

# Vaping: The EX Files



Explain

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

## Let's Explain Vaping Game - Grade 4: Teacher's Notes and Answers

Kahoot Link:

<https://create.kahoot.it/share/2025-vaping-the-ex-files-let-s-explain-vaping-grade-4/a8accf7d-a0a8-4828-b3ec-1aeb7873ac3a>

1. What do you need to be healthy?
  - Correct Answer: **All of the above**
  - This question introduces the primary components of healthy living, including clean air to breathe.
  - Key Message: Your body needs clean air to be healthy and work properly.
2. What organ makes it possible for you to breathe?
  - Correct Answer: **Lungs**
  - This question is bringing the focus of the lesson towards lungs and how important it is to keep them healthy.
  - Key Message: Healthy lungs are needed to breathe properly.
3. What does your heart do?
  - Correct Answer: **Pumps blood through your body**
  - This question is introducing the importance of the heart and will tie into subsequent questions concerning vaping and its effect on the heart
  - Key Message: Your heart is a vital organ that needs to be kept healthy
4. Which item in this list is a drug?
  - Correct Answer: **Nicotine**
  - Reinforcing the learnings from the health unit, identifying nicotine as a drug.
  - Key Message: Nicotine is a drug
5. Which drug in this list is **NOT** used as a medicine?
  - Correct Answer: **Nicotine**
  - Introducing the concept that Nicotine, unlike most drugs, has no medicinal value or purpose.
  - Key Message: Nicotine is a drug, it does not have any health benefits. It is not a medicine, even for adults.

6. POLL: How much do you know about vaping?
  - A discussion opportunity for the teacher to engage the class about their experiences to date about vaping. At grade 4, some students/classes may be more or less aware than others. This poll will help inform the teacher about the classes' current level of knowledge/exposure.
7. SLIDE: What is a vape?
8. SLIDE: What are people inhaling from a vape?
  - Informational slides to ensure that all students have the correct information about vape components and how it works:
    - Nicotine is the drug
    - Flavourings (these are created by using chemicals, not real fruit or juice)
    - Other chemicals are in the aerosol – things that can hurt their lungs
    - Heavy metals – Lead, tin, nickel - tiny bits of these metals can be inhaled with the aerosol and they can hurt your body/ make you sick.
9. What drug is in cigarettes and vapes?
  - Correct Answer: **Nicotine**
  - Key Message: Both cigarettes, which contains tobacco, and vapes where the e-liquid has nicotine added to it, deliver nicotine to the user. It is a very powerful drug that keeps people coming back for more.
10. SLIDE: Smoking and Vaping are both dangerous
  - Cigarettes and vapes contain nicotine.
  - Cigarettes and vapes contain other chemicals that can hurt our bodies.
  - Both smoking and vaping are harmful to our health.
11. What does vaping do to your lungs?
  - Correct Answer: **Puts chemicals into your lungs**
  - This question is connecting the risk of vaping to the respiratory system
  - Key Message: This question is connecting the risks of vaping to the respiratory system, which is part of their health and science curriculum.
12. What does nicotine do to your heart?
  - Correct answer: **Makes it pump faster**
  - This question is connecting the risks of vaping to the circulatory system.
  - Key Message: Vaping means that a person is inhaling chemicals and nicotine. Inhaling nicotine from vaping increases a person's heart rate.

NOTE TO TEACHER: Nicotine is a stimulant, which increases blood pressure and heart rate. Over time, this leads to heart disease. Young people who vape (never smoked cigarettes) are showing early signs of heart disease. The main point is that vaping can hurt your body in different ways

13. Your Brain can tell the difference between nicotine from a vape and nicotine from a cigarette

- Correct Answer: **False**
- To your brain, the chemical or drug of nicotine is the same, regardless of where it comes from.
- Just like vitamin c is the same whether it comes from eating an orange or a lemon. Your mouth recognized a difference, but your body uses it the same, regardless where it came from.
- Key Message: All forms of nicotine are the same to your brain, and cause the same effects on the brain, heart and body, including addiction.

14. What does nicotine do to your brain?

- Correct Answer: **Makes learning more difficult**
- This question is connecting the risks of vaping to their growth and development, their brain and nervous system.
- Key Message: Nicotine from vapes negatively affects your brain and makes it more difficult to learn new things.
- NOTE TO TEACHER: Nicotine affects young developing brains in many negative ways. Nicotine impairs learning, memory and recall, focus and concentration. Nicotine also reduces impulse control and can cause mood swings, irritability and anxiety. The younger a person is when they start using or even experimenting with nicotine, addiction can develop faster and be more intense.

15. SLIDE: Nicotine and your Brain

- Nicotine affects your developing brain in many ways.
  - Nicotine makes it harder to learn new things
  - Nicotine affects your memory, making recall more difficult.
  - Nicotine causes you to feel stressed and anxious
  - Nicotine may make you feel sad
  - Nicotine affects the part of your brain where you make choices and decisions.
  - Some changes may be permanent.

16. Which of the following can hurt your airways and lungs?

- Correct Answer: **All of the above**
- Introducing students to the concept that vaping can also damage your airways.
- Key Message: Vaping can both harm your airways and lungs.

17. The aerosol from a vape is just harmless water vapour.

- Correct Answer: **False**
- Many people believe that the aerosol from a vape is just harmless water vapour. In fact, that aerosol contains many harmful chemicals. It can cause people to

have red, watery eyes, sore throats, coughing and asthma attacks.

- Key Message: Vape clouds contain harmful chemicals. It is not water vapour. It is not safe.

18. Smoking and vaping can give you cavities.

- Correct Answer: **True**
- The bacteria that normally live inside our mouths do not like the chemicals from vaping. To protect themselves, the bacteria produce a slime to cover themselves as a form of protection. This slime does protect the bacteria, but it softens our enamel, making it easier for cavities to develop.
- Key Message: Vaping can cause cavities and harm our oral health

19. Everything that has a fruity name must have healthy fruit in it.

- Correct answer: **False**
- Lots of products are named after fruits, but do not contain healthy fruits in them .
- Can you name some products like that?  
Fruit loops, fruit roll-ups, Gatorade and other drinks.
- 100% fruit juice comes from fruit, and does have some nutrient but it is better only have small amounts of real juice because it has high amounts of sugar. It is healthier to eat the whole fruit to get all the fiber and nutrients, as well as the juice

20. SLIDE: Why are vape liquids made to taste like candy and fruit flavours?

- Naming vaping liquids after fruit and candy makes young people want to try more flavours, to try the variety. Fruit names may lead children to think that there is no harm in these products – “ how can strawberry splash be dangerous?”
- Key Message: Calling vaping liquids after fruit implies that they are not harmful, it attracts children and kids think it is healthier. Using healthy names for vape liquids (which contain chemicals) is dangerous for children.

21. How might vaping harm you?

- Correct Answer: **All of the above**
- The purpose of this slide is to show that vaping is associated with harm. Studies are showing that young vapers are showing signs of airway damage: dry throat, cough & shortness of breath are commonly reported.
- Key Message: Vaping is not harmless.

22. In what ways can nicotine harm you?

- Correct Answer: **All of the above**
- As mentioned before, vaping is not safe and it exposes people to chemicals and nicotine. Because of the chemicals and nicotine, people often have a sore throat, can experience changes in their brain (how they feel, how they learn), and have lung damage or develop heart problems from vaping.
- Key Message: Nicotine poses many dangers to children

23. If you play sports, sing or play an instrument, how could vaping impact your performance?

- Correct answer: **Vaping makes breathing more difficult**
- Vaping makes breathing more difficult which can immediately affect how an athlete, singer, musician can perform. If you can't breathe well it will be hard to do your best.
- This message might be really meaningful to some students who are doing these kinds of activities.
- IDEAS FOR THE TEACHER: Ask the class : If you are working really hard as an athlete on a team, how would you feel if some teammates are vaping before you go to a really important game?

24. SLIDE: Second hand smoke and second hand vapour

25. Who can be harmed by second-hand smoke or vapour (aerosol)?

- Correct Answer: **All of the above**
- Second-hand smoke includes smoke from the burning tip of a cigarette and well as what is exhaled by users. Second-hand vapour is the aerosol clouds exhaled by users. Vapes do not have a burning tip. Both products contain chemicals that are harmful when inhaled by animals and humans. Unborn babies can be harmed by second hand smoke because they are exposed to the same things as the pregnant mom.
- Key Message: Smoking and vaping are sources of air-pollution and harm humans and animals.

26. What can you do to be as strong and healthy as possible?

- Correct Answer: **All of the above**
- To live a long and healthy life, there are things that you should do and things that you shouldn't do. Discuss other behaviours that can be adopted or avoided.
- Key Message: Reinforcing the healthy choices for healthy living.

27. Share one new thing that you learned during the game.

- This concludes this portion of Vaping the EX-Files – Let's EXPLAIN Vaping.
- You may want to discuss what the students found interesting or allow them to ask a few questions.
- You can continue with learning activities in the Grade 4 Student Workbook.
- Please remember to complete the teacher Feedback form.

