

# Vaping: The EX Files



Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

## Grade 5 Lesson Plan

### Purpose

Vaping is an emerging health concern, drawing children and youth into nicotine use and dependence. **Vaping: The EX-Files** has been developed to complement the existing provincial curricula (see Grade 5 Curriculum Connections for Vaping Education). Existing outcomes introduce smoking and its harmful effects on the circulatory and respiratory systems. ACT recommends that Vaping: The EX-Files be introduced after existing curriculum about smoking has been delivered. The EX-Files can then serve as a supplement that focuses on vaping: how e-cigarettes (vapes) work, recognize that both cigarettes and vaping can cause harm, identify health risks to body organs and systems, and explore ways to deal with peer pressure.

### Learning Outcome(s)

Students will:

- o Identify nicotine as an addictive drug
- o Recognize that vaping products contain nicotine
- o Identify some risks of vaping

**Materials:** Using the Grade 5 Powerpoint Game: **Let's EXAMINE Vaping**, teachers will present key messages about vaping. This activity has been duplicated as a Kahoot Game, but will require wifi and chrome books or ipads. After the game, a student workbook of activities has been prepared to reinforce key concepts.

A second game-style activity, Fact Block, can be used as a concluding lesson or at some later time to review and highlight key messages.

- o Let's EXAMINE Vaping – PowerPoint Game **OR**
  - o Let's EXAMINE Vaping- Kahoot Game - Duplicate of Powerpoint, if time and tech resources permit:
  - o <https://create.kahoot.it/share/vaping-the-ex-files-let-s-examine-vaping-grade-5/f136e0dd-d1c8-45a5-a691-8f09bfd0d439>
- o Let's EXAMINE Vaping Game Teacher Notes and Answer Key
- o Let's EXAMINE Vaping Grade 5 Student Workbook
- o Let's EXAMINE Vaping Grade 5 Student Workbook - Teacher Answer Key
- o Fact Block Student Game Cards, A set of 30 unique game cards provided, print one per student
- o Fact Block Instructions and Clues

**Methods:**

- o Play Let's EXAMINE Vaping PowerPoint Game
- o You may arrange small teams to play together or have everyone play as an independent player.
  - o Alternatively, use the Kahoot version of the game. It is an exact duplicate.
  - o Students will need chrome books or ipads, and good wifi to play Kahoot.
- o Distribute student workbooks.
  - o Teachers have discretion to decide how to use the activities in the workbook. It may be an in-class assignment, or some pages may be assigned for completion at home. You may not complete all the activities, it is completely your choice.
- o A Teacher Answer key for the workbook activities is provided. However, some open-ended questions that have many options for answers will rely on the teacher's expertise to determine acceptable and reasonable answers.
- o Play Fact Block at a later time as an extension activity or review.

**Discussion questions:**

- o What new information have you learned about vaping?
- o Are there things that are the same between smoking and vaping? What are the differences?
- o What can you say or do if you are offered a vape?
- o What things can you do to be the healthiest you can be?

**Extension Activity: Revisiting Vaping at a later date:**

- o Play the Fact Block game at a later date, as an opportunity to review key messages and vocabulary.
- o As Teacher reads the clues, students can cross off their answers on their cards with a marker.
- o Not every card will contain every answer.
- o Suggest that each correct answer be revealed/discussed as the game is played, so that students do not make errors throughout the game.
- o Teacher can choose the pattern to win (lines, X, full card, etc.).

**Teacher Feedback Form**

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