

Vaping: The EX Files



Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

Grade 6 Lesson Plan

Purpose

Vaping is an emerging health concern, drawing children and youth into nicotine addiction. **Vaping: The EX-Files** has been developed to complement the existing provincial Grade 6 Health Curriculum outcomes (see [Grade 6 Curriculum Connections for Vaping Education](#)). Existing outcomes introduce smoking and its harmful effects on the cardiovascular and nervous systems. To be effective, the existing smoking and health unit should be completed first, and then this vaping information can follow. This lesson and its activities are intended to expose vaping and enable Grade 6 students to understand how e-cigarettes (vapes) work, recognize that both regular cigarettes and vaping can cause nicotine addiction, identify health risks to body organs and systems and to examine marketing tactics of the vaping industry.

Learning Outcome(s)

Students will:

- Identify vaping as a source of nicotine that can lead to addiction
- Recognize that vaping products harm body organs and systems
- Examine some marketing techniques used by vaping companies
- Analyze anti-vaping ads to identify key messages
- Provide an opportunity to participate in the democratic process through letter writing and advocacy

Materials: A PowerPoint game “Vaping: The EX-Files – Let’s EXPOSE Vaping”, is provided to present content that builds upon the Grade 4 and Grade 5 lessons, links to Grade 6 curriculum outcomes, and provides essential information about vaping. This activity has been duplicated as a Kahoot Game but this method does require wifi and chrome books/ipads. A grade 6 student workbook is provided to reinforce key messages, and prompt further investigation into vaping issues. Teachers may use the workbook for evaluation and assessment at their discretion. A second game-style activity, Fact Block, can be used as part of this sequence immediately or at a later time as a second opportunity to review and highlight key messages.

- PowerPoint Game– Let’s EXPOSE Vaping
 - Let’s EXPOSE Vaping Kahoot Game: (Exact duplicate of the PowerPoint presentation)
 - <https://create.kahoot.it/share/vaping-ex-files-let-s-expose-vaping-grade-6/eeb2587e-120d-48e4-87fa-6529d3509d34>
- Let’s EXPOSE Vaping Game Teachers’ Notes and Answer Key
- Grade 6 Student Workbook
- Teacher answer key to Grade 6 Student Workbook
- Fact Block Student Game Cards, print the set, that will provide 30 unique cards, one per student
- Fact Block Instructions and Clues

Methods:

- Play PowerPoint game – Let's EXPOSE Vaping.
 - You may arrange small teams to play together or have everyone play as an independent player.
 - Alternatively, use the Kahoot version of the game. It is an exact duplicate.
 - Students will need chrome books or ipads, and good wifi to play Kahoot.
- Distribute a Student Workbook to each student. At your discretion, you may select specific activities, allow group work, or have students complete the entire workbook as an in-class & home assignment. Choose an arrangement that works best for you and your students.
- Play Fact Block at a later time as an extension activity or review.

Check for Understanding

- A Teacher answer key has been provided for the factual information in the Student Workbook.
- **OPTIONAL** - Consider the Consequences (from Health Canada) Activities:
 - On chrome books, students will complete the following activities:
 - Nicotine is Nicotine <https://healthcanadaexperiences.ca/programs/consider-the-consequences-of-vaping/activities/nicotine-is-nicotine/>
 - Hidden Dangers <https://healthcanadaexperiences.ca/programs/consider-the-consequences-of-vaping/activities/hidden-dangers/>

Closure - Open discussion with the class:

- What new thing did you learn today about vaping?
- What have you learned about vaping companies and their marketing tactics?
- How do you feel about companies targeting young people with an addictive product that causes harm?
- What things can you do to be the healthiest you can be, in addition to choosing not to vape or smoke?

Extension Activity: Revisiting Vaping at a later date:

- Play the Fact Block game at a later date, as an opportunity to review key messages and vocabulary.
- Teacher will read the clues, and students can cross off their answers on their Fact Block Cards with a marker.
- Not every card will contain every answer.
- Suggest that each correct answer be revealed/discussed as the game is played, so that students do not make errors throughout the game.
- Can be played for straight lines or full card of correct answers.

Teacher Feedback Form

Please complete this short evaluation: <https://forms.gle/Qm793VAiNjyKoEXt9>