

# Vaping: What's the Hype?

## An Overview

*Vaping: What's the Hype?* is a vaping prevention toolkit for Ontario educators of **Grades 5-9**. It aims to help meet curriculum expectations in Health and Physical Education as well as other subject areas. The toolkit supports student discussion and critical thinking about vaping so they can become empowered decision-makers in their own health.

By completing the activities in this toolkit, students will learn about nicotine and addiction, the health effects of using tobacco and vape products, links between the tobacco and vape industries, marketing strategies including flavours and packaging, decisions around vaping, sources of support, and vaping laws in Ontario.

The toolkit consists of the following components:

### Website

The website contains all toolkit components and allows students to access the digital learning content.

### Cards

The nine foam board cards assemble as a puzzle on one side to form an image of everyday products with vape products “hidden” among them. On the other side, cards contain themed learning content and a QR code. Students use their devices to scan the QR code and access the webpage specific to that card with content and links needed to complete the learning activities.

Printable cards are also available on the website.

### Educator Guide

The Educator Guide includes full instructions on the toolkit and provides background information on vaping, ideas for how to use the toolkit to support student learning, links to the curriculum, and more.

### Instructional Video

This video (2:35) is available on the toolkit website and gives an overview of how to use the toolkit. It can be viewed by educators or shown to students to give them instructions on what they will be doing.

### Surveys

Feedback from educators and students helps with evaluating the impacts of the toolkit and informing future improvements.



Access the website:



[www.myhealthunit.ca/vapehype](http://www.myhealthunit.ca/vapehype)



Educator survey:



Student survey:

