

# Vaping: The EX Files



Expose

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

**Dear Grade 6 Teachers,**

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. Vaping has become a significant public health concern among NL youth. Data from the 2021-22 Canadian Student Tobacco, Alcohol, and Drug Use Survey (CSTADS) indicates that NL has the highest prevalence of past 30-day use of e-cigarettes among grade 7- 12 students across Canada. Youth are experimenting with vaping early, so ACT has taken the proactive approach to provide vaping education materials that align with existing curriculum outcomes across subject areas for use in the elementary grades.

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

**Objectives:**

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

- Harms of smoking and vaping, specific to the cardiovascular and nervous systems.
- Nicotine addiction.
- Critical thinking and decision making about vaping.
- Refusal skill development.
- Media literacy to be aware of marketing tactics that target youth.
- Normative education: to promote vape free living as the healthy and more popular choice.

A PowerPoint presentation is provided to engage students, encourage them to demonstrate their current knowledge and to impart key messages about vaping to all students. The presentation comes with a set of speaker's notes, so that key messages are explained and may provide an opportunity for elaboration, examples, or discussion leads. This is duplicated as a Kahoot Game, but will require wifi, chrome books or ipads and the time to set up. Following the presentation, use the grade 6 student workbook "Let's EXPOSE Vaping" to allow for a more thorough examination of concepts that align with grade 6 learning outcomes. The student workbook may be used for evaluation at your discretion.

Thank you for using these resources to educate and support our youth to lead healthier lives.

Sincerely,

