

Vaping: The EX Files



Examine

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

LET'S EXAMINE VAPING

STUDENT WORKBOOK

Name: _____

Living Vape Free

They say, "Just try," but I say no,
I've got my strength, I let it show.
No need for vapes with toxic haze,
Just clear blue skies and brighter days

My heart is strong, my lungs are clear,
No whispers filled with doubt or fear.
I run, I laugh, I live vape-free,
I choose the best of life for me.

So stand up tall, make choices wise,
Don't let the haze block out your skies.
Breathe easy, live bold, and you will see -
The best life is always lived vape-free.

Stanzas & Sketches

In the space below, draw and colour a picture to reflect the message of this poem.

Welcome to Let's Examine Vaping!

Hi there!

Have you ever heard about vaping and wondered what it is? This workbook is here to help you learn all about it. We'll examine vaping to learn about the devices and liquids, and how vaping affects our bodies. You'll get to think, ask questions, and discover facts that will help you make healthy decisions for yourself and for your future. Let's get started on this journey together!



WORKBOOK ACTIVITIES

- 1 Stanzas & Sketches
(FRONT COVER)
- 2 Foul Play:
The Truth About Vaping
- 3 Nicotine and Your Brain
Cryptogram solution provided
- 4 Think First
- 5 Vape Smarts
Answer key provided
- 6 Vape Escapes
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- 7 Fresh Air, Fresh Colours

Most of the activities in this student workbook ask the students for artwork or personal reflections. If teachers choose to evaluate these activities, you will have to use your professional expertise to evaluate the student work based on appropriateness and quality of student responses or work product.

Foul Play: The Truth About Vaping



Charlie, a ten-year-old boy, loved trying new things and going on adventures. One day, he saw some friends using something that looked like a pen but made a sweet-smelling cloud.

"What's that?" Charlie asked, curious.

"It's a vape," his friend said. "It's cool and tastes like candy!"

Charlie kind of wanted to try it, but something felt wrong. He had to go to practice anyway. Along the way he thought about the vape, he remembered his teacher talking about how important it is to keep our bodies healthy.

He got to practice a little early and approached his coach. "Hey coach, I saw some kids vaping on my way here. What do you think about vaping?"

The coach sat down next to him with a serious look. "Vaping is not safe for kids. Most vapes have nicotine, which is an addictive drug, meaning that once you start using it, your brain will want to keep getting more of it. Nicotine can really hurt your brain especially while you are young and still growing. It might be harder to learn and remember things, and it can make you feel anxious, sad or stressed."

Charlie was surprised. "Really? I didn't know that!"

The coach realized that the whole team needed to know this. When everyone was ready for practice, he talked to all of them. He repeated what he told Charlie and continued on, "Vaping can hurt kids in many ways. The liquid inside the vape gets heated to make an aerosol that people breathe in – it's not just harmless water. That aerosol has tiny particles that go deep into your lungs and make you sick. Chemicals are used to make the flavours and these can damage your lungs. The nicotine makes your heart work harder. As athletes, you need your lungs and heart to be strong and healthy. Vaping is definitely not good for you!"

"Wow," Charlie thought. "This is pretty serious. I should tell my sister. She's in gymnastics and plays the clarinet. She needs healthy lungs too."

The coach left and the team started talking. They realized that vaping wasn't as cool as they thought it was. Together, they all agreed to stay away from vaping so that their team would be strong and healthy, and everyone could play their best. Afterall, a tournament was coming up!

After reading the story "Foul Play: The Truth about Vaping" complete this 3-2-1 chart

3 things I know about vaping

I know....

I also know that...

One more thing I know...

2 Drawings or Pictures that go with the story...

1 Question I have is...

One question I have about vaping is...

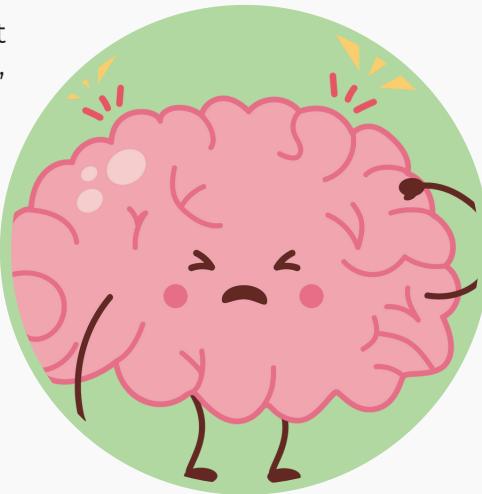
Nicotine and Your Brain

Nicotine has harmful effects on your brain.
Some changes may be permanent.

Using nicotine can harm the parts of your brain that control attention, learning, memory.

Nicotine can cause mood swings.

Nicotine can cause headaches.



Nicotine affects your decision making, so you may act differently and say things you didn't mean to.

Nicotine can cause you to feel stressed and anxious.

Nicotine can make it difficult to sleep well.

Nicotine is an addictive drug. This means that once you start using nicotine, it can be hard to stop.

Decode the Cryptogram to find a hidden message

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	22	6	4	7	1	11	18	21	9	14	19	8	17	13	25	12	23	16	24	2	20	15	5	3	26

KEEPEP YOUR BRAIN STRONG AND STAY ACTIVE, AND STAY VAPED FREE TO PROTECT YOUR MIND AND BODY. A healthy brain powers a strong body!

Think First

Every day we make choices that can affect our health, safety and future. In the situations below, think about the risks and options for healthy choices.

Marley's friends come to her house and invite her on a bike ride through the trails. No one is wearing a helmet, but Marley has been told that she must wear hers every time.

1) Why should bike riders wear a helmet?



2) What can Marley say or do to make a healthy choice?

Jordan meets friends at the playground. Matty comes with a vape pen that belongs to her older brother. Matty says that everyone should try it today to see what it is like.

1) What is dangerous about using a vape belonging to someone else?



2) What can Jordan say or do to make a healthy choice?

Max is playing at a Sam's house, but develops a headache. Sam goes to his mom's bathroom and brings back a pill, offering it to Max, saying it will make him feel better.

1) What is dangerous about taking pills or medicine belonging to other people?



2) What can Max say or do to make a healthy choice?

Vape Smarts

Match the terms to the correct definition

Vaping

The common term for the aerosol that vaping devices make by heating up the e-liquid. It contains nicotine, chemicals and very tiny, particles that are breathed into the lungs.

Vaping device

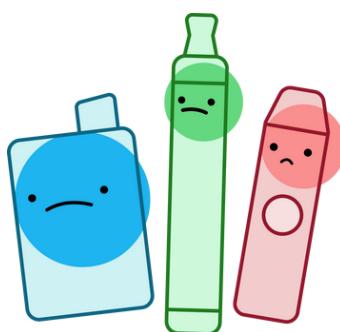
The action of breathing in an aerosol created by a vape device by heating a liquid and then breathing that aerosol out.

Vaping liquid

Sometimes called an e-cigarette. It uses a battery to heat up a vaping liquid into an aerosol that is breathed into your lungs.

Vapour

This is also called e-liquid. It typically contains water, nicotine and other chemicals. It can also contain chemicals that add flavors to the liquid.



Vape Smarts

Using information you have learned from the game you played, the readings and diagrams in your workbook, answer the following questions.

- 1. How can vape aerosol hurt people who are vaping and the people around them who are not vaping? (choose all that apply)**
 - a. Improved hydration
 - b. Trouble breathing**
 - c. Nausea**
 - d. Losing teeth
 - e. Headaches**
 - f. Feeling hungry
 - g. Coughing**
 - h. Itchy eyes**
- 2. How does vaping affect mental health?**
 - a. It can cause stress, anxiety, and mood problems**
 - b. It makes people happy all the time
 - c. It helps people sleep better
 - d. It has no effect on emotions
- 3. Most vaping liquids contain nicotine.**
True or false?
 - a. True**
 - b. False
- 4. What are 2 ways vaping can affect you?**
 - a. It can boost your mood
 - b. It can help you concentrate
 - c. It can damage your lungs**
 - d. It can make it harder to learn**
- 5. Why is nicotine harmful?**
 - a. It can change your brain**
 - b. It slows your heart rate
 - c. It makes you feel alert
 - d. It is a medication
- 6. What can vaping do to your heart?**
 - a. Enlarge your heart muscle
 - b. Weaken your pulse
 - c. Increase heart rate and blood pressure**
 - d. Decrease your heart's pumping strength.

Vape Escapes

Peer Pressure and Refusal Skills - Acting & Learning

In the student workbook there are 6 scenarios that portray a real life situation involving a vape. In small groups of 3, students will select a scene to act out for the class.

A script is provided as a guide, students may elaborate on it to make it real and personal for them. Have fun with the scenarios to make it as realistic as possible.

After each scene is presented to the class the group should

- 1) identify what refusal technique was used
- 2) suggest an alternate technique that would also be effective.



Suggested scoring rubric	Excellence	Satisfactory
Content	Your role-play is on-topic, and you elaborated the script to enhance the situation and refusal technique.	Your role-play is on-topic, but is missing the enthusiasm and creative opportunity.
Roles	Every member of the group stayed in character, took their roles seriously and delivered a performance.	Members participated, but did not bring their characters to life. Just read the script provided.
Overall Impression	The group made an effort to entertain and bring a situation of refusing a vape to life.	The group completed the role-play activity but did not embrace the concept or the learning opportunity.

Fresh Air, Fresh Colours!

Read the poem and
colour the pictures.
Take deep breaths
every time you use a
new colour.

Step outside,
inhale it deep,
Crisp and clean,
a breath to keep.
Leaves are dancing,
skies so wide,
Nature whispers,
"I'm your guide."



Cool and pure,
the air flows free,
Fill your lungs with
energy.
Take it in,
let worries fade,
Breathe fresh air—
be unafraid.