impacts of vaping and the industry behind all nicotine products.

Select ONE theme relating to vaping and create and present a slide show. Reference materials are provided.

This exercise may be completed in pairs, with teacher approval.

Slide Show Layout	Components to Include
Introduction of your topic relating to vaping	The overall esthetic (how it looks)
Why this topic is a concern	Slide composition (not too much info)
Presentation of facts, possibly statistics	Flow of presentation
Possible actions or ways to improve the situation	Quality of speakers notes
Conclusion	<i>If presented:</i> Quality of presentation to the class (speaking, eye-contact, responses to questions)

QR codes for recommended reference materials:



[Vaping: What You and Your Friends Need to Know](#)



[Hooking the next generation: how the tobacco industry captures young customers](#)



[Exposing the Facts about Vaping](#)



[A toxic, plastic problem: E-cigarette waste and the environment](#)

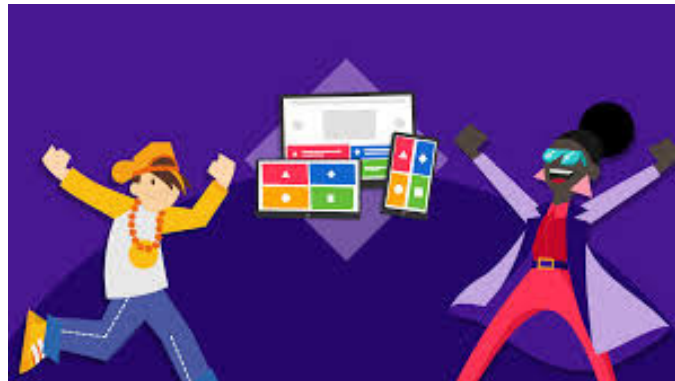
The Big Review - Kahoot

Kahoot!

If you have been doing the vaping Expose Kit workbooks since Grade 7 then you may know A LOT about vaping. If this is your first workbook, you have still been given important information that you can use to make future decisions.

Dig deep into everything you remember and everything you have learned about vaping and complete this Review Kahoot! **Ask your teacher for the link, grab your phone or computer or tablet and play.** You may know all the answers or you may learn something new.

So ready or not, here's the BIG REVIEW!



WELL DONE! CONGRATULATIONS! GOOD JOB!

You have completed the Nicotine Exposé Kit Grade 9 Workbook! We hope that by doing these activities some questions have been answered and you have learned at least one new thing.

If you have any questions about vaping, addiction, stress management or anything else that concerns you, you can talk to your teacher, guidance counsellor, school nurse, community pharmacist or doctor just to name a few. You can check out ‘Exit The Vaping Experience’ website. You can even talk to your parents if you want! The adults in your life want you to be happy and healthy and to be confident about your choices.

Remember – stay informed, stay empowered, and stay nicotine-free.

Now that you have completed your Vaping Workbook, write a note to your future self: A letter to yourself can be a powerful tool for self-improvement because it can help you examine and realign your actions with your values, remember what's important to you and recommit to your goals. (You can talk about work and/or education, financial position, health and vaping status, social group, family, a significant partner, sports, hobbies, other dreams, etc.)

Dear Me,

To my 22 year old self, this is what I hope you have accomplished and what I hope you are doing: