

## Fact Block

### Fact Block Clues

- PREPARE: Print out the Fact Block cards, and cut into individual cards - 30 in the set. Print the Fact Block Clues - this will be used by the teacher to randomly call out the questions.
- DISTRIBUTE: Hand out one Fact Block card to each student (each card is unique).
- CALL: The teacher will read the questions from the clue sheet. Use the left column to keep track if you call questions in a random order.
- MARK ANSWERS: The students will mark their answers with a pencil (option to use plastic or foam markers so that the cards can be reused if available).
- FACT CHECK: After each question, give students time to select an answer. Before moving on, confirm the correct answer with the class. Errors can be erased and corrected, so that all students are able to confirm the correct answer, and continue to play the game without mistakes.
- WINNING: Once a predetermined pattern is made on a card (Lines, Whole Card), the child with that card calls out “I GOT THE FACTS” (Write this on white board to remember).

Question	Answer
This is the drug found in vapes and tobacco products.	Nicotine
Not having control over doing or using something to the point where it could be harmful to you is often called an _____.	Addiction
These delicate organs, essential for breathing, are damaged by smoking and vaping.	Lungs
This organ, responsible for learning, memory and emotions, is very sensitive to the effects of nicotine.	Brain
This muscular organ that is central to the circulatory system, speeds up when exposed to nicotine.	Heart
Vaping can irritate airways and make this lung condition worse.	Asthma
The liquid inside a vaping device that contains nicotine and many chemicals is called _____.	E-Liquid
These are added to e-liquids to make them more appealing. There are hundreds of them.	Flavours
How many seconds does it take for nicotine to reach your brain?	7
In NL, it is illegal to sell or provide vape or tobacco products to anyone under this age.	19
Your brain is not fully developed or matured until this age.	25
Vaping can cause these to develop on your teeth.	Cavities
Nicotine can affect your brain's ability to concentrate and _____, which makes school much more difficult.	Learn
Young vapers show early signs of this disease. It is the leading cause of death in Canada. Reduce your risk by eating healthy, being active and living smoke & vape free.	Heart Disease

	Nicotine from vaping makes your blood vessels get narrow and your heart beat faster, which makes this get higher.	<b>Blood pressure</b>
	Nicotine is classified as this type of drug because it speeds up your central nervous system.	<b>Stimulant</b>
	Nicotine can cause changes in how you feel - from stress and anxiety to happiness, sadness and many other emotions. This can be called _____.	<b>Mood swings</b>
	These are the uncomfortable feelings that occur when you stop using a drug that you are used to getting. Symptoms may include headache, agitation and cravings.	<b>Withdrawal</b>
	Vaping causes your mouth to produce a slime that causes this smelly condition.	<b>Bad breath</b>
	A person who is nic-sick, or having a nicotine overdose may begin doing this. Other symptoms include headaches and tremors.	<b>Vomiting</b>
	Vaping is not _____.	<b>Safe</b>
	Vaping because you feel like you have to in order to fit in with certain people is a form of this.	<b>Peer Pressure</b>
	The _____ in E-liquids can cause sore throat, cough and shortness of breath.	<b>Chemicals</b>
	This metal part of a vape gets heated by the battery so that it can heat up the e-liquid.	<b>Coil</b>
	This rechargeable part of vaping devices can explode, causing cuts and burns.	<b>Battery</b>
	What type of people are the best customers for vaping companies?	<b>Young</b>
	Your body will produce more of this substance to protect airways from the chemicals in e-liquids.	<b>Mucus</b>
	These body parts can get dry, itchy, red or watery from the chemicals in vapour.	<b>Eyes</b>
	Second-hand vape aerosol is commonly called a Vape _____.	<b>Cloud</b>
	Your body often reacts to injury or irritation by creating this condition. In the case of vaping, the tissues and structures along your respiratory system get swollen and painful.	<b>Inflammation</b>
	Getting trusted information and considering the pros and cons of possible choices is part of this process.	<b>Decision Making</b>
	Making vape devices cool, attractive, cheap and discrete are part of this business practice.	<b>Marketing</b>
	Vapes do not produce a harmless water vapour, it is accurately called an _____, which is an air-born suspension that contains chemicals and very tiny particles.	<b>Aerosol</b>
	This is another name for a vape.	<b>E-Cigarette</b>
	The more you try or _____ with vapes, the more likely you are to develop an addiction to nicotine.	<b>Experiment</b>