

## Grade 6 Student Workbook

E X N T E  
14 26 8 22 17 13 19 12 16 11 14

T T A T  
16 18 2 16 11 1 5 22 2 16

V A N E A E  
25 1 8 13 19 12 5 14 9 1 2 17 14

T E A T N T  
16 11 14 10 1 9 16 17 20 22 19 16

E V E  
3 13 14 3 13 25 14

E T E  
6 22 2 18 5 14 17 16 3 13 10 14

V A E E  
25 1 8 14 10 18 14 14

A	B	C	D	E	F	G	H	I	J	K	L	M
1				14								

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
19						16		25		26		

Name: \_\_\_\_\_

# Workbook Activities

1. A Cryptograph Cover - Decode the message
2. Vaping- Big Risks in Small Devices
3. Crossword Challenge
4. Vape Facts Exposed: Can you Tell Truth from Lies?
5. Vape IQ - Show what you Know
6. Activity 6: Flavoured Vapes Hook Kids
7. Activity 7: Youth Voices Loud and Clear:  
Letter Campaign to Ban Flavored Vapes
8. Eight Seconds of Truth



## Activity 2: Vaping- Big Risks in Small Devices

Vaping is a term to describe using an electronic cigarette (also called an e-cigarette or a vape) to breathe in an aerosol, which sometime people call vapor. The aerosol is created when the liquid inside the e-cigarette is heated so that it changes from a liquid to a gas state and can be inhaled. These liquids (e-liquid) contain flavours, chemicals and in most cases nicotine. Scientists have tested many e-liquids and discovered that most e-liquids that are labeled as nicotine free actually do have nicotine in them. Let's look at the ways that vaping can harm young people.

First, let's consider nicotine. Nicotine is a drug that is identified as a stimulant. Using nicotine can change the way the brain grows and works, especially as your brain is still developing. Nicotine can make it harder to focus, learn, and control emotions. Some of these changes may be permanent. Nicotine use can also lead to addiction, which means the brain will need nicotine to feel normal. People who are addicted to nicotine will feel unwell and uncomfortable when they stop using it. This makes quitting hard, but not impossible.

Vaping also affects the heart. As it is a stimulant, vaping nicotine raises blood pressure and makes the heart beat faster, which increases the risk of heart problems later in life.

The lungs are also in danger. Many of the chemicals from vaping can irritate the lungs, making it harder to breathe. Some people who vape have developed serious lung illnesses that cause coughing, chest pain, and trouble breathing.

Vaping is not safe. There are big risks in these small devices that can cause long-term damage to your body. It's important to know the risks and to make healthy choices.

**Please answer the following questions:**

1. How can the nicotine in vaping liquids affect the heart?

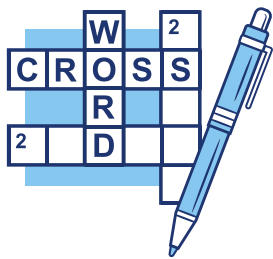
2. What are some of the symptoms of lung illnesses that can be caused by vaping?

3. Why is it hard to quit using nicotine?

4. What are some of the effects of nicotine on the brain? How might these effects impact a student's life at school or with their friends?

5. The text mentions that most e-liquids, even those labeled nicotine free, actually do contain nicotine. Why do you think manufacturers would put nicotine into as many of their e-liquid products as possible?

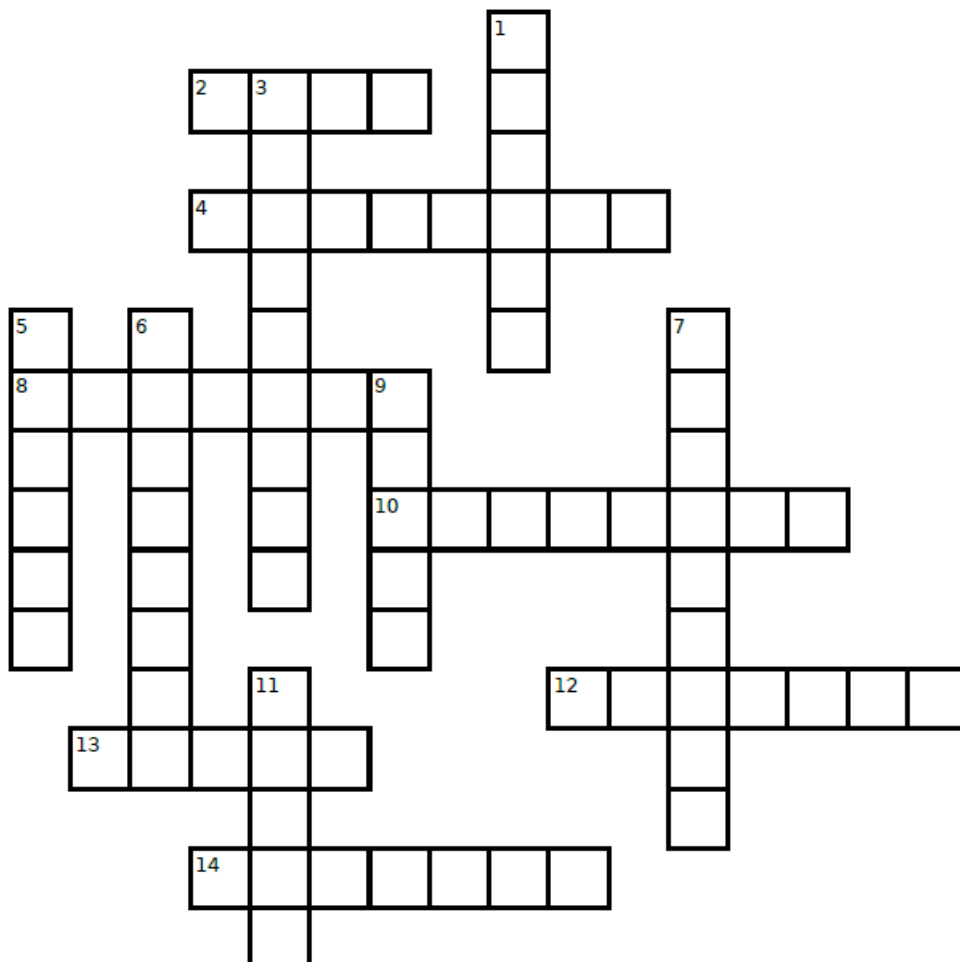




## Activity 3: Crossword Challenge

### Word Bank:

NICOTINE  
 ADDICTION  
 IRRITATE  
 ILLNESSES  
 HEART  
 LUNGS  
 BRAIN  
 AIRWAYS  
 AEROSOL  
 REFUSE  
 FLAVOURS  
 VAPING  
 ELIQUID  
 RISK



#### Down:

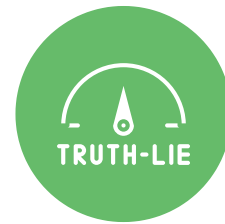
1. To indicate or show that you are not willing to do something
3. Diseases or conditions that make someone sick
5. A verb to describe inhaling the aerosol produced by an e-cigarette
6. To make something sore or uncomfortable
7. A strong need or craving for something, even if it is harmful
9. Two organs in your chest that help you breathe
11. The control center of your body, responsible for thinking, feeling, learning and moving

#### Across:

2. The possibility of something bad happening
4. Added to e-liquids to make them taste good and appeal to young people
8. Fine particles suspended in a gas. Sometimes called vapour
10. A drug found in vaping liquids that can be addictive and harmful to the body
12. The liquid that is used in an e-cigarette or other vaping device
13. A muscular organ that pumps blood throughout the body
14. The tubes in your nose, throat, and lungs that allow air to pass through

## Activity 4: Vape Facts Exposed: Can you Tell Truth from Lies?

Read the following statements and identify each one as a TRUE or FALSE statement.



Nicotine is not a drug because it is a natural ingredient found in tobacco plants.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
Nicotine can harm brain development, affecting memory, learning, and self-control.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
Using e-cigarettes can lead to stronger and healthier teeth.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
Since vapes do not create smoke, they are completely safe for the lungs.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
Vaping can increase feelings of anxiety and stress rather than help with relaxation.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
Since vapes don't burn tobacco, they don't have any harmful effects on the cardiovascular system.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
Nicotine is classified as a stimulant drug because it speeds up the nervous system.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
The aerosol from vapes can cause sore eyes, nose and throat among the people nearby who do not vape.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
E-cigarette waste, such as pods and batteries, do not contribute to pollution.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>
Because vapes don't burn tobacco, they have less nicotine than cigarettes.	<input type="button" value="TRUE"/>	<input type="button" value="FALSE"/>

## Activity 5: Vape IQ - Show what you Know



1) What is inside most vape liquids?

- a) Water, vitamins, and flavoring
- b) Only nicotine and water
- c) Nicotine, chemicals, and flavoring
- d) Just flavored water

2) What is nicotine?

- a) A type of vitamin
- b) A chemical that makes people sleepy
- c) A highly addictive drug found in vapes
- d) A type of medicine

3) Why is it dangerous for young people to start vaping?

- a) Most vapes contain nicotine
- b) Young people are more easily addicted
- c) Nicotine makes learning more difficult
- d) All of the above

How can nicotine affect young brains?

- a) Nicotine makes the brain grow faster
- b) Nicotine makes it more difficult to learn and recall information
- c) It makes them stronger
- d) It has no effect

What can happen if a child swallows vape liquid?

- a) Nothing, it's just flavored water
- b) They could get poisoned and very sick
- c) It gives them extra energy
- d) They instantly become addicted to nicotine

Why do vape companies make flavors like cotton candy and bubblegum?

- a) To make vapes taste bad
- b) To attract younger users
- c) To make vaping less addictive
- d) To make vapes healthy

4) Which of these is a possible effect of vaping?

- a) Lung damage
- b) Heart problems
- c) Anxiety
- d) All of the above

Where might you see vape advertisements?

- a) On social media
- b) In history textbooks
- c) On television
- d) On playground signs

Why is second-hand vape aerosol dangerous?

- a) It smells really bad
- b) It contains harmful chemicals that others can breathe in
- c) It is flammable
- d) It carries an electric charge

Why are vape flavors a problem?

- a) Flavours make nicotine easier to inhale, leading to addiction
- b) Flavours make vapes healthier
- c) Flavours make people drink more water
- d) Flavours remove harmful chemicals

How do vape companies try to get young people to use their products?

- a) By using fun colors and flavors
- b) By giving them free to adults only
- c) By making them taste bad
- d) By warning kids not to use them

If someone wants to quit vaping, what is a good first step?

- a) Keep vaping but use a flavour you don't like
- b) Talk to a trusted adult or doctor for help
- c) Ignore the problem
- d) Put it off until you get older

## Activity 6: Flavoured Vapes Hook Kids



Watch this Video: <https://youtu.be/d3aPiGnSe2I>

What message do you think the video is trying to send to parents and kids? Do you agree with it? Why or why not?

How did the video make you feel about flavored vapes being marketed to kids? Why?

Do you think it's right for companies to use fun flavors and colorful packaging to attract kids? Why or why not?



## **Activity 7: Youth Voices Loud and Clear: Letter Campaign to Ban Flavored Vapes**

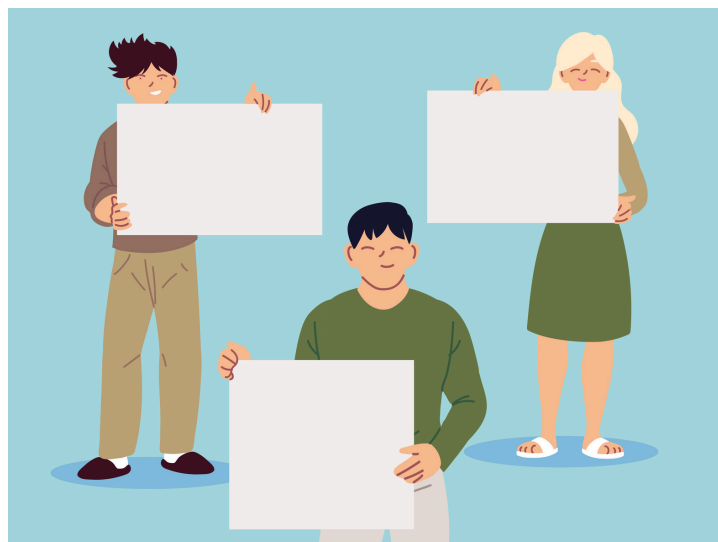
Our elected officials who work in local town councils, in the provincial government and in the federal government are in positions that can change the laws and regulations that govern society and protect us. When these people hear about the concerns of the people from the regions or communities that they represent, these issues can be addressed in the provincial legislature at Confederation Building in St. John's or in the House of Commons in Ottawa.

Vaping is one example of a public health issue that can be affected by provincial and federal legislation and regulations (a.k.a. laws). Although you are young, you can raise awareness about issues affecting you.

A letter campaign from young people who are not protected from future nicotine addiction can bring much attention to an issue.

To complete this activity you can:

- 1) complete the sample letter provided by your teacher and sign it
- 2) write your own letter instead, sign it
- 3) collect all letters from your class so that your teacher can send them to both the provincial and federal representative for your region, which are sometimes called electoral districts or ridings.



Dear [Mayor / Councillor / Member of Parliament],

My name is \_\_\_\_\_, and I am \_\_\_\_\_ years old. I'm writing to you because I care about my health, my friends, and the future of the planet I'll grow up in. I recently learned about vaping and how flavored vapes are being used to hook children, and it really upset me. I don't think companies should be allowed to make money by getting people my age addicted to nicotine.

I'm asking you to please help protect me and other young people from the dangers of vaping. The flavors - like cotton candy, mango, and bubblegum - are clearly made to get children interested. Most of us would never even try vaping if it didn't come in fun flavors. That's why I am asking our government to ban flavoured vapes.

I also want to ask you to ban disposable vapes. People are using them, then throwing them away, and they end up polluting the environment. The Earth is already in trouble—we don't need mountains of plastic and lithium battery waste from single-use vapes making it worse. Our resources need to be used for more important things. Please help protect the environment and its resources for me and future generations.

Please listen and act to make laws that puts children's safety and the planet first. We need adults in power to protect us from companies that sell addiction covered up by fruity flavors. Thank you for reading my letter and for thinking about the future we're all going to share.

Sincerely,





\_\_\_\_\_(Name) \_\_\_\_\_(date)

Grade 6 Student at \_\_\_\_\_(School Name, Community)

## Activity 8: Eight Seconds of Truth

The following short videos (8 seconds or less) have a message about the risks of vaping. Watch each video, then in the space provided, describe the message(s) that you received (there may be more than one!).

All videos can be viewed here: <https://truthaboutvaping.ca/youth/#quick-facts>

Video	Describe the message(s) you received
<p>Just water vapour?</p> 	
<p>Lungs and Sports</p> 	
<p>Nicotine Addiction</p> 	
<p>You're a Target</p> 	

Great work completing these vaping activities! You should be proud of everything you've learned. Understanding the truth about vaping helps you make smart, informed choices now and in the future. Remember, living smoke- and vape-free means keeping your body strong, your mind clear, and your future bright. Keep choosing what's best for you—you've got what it takes to live your best, healthiest life!

Colour the picture.



Write down one personal reason to not start vaping, not even trying it once.

---

---

---

---