

Vaping: The EX Files



Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

Let's EXPOSE Vaping PowerPoint Game

Teacher's Notes and Answers

Kahoot Link:

<https://create.kahoot.it/share/vaping-ex-files-let-s-expose-vaping-grade-6/eeb2587e-120d-48e4-87fa-6529d3509d34>

1. POLL: Do you know what a vape is?
 - Raise your hand for yes
 - Setting the stage to make sure everyone has the same basic knowledge and that everyone is starting on the same page.
 - Key message: Everyone will have different levels of confidence in their knowledge and comfort level. If there are students who do not know what a vape is it is explained on the next slides
2. Answer slide: A vape is an electronic cigarette
3. Informational slide: How a Vape Works
 - A battery heats a coil, that heats a liquid so people can inhale the aerosol.
 - They are different from cigarettes because they do not burn tobacco.
 - Vape liquids usually contain nicotine, the same drug found in cigarettes.
4. Nicotine from vapes is just as addictive as nicotine from cigarettes.
 - Correct answer: **True**
 - Key message: Nicotine is an addictive drug regardless of its source. An analogy would be that the caffeine from coffee and the caffeine from tea is the same substance.
5. Informational slide – Let's Talk About Nicotine
 - Nicotine has the same chemical structure no matter where it comes from. Your brain can't tell the difference
 - Vaping can deliver very high amounts of nicotine.
 - Nicotine is a drug. It can be hard to stop once you start.
6. What is one way that nicotine changes your brain?
 - Correct answer: **B. Learning difficulties**
 - Key message: Nicotine is not harmless. It can affect your growing brain in many ways

including making it more difficult for you to learn and concentrate.

7. Informational slide: Nicotine and Your Brain.

- The human brain is not fully developed until age 25.
- Young brains are more vulnerable to the effects of nicotine and addiction.
- Nicotine can hurt your brain and change the way it works. This can result in:
 - mood swings
 - anxiety
 - depression
 - learning difficulties

8. What do you think being addicted to nicotine would feel like?

- Visualization/imagination exercise
- Key message: Sharing with your students that other students just slightly older who started using nicotine in any form (especially vaping) wish that they had not started because of the stress and anxiety they report feeling.

9. Informational slide: Nicotine is a highly addictive drug. That means once you start using it, your body and brain can quickly start to need it just to feel normal.

- **If you vape, being addicted to nicotine can look like:**

- ☐ Constantly thinking about vaping during the day
- ☐ Planning your day around when you can vape
- ☐ Feeling stressed, irritated, or anxious when you can't vape
- ☐ Having trouble focusing or sleeping without it
- ☐ Needing more nicotine over time to get the same feeling

10. Informational Slide: Look at your Big Picture: Addiction to nicotine doesn't just affect your health - it can take over:

- ☐ your spending
- ☐ your time
- ☐ your choices
- ☐ how you feel every day

- Key message: Vaping might become something much more than just something you do with your friends. It can affect your mood, your time, your spending. It affects more than you realize.

11. Nicotine can damage your cardiovascular system. What effect does nicotine have on your heart?

- Correct answer: **C. Increases heart rate**
- Key message: Nicotine is a stimulant so it speeds up your system and certain body processes.

12. Informational Slide: Nicotine and Your Heart

- Nicotine is a stimulant, which means that it increases your heart rate, breathing rate and blood pressure.
- Over time, the increased blood pressure and heart rate cause damage to the cardiovascular system.

- Young people who vape but have never smoked cigarettes are showing early signs of heart disease.
13. Chemicals from vapes damage the respiratory system. What parts can be affected?
- Correct Answer: **D. All of the Above**
 - Key message: Vaping can affect more than your lungs. It damages your entire respiratory system.
14. Informational Slide: The Best Thing for Your Lungs is Clean, Fresh Air!
- The aerosol that people breathe in while vaping contains chemicals, ultra-fine particles and heavy metals that get inhaled deep into the lungs.
 - All parts of the respiratory system can be irritated or damaged by the vape aerosol.
 - This may cause cough, sore throat, inflamed airways (chest pain), and shortness of breath.
15. How does vaping affect your mouth and teeth?
- Correct answer: **D. All of the Above**
 - Key message: Vaping has a negative effect on your mouth
16. Informational Slide: Vaping and Your Mouth
- Nicotine reduces blood flow to your gums causing tooth decay and gum disease.
 - Chemicals from vaping irritate the natural bacteria in your mouth. The bacteria produce extra slime to protect themselves. This slime causes inflammation, cavities and bad breath.
 - Vaping also causes ulcers and sores on lips and mouth.
 - Overall vaping makes your mouth unhealthy.
17. Who owns most vaping companies & products and makes the most money from them?
- Correct Answer: **C. Tobacco Companies**
 - Key message: When you spend money on vapes, that money is going right into the pockets of the same multi-billion dollar companies that make cigarettes.
18. Informational Slide: Why Big Tobacco Owns Vapes...
- Big Tobacco companies bought the start-up vaping companies. They want all nicotine consumers as their customers, regardless of what products are being used.
 - Tobacco companies recognize young people as the source of new, long-term customers.
 - Products are purposefully made to appeal to young people.
 - Millions of dollars are spent on promoting nicotine products.
19. Why are vaping companies making candy and fruit flavoured e-liquids?
- Brainstorming activity
 - Look for answers such as – appealing to young people, taste, ease of use etc.
20. Informational slide: Sneaky Ways to Market Vaping to Youth...
- E-liquids are made to appeal to young people in many ways:
 - ☐ using fruit and candy flavours
 - ☐ more flavours to try means more experimentation

- Vaping devices are also designed to appeal to youth:
 - ☐ using cool tech
 - ☐ designed to NOT look like cigarettes
 - ☐ easy to use features: small and discrete, pre-filled and disposable

21. Every vape device contains chemicals, plastics and electronics. The plastics and electronics in vape devices can be recycled.

- Correct Answer: **False**
- Key Message: E-cigarettes are harmful to the environment and contribute to pollution.

22. Informational Slide: Vaping Creates Tons of Toxic Waste.

- Nicotine and other chemicals contaminate all parts of vaping devices, so that none of the recyclable components can be processed at recycling facilities.
- Vapes are considered hazardous wastes that:
 - ☐ leak into soil and water
 - ☐ cause fires at recycling and garbage facilities
 - ☐ poison birds, wildlife and fish
- Disposable vapes are powered by lithium batteries
 - ☐ Lithium is a non-renewable resource
 - ☐ Lithium batteries are meant to be recharged hundreds of times
 - ☐ In vape devices they are never recharged
 - ☐ Hundreds of electric vehicles could be powered by the lithium thrown away in vapes

23. Concluding slide: Don't Fall for Vaping

- Vaping is not safe.
- Vaping can expose you to harmful chemicals.
- Vaping can lead to nicotine addiction.
- Vaping is expensive.
- Vaping isn't cool, it's just the new look of nicotine addiction.
- Living vape-free means that you will be healthier and stronger.