

Vaping: The EX Files

GR
5

Examine

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

Powerpoint Game - Let's EXAMINE Vaping

Teachers' Notes and Answers

Kahoot Link: <https://create.kahoot.it/share/vaping-the-ex-files-let-s-examine-vaping-grade-5/f136e0dd-d1c8-45a5-a691-8f09bfd0d439>

1. What are some ways to keep your mind and body healthy?
 - Correct answer: **All of the Above**
 - To associate smoke and vape free living with other healthy living behaviours
 - Key message: Staying smoke and vape free is important to your health
2. POLL: How curious are you about vaping?
 - No correct answer
 - Key message: This is a class poll question, to ease into the subject of vaping and prompt students to think about their feelings towards vaping.
3. What is the proper term for what people inhale from a vape?
 - Correct answer: **Aerosol**
 - To reinforce the fact that vapes do not produce a simple water vapour when inhaled. The aerosol contains nicotine, chemicals and heavy metals
 - Key message: The aerosol produced by a vape is harmful to your health.
4. How can the Aerosol from vapes affect people immediately?
 - Correct answer: **All of the Above**
 - To ensure students realize that there are short term immediate effects to trying vape or being around someone who is vaping..
 - Key message: Vaping makes you feel bad when you try them or when you are around someone who is vaping..
5. SLIDE: Did you know?
 - This is an informational slide describing how vapes work. More information is in the speaker notes of the presentation.
6. SLIDE: Facts About E-Liquid
 - Informational slide for teachers to read to the class. The speaker notes section of this slide has further information. The Educator Manual also has more information about

E-Liquid.

7. What drug is found in both cigarettes and vape products?

- Correct answer: **Nicotine**
- This question reminds students that nicotine is contained in both cigarettes and vapes

8. SLIDE: Let's Examine Nicotine

- Informational slide for teachers to read to the class. The Teacher Manual has more information about how nicotine affects young people and their developing brains.

9. SLIDE: E-Liquid with Nicotine is Poisonous

- Informational slide for teachers to read to the class. More information is found in the speaker notes for the slide.

10. How does nicotine affect your heart?

- Correct answer: **Increases heart rate**
- Filling a gap in existing health and science curriculum identifying how vaping may harm the circulatory system.
- Key message: Nicotine from vaping harms your heart

11. How does nicotine affect blood vessels?

- Correct answer: **Increases blood pressure**
- As a stimulant drug, nicotine causes blood vessels to constrict or get tighter/smaller. This increases the pressure inside the vessels and causes high blood pressure.
- Filling a gap in existing health and science curriculum identifying how vaping may harm the circulatory system.
- Key message: Nicotine from vaping harms your blood vessels.

12. SLIDE: Vaping and Nicotine – Effects on the Circulatory System

- Informational slide for teachers to read to the class. The Educator Manual has more information about how nicotine affects the Circulatory System (heart and blood vessels).

13. How does vaping affect your respiratory system?

- Correct answer: **All of the Above**
- Filling a gap in existing health and science curriculum identifying how vaping may harm the respiratory system. All of the chemicals both in and produced by vaping irritate, inflame and injure airways and lungs.
- Key message: Vaping harms your entire respiratory system.

14. SLIDE: Vaping and your Respiratory System

- Informational slide for teachers to read to the class. The Educator Manual has more information about how nicotine affects the Respiratory System.

15. Transition slide to introduce the next section which will look at decision making scenarios and practice refusal skills. Most of the following slides are poll questions with no right or wrong answer. The intent is to illustrate that everyone feels comfortable doing different things and that there is no correct way to refuse. It is whatever works for you at the time.
16. How To make an informed decision: the FACE approach.
 - Speakers notes are on the slide. More information about the FACE decision making model please visit the DECYDE website at www.decyde.ca
17. SLIDE: How would you respond to unwanted/negative peer pressure?
Key message: There are many ways to respond to negative peer pressure. Which one of these options makes students most comfortable? Teacher may ask if other options not listed would work as well.
18. All of these are refusal skills EXCEPT...
 - Correct answer: **Go along with what they are doing**
 - There are many ways to say no, the answers provided are not a comprehensive list. The slide notes explain more.
 - Key message: Kids can say no in any way that they feel comfortable doing.

QUESTIONS 19-23 are the decision making and refusal skill scenarios. Please allow enough time for

Scene 1: Walking home from school, your best friend offers you a puff from their vape. What refusal skill would you use?

Say "No Thanks" and repeat if necessary

Give a reason: I play sports/instrument and don't want to damage my lungs.

Blame your parents: I'd lose my phone, so I'm not interested

Change the subject: No, let's go have a snack, I'm hungry.

Scene 2: At the park you are offered a vape from a kid you don't know. They are older and bigger than you. What do you do?

Say you have to go, and leave the park

Give a reason: I have asthma so I can't vape

Make a joke: No thanks bud, I need all the brain cells I can get

Be a broken record, saying no with confidence each time

Scene 3: With 6 friends, 2 start vaping and offer to share. There are 2 flavours to try and they smell good. What would you do?

Say No, I do not want Covid from you, thanks!

Put positive peer pressure on the 4 friends to not vape

Give a reason: There's nicotine in vapes, so no way, not ever.

Use humor: Sharing vapes is like kissing everyone here, so hard pass!

Scene 4: Your team just won gold and are celebrating at a teammates' house. A few vapes appear and come to you. What do you do?

Pass it along and ignore it

Move to a different group of teammates

Say to team: How are we gonna keep winning if we all vape?

Say You're making it easy for me to be the best player if you're all vaping

discussion after the poll results come in as students may want to discuss other options that they like.

Last Slide POLL: How confident are you in your ability to refuse a vape if it were offered to you?

- Determine if student responses have changed from the beginning of the game (slide 3).
- Discussion questions:
 - Do they now feel a little more confident and prepared to say no to vaping?
 - How do they feel about vaping now?
 - Has there been any change in their attitudes?
- **Key message:** Everyone will have different levels of confidence in their knowledge and comfort level. Some may say they would not refuse, which creates the opportunity for either a) building refusal skills or b) providing information for making a better informed decision.