

Vaping: The EX Files

GR

4

Explain

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

Dear Grade 4 Teachers,

Vaping is a significant public health concern for youth in Newfoundland and Labrador, as research is demonstrating increasing rates of experimentation and regular use of vaping products. Data from the Canadian Student Tobacco, Alcohol, and Drug Use Survey (CSTADS) 2021-22 shows that NL has the highest prevalence of past 30-day use of e-cigarettes among grade 7- 12 students across the country. The Newfoundland and Labrador Alliance for the Control of Tobacco (ACT) and its provincial partners are aware of the need for vaping education in schools across the province as the vaping phenomenon pre-dates current curriculum. To provide a standardized set of resources that align with grade- specific outcomes, the partners of ACT have collaborated to develop this set of educational resources, titled *Vaping: The EX-Files* for grades 4, 5 and 6.

Goal: To reduce the prevalence of vaping use among NL youth by increasing their knowledge of the associated harms and risks.

Objectives:

Provide grade-specific educational materials to increase youth's knowledge about:

- Harms of smoking and vaping
- Risks of nicotine use
- Critical thinking and decision making about vaping
- Normative education: to promote vape free living as the healthy and more popular choice.

A sequenced and scoped array of resources have been developed to integrate vaping education into existing curricula outcomes. To assist teachers, a Grade 4 PowerPoint game (also available as a Kahoot Game) comes with a set of speaker's notes, so that key messages are explained and may provide some points for elaboration, examples, or discussion leads. A student workbook is provided to reinforce messages and may be used for evaluation/assessment.

Thank you for using these resources to educate and support our youth to lead healthier lives. If you have any questions please contact us.

Sincerely,

