

# KAHOOT VAPING AND CANNABIS PRESENTATION FACILITATOR'S GUIDE

## ACTIVITY OVERVIEW

This presentation is for educators to use within the classroom to reinforce the Ministry of Education's Healthy Living Strand: Substance Use, Addictions, and Related Behaviours.

*Please note: The below information provides additional discussion and support information to support the delivery of the Kahoot Vaping presentation found online.*

### Materials

- Kahoot Vaping (with Cannabis) Presentation (see below for [how to access the Kahoot slides online](#)).
- Laptops/tablets (enough for each student to participate individually or in groups).

### Additional Optional Teaching Aids

- [Vaping Toolkit](#): outlines the resources available to support vaping education in the classroom.
- [Vaping Backgrounder](#): provides educators with information they need to prepare for a lesson on vaping.
- [Refusal Skills Classroom Activities](#): allow students to practice their refusal skills when being faced with challenging situations.
- [Substance Use Trivia Giant Jenga Game](#): students remove the blocks and answer trivia questions about substance use. Contact your school nurse or send an email to [csch@wechu.org](mailto:csch@wechu.org) to request a kit.
- [E-Cigarette Mystery Box Classroom Activity](#): uses reflection and group discussion to make connections to vaping e-juice, which contains substances and chemicals that are unknown to the user.

## PRESENTATION OBJECTIVES

- Students will be able to identify substances found in vaping and cannabis products and describe their health effects.
- Students will be able to demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.
- Students will be able to make connections that relate to health and well-being and how their choices affect themselves and others.

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## Curriculum Expectations

### **Grades 1-8: Health and Physical Education (2019)**

- Grade 5- Substance Use, Addictions, and Related Behaviours: D2.3, D3.3
- Grade 6- Substance Use, Addictions, and Related Behaviours: D1.2, D2.4
- Grade 7- Substance Use, Addictions, and Related Behaviours: D1.2, D3.2
- Grade 8- Substance Use, Addictions, and Related Behaviours: D1.3

### **Grades 9-12: Health and Physical Education (2015)**

- Grade 9 -C1.3, C3.4
- Grade 10- C1.2, C2.4, C3.3
- Grade 11- C2.2, C3.3
- Grade 12- C1.2, C2.3

## ACTIVITY STRUCTURE & SUGGESTED FORMAT

- This presentation is intended for students in Grade 5 to 12.
- Internet access, a laptop/tablet, and a projector are necessary to play this activity (or access via smartboard).
- The Kahoot Vaping (with Cannabis) presentation includes sound throughout the game but is not necessary to complete the presentation. Volume may need to be adjusted or muted for those students who are sensitive to sound.
- The Kahoot Vaping presentation should take approximately 45 minutes to complete.
- The Kahoot presentation can be completed in “Classic” mode (each student responds for themselves) or in “Team” mode (students respond in groups).
- If playing in “Team” mode, divide the class into two or more groups. Have each group select a leader who will be responsible for entering the answer on the laptop or tablet. The team will pick one answer to submit.
- Prior to starting, review the ground rules with the class.





## ACCESSING THE KAHOOT PRESENTATION

- To **access** the Kahoot Vaping (with Cannabis) presentation, complete the following steps:
  - Login to [Kahoot](https://kahoot.it) with your account information (email address), or create a new account for free following the instructions on the webpage.
    - Make sure you have selected **teacher account** when creating your account. Free basic teacher accounts allow up to 40 participants to play at once.
  - Click on the “Discover” header at the top of the webpage, and search “**WECHUSchools**” to find the WECHU Healthy Schools Department Kahoot slides and games. Select “Vaping (with Cannabis) Presentation.”
  - Have students navigate their electronic device the webpage [Kahoot.it](https://kahoot.it). Have players enter the numerical code on the Kahoot website, or have students scan the QR code for students to join-in.
- The presentation is a combination of slides and quiz/question slides.




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- As students answer the quiz/question slides, points are awarded, based on the speed they answer and whether their answer is correct.
- Slides have basic information on each slide. The rest of this guide provides more in-depth information that can supplement the information found on the slides.

## PRESENTATION SLIDE/QUESTION TEACHING INFORMATION AND ANSWERS

Slide	Notes
1. : 	<ul style="list-style-type: none"> <li>• Title Slide: <b>Vaping...Is it just vapour?</b></li> </ul>
2. : 	<p><b>Objectives Slide:</b></p> <ul style="list-style-type: none"> <li>• Substances found in vaping &amp; cannabis products</li> <li>• Health effects of vaping products</li> <li>• Vaping marketing tactics</li> <li>• Making healthy choices / how to say "no"</li> <li>• Vaping &amp; cannabis laws (Provincial and Federal)</li> <li>• Where to go for help</li> </ul>
3. : 	<p><b>Word Cloud Slide: Students are asked to "What word do you think of when you think about vaping..."</b></p> <ul style="list-style-type: none"> <li>• Students can add one word (20 character limit) that comes to mind when they think of vaping (ex. tastes good, safe, etc.) that will appear as a word cloud on the screen.</li> <li>• This question/word cloud will be revisited at the end of the presentation to see if it has changed.</li> </ul>
4. : 	<p><b>What is a vape and how does it work?</b></p> <ul style="list-style-type: none"> <li>• E-cigarette/vape can be used interchangeably when talking about these products.</li> <li>• An e-cigarette is a battery operated device that heats a liquid into an aerosol which is not water vapour, that is inhaled into the lungs. This liquid may or may not contain nicotine and often includes flavouring in a propylene glycol base.</li> <li>• Available in many shapes and sizes - simulates the act of smoking.</li> <li>• The use of the device is called vaping.</li> <li>• A liquid-filled cartridge (e-juice) is heated and aerosol is produced.</li> <li>• The aerosol, is inhaled into the lungs.</li> <li>• Many contain nicotine, and most are flavoured.</li> <li>• E-cigarettes vary widely in design and appearance, but all operate in a similar way. There are four main components:</li> </ul>

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	<ul style="list-style-type: none"> <li>○ A mouth piece</li> <li>○ A cartridge or tank that carries the liquid</li> <li>○ A heating element</li> <li>○ A battery</li> </ul>
<p>5. :</p> 	<p><b>Poll Slide: Question: Why were e-cigarettes invented?</b></p> <ul style="list-style-type: none"> <li>● To use as a prop in movies</li> <li>● As a tool to help smokers stop smoking</li> <li>● As a tool to hide the act of smoking</li> </ul> <p>Answer: <i>As a tool to help smokers quit smoking cigarettes</i></p> <ul style="list-style-type: none"> <li>● The e-cigarette has not been proven to be a successful quit aid.</li> <li>● Many who use the e-cigarette to quit smoking often switch back to using cigarettes or become users of both products.</li> </ul>
<p>6. :</p> 	<p><b>The Evolution of the E-cigarette</b></p> <p>These devices have evolved over the years:</p> <ul style="list-style-type: none"> <li>● <b>1st Gen:</b> The first one looked like a cigarette. It's a closed system that usually cannot be refilled with e-juice. Relatively inexpensive and limited time of use.</li> <li>● <b>2nd Gen:</b> Vape Pens - These were the first models that were customizable and refillable. They are usually rechargeable and last much longer than the 1st gen. These devices allow for custom temperature control to alter the output.</li> <li>● <b>3rd Gen:</b> "Mods" or APVs = Advanced Personal Vapourizers. These are the most complex and expensive models out there. They are refillable with much larger tanks than the pens and are much more customizable. The temperature can be altered as well as the output volume and concentration of product delivered.</li> <li>● <b>4th Gen:</b> Pod Mods – Prefilled or refillable. An example of this would be JUUL. This is a more powerful e-cigarette and has been in market since 2015. All JUUL pods/cartridges contain nicotine. In fact, the amount of nicotine found in one JUUL cartridge is equivalent to smoking one pack of cigarettes worth of nicotine.</li> </ul> <p>To learn more about e-cigarette or vaping products read the CDC <a href="#">E-Cigarette, or Vaping, Products Visual Dictionary</a>.</p>
<p>7. :</p> 	<p><b>E-Juice: Is it just water?</b></p> <p>All e-juices are made differently (depending on brand and flavour)</p> <ul style="list-style-type: none"> <li>● It could be made in an unsafe/unclean environment</li> <li>● Unregulated up until recently by Health Canada.</li> </ul> <p>More than 80 chemicals have been found in e-juices such as:</p> <p><b>Nicotine:</b></p> <ul style="list-style-type: none"> <li>● A highly addictive stimulant.</li> </ul>

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- Vape manufacturers use nicotine salts, which compared to nicotine in an average cigarette, makes it easier to inhale and absorb the nicotine, optimizing addiction.
- This topic will be discussed more in the presentation.

### Particles:

- Can be inhaled deep into the lungs, linked to an increased risk of heart disease, lung cancer, asthma attacks, and interferes with lung function.

### Flavourings:

- Such as diacetyl and acetyl propionyl which are associated with respiratory disease when inhaled.

### Propylene glycol (PG):

- The main ingredient found in e-liquid.
- It is a colourless and odourless liquid found in industrial products like antifreeze and paint.
- It also acts as a preservative or thickener in food products.
- The main function of PG in e-juice is to produce the white aerosol “cloud” that mimics cigarette smoke when a person exhales.
- It has been considered safe to eat in small quantities, but has not been proven safe to inhale when vaping.

### Metals:

- Lead, nickel, copper, aluminum, and mercury have been detected and can have a variety of adverse health effects including brain damage and cancer.
- When the e-juice is heated up, there are chemical reactions that change the compounds. They may be harmful when inhaled.
- More studies are needed to confirm the impacts on users.

8. :



### ***What do these chemicals have in common?***

- Here is a list of 67 of the most harmful chemicals found in regular cigarettes.




*Ask: How many do you think are in VAPES?*

- Answer: *All of these chemicals have also been found in the e-cigarette juice/vape aerosol.*




*Ask: Do we recognize any off this list?*

- Nicotine - A highly addictive compound.
- Formaldehyde - Used as a preservative in medical labs and funeral homes.
- Acetone - Nail polish remover.



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	<ul style="list-style-type: none"> <li>• Benzene - Used to make detergents, insecticides, motor fuels.</li> </ul> <p>Simply put, vapes produce an aerosol that often contains many harmful chemicals and toxins, some known to cause cancer. While 80% contain nicotine, all have many of these chemicals and toxins.</p>
<p>9. :</p> 	<p><b>Poll Question: What makes vaping so addictive?</b></p> <ul style="list-style-type: none"> <li>• E-juice flavours</li> <li>• Vaping with friends</li> <li>• Nicotine</li> <li>• The cool devices</li> </ul> <p>Answer: <i>Nicotine</i></p>
<p>10.:</p> 	<p><b>Nicotine</b></p> <ul style="list-style-type: none"> <li>• Nicotine is derived from the tobacco plant.</li> <li>• When inhaled, it quickly reaches the brain and triggers feelings of pleasure. This can happen within 7 seconds.</li> <li>• Nicotine affects the pre-frontal cortex of the brain, which is located at the front of the brain behind the forehead. This controls the dopamine response, and is responsible for controlling emotions, and impulse inhibition (ex. determining consequences), it influences attention, memory function, and cognitive flexibility.</li> <li>• Use of nicotine causes the brain to release dopamine causing a feeling of euphoria, or a feel good sensation. As you continue to vape nicotine, the brain will need more and more to maintain that same feeling, and that's why someone may need to use a vape or "hit" more often.</li> <li>• Studies have shown that even e-juices that are labelled as nicotine free have been found to have levels of nicotine in them.</li> <li>• <a href="#">Ontario Student Drug Use and Health Survey (2021)</a> – Reported that 84% of teens are vaping nicotine, 9.7% did not vape nicotine, and 5.9% of did not know if they were vaping nicotine or not.</li> </ul>
<p>11.:</p> 	<p><b>Video- Slide How Does Nicotine Work?</b></p> <p>A <a href="#">video</a> developed by Health Canada explaining the health risks of vaping and how nicotine effects teens. The video is 2 minutes and 15 seconds long.</p>
<p>12.:</p>	<p><b>Health Effects of Vaping</b></p> <ul style="list-style-type: none"> <li>• Based on current information, we know there are health risks when people use these products.</li> </ul>

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	<ul style="list-style-type: none"> <li>• The aerosols produced by the chemicals in e-juice, enter into the user's lungs and leave chemical residue behind that can cause cancer.</li> <li>• There have been studies of severe asthma exacerbation due to vaping as well as difficulty breathing.</li> <li>• Short-term effects within the respiratory system may include: coughing, wheezing, and inflammation of the lungs.</li> <li>• Many e-cigarettes/vapes contain nicotine, which is known to have effects on the cardiovascular system, and lead to heart disease. Nicotine can increase heart rate and blood pressure.</li> <li>• Ear, eye, and throat irritation is common among e-cigarette users. The fine particles and chemicals that are inhaled into the lungs can aggravate existing lung conditions making it harder to breath.</li> <li>• The chemicals on their own have health impacts, but researchers are also finding that they have different effects when heated and when they combine in the body.</li> <li>• Use of vapour products that contain nicotine can cause teens to become addicted to the substance.</li> </ul>
<p>13.:</p> 	<p><b>Teens and Nicotine</b></p> <ul style="list-style-type: none"> <li>• Nicotine use during your teens causes changes in the brain that make life-long addiction much more likely for young e-cigarettes/vape users.</li> <li>• The brain is not fully developed until 25 years old.</li> <li>• This is only the beginning of revealing the health risks associated with long-term e-cigarette use.</li> <li>• It took decades of research before society knew the long-term health effects of cigarettes. The same long-term information about vapes are not yet available. There is some scientific evidence already but more information and studies are needed to draw conclusions.</li> </ul>
<p>14.:</p> 	<p><b>True or False: Second-hand and third-hand exposure to vapour aerosol are real?</b>  <b>Answer: True</b></p>
<p>15.:</p>	<p><b>Second-hand Aerosol</b></p> <ul style="list-style-type: none"> <li>• Compared with combustible cigarettes, second-hand exposure to e-cigarette aerosol has lower levels of many substances (e.g., nicotine, particulates), but some exposures may be higher (e.g., some metals). Less is known about the effects of</li> </ul>

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	<p>second-hand vapour from products like electronic cigarettes (e-cigarettes). We do know that second-hand vapour can have nicotine and other chemicals in it that may be harmful.</p> <ul style="list-style-type: none"><li>• Aerosols may pose a health risk to those exposed to second-hand e-cigarette vapour.</li></ul> <p><b>Third-hand Vapour</b></p> <ul style="list-style-type: none"><li>• Clings to surfaces like floors, walls, drapes, furniture etc.</li><li>• Third-hand vapour poses higher risk for babies and children who often come into higher contact with contaminated surfaces.</li></ul> <p>Learn more about second and third-hand smoke and vapour on the <a href="#">My Health website</a>.</p>
<p>16.:</p> 	<p><b>Question: Why do you think teens vape?</b></p> <ul style="list-style-type: none"><li>• E-juice flavours taste good</li><li>• Easy to do and easy to hide</li><li>• Socially acceptable</li><li>• Lack of self-awareness of vaping behaviours</li><li>• Peer pressure</li><li>• All of the above</li></ul> <p>Answer: <i>All of the above</i></p> <p>According to the study, “First-of-its-kind CAMH study on why young people vape,” and the Ontario Student Drug Use and Health Survey (2021) reasons teens vape and have difficulty quitting include:</p> <ul style="list-style-type: none"><li>• Easy to do and easy to hide– ability to do it anywhere, at anytime.</li><li>• Enjoyment of flavours– Availability of flavours that are attractive to teens.</li><li>• Social acceptability– Not the same messaging as for cigarettes.</li><li>• Lack of self-awareness– Are unaware of some of the basics of what they are ingesting.</li><li>• Easy to get – Students report that alcohol and e-cigarettes/vapes are the most easily obtainable drugs/substance.</li></ul> <p>Read <a href="#">CAMH 2021 study</a> to learn more about reasons teen’s vape or look at the stats about vaping on the <a href="#">Ontario Student Drug Use and Health Survey</a>.</p>



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<p>17.:</p>  <p>18.:</p> 	<p><b>So what's the big deal?</b></p> <ul style="list-style-type: none"> <li>• Some would say it is just water vapour, but it's not. Teens perceive these products as safer and less harmful– yet long-term health effects are largely unknown. Safer doesn't mean safe.</li> <li>• Renormalizes cigarette smoking. People are vaping in areas where smoking is not permitted, reversing the progress of tobacco control education and enforcement, and long term efforts of denormalizing smoking.</li> <li>• Gets teens addicted to nicotine. Less teens are smoking, however, vapour products are now the main method teens are using to initiate, experiment, and become addicted to nicotine.</li> <li>• Marketed to teens using social media, influencers, and fun candy flavours.</li> <li>• May act as a gateway to tobacco use and other substances.</li> <li>• Draw former smokers back into nicotine addiction. Has not been proven to be an effective cessation aid.</li> <li>• Poorly regulated. Many teens are not aware where their e-juice comes from, how it is made, or if there is nicotine in it.</li> <li>• Exposes non-users to toxins.</li> <li>• Reports of batteries exploding causing injury and severe face and bodily burns. Avoid carrying spare lithium ion batteries in your pocket or where they can come into contact with loose coins, keys, or other metal objects. Lithium ion batteries can overheat, catch fire, or even explode when in contact with metal objects causing injury.</li> <li>• Reports of child poisonings. Pleasing flavours attract young children. E-juice is very harmful if swallowed or absorbed through skin. Should seek medical attention right away if ingested.</li> <li>• Can be used to vape other substances (cannabis).</li> </ul>
<p>19.:</p> 	<p><b>Brainstorm Slide: List up to 3 reasons why you think some teens experiment with e-cigarettes:</b></p> <p>Answer: Students can write up to 3 reasons why they think teens vape.</p>
<p>20.:</p>	<p><b>Question: Yes or No: The tobacco industry targets vapour product messaging/ads at teens?</b></p> <p><b>Yes</b></p>

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	<p><b>No</b> <b>Not Sure</b> Answer: Yes</p>
<p>21.:</p> 	<p><b>Big Tobacco and the vaping industry:</b> Like many other big business, they care about selling their product, not about the health and safety of the users. That's why they continue to sell cigarettes even though they kill half of their long term users. Can we think of any other product or company that <a href="#">kills 100 Canadian long-term users each day?</a></p> <p>The tobacco industry is VERY good at marketing.</p> <ul style="list-style-type: none"> <li>• They pay millions of dollars every year to advertise their products in sneaky ways.</li> <li>• They pay movie producers to have the main character smoke (only in USA, Canadian films are subject to Canadian laws), to make cigarettes seem normal.</li> <li>• Basically, they pay loads of money to make smoking seem normal – and that is really powerful, because we are all more likely to do something that is perceived as normal.</li> <li>• It is important to note that while the rates of cigarette smoking have reached an all-time low among youth, the use of vaping and e-cigarettes is rapidly on the rise. The Canadian Cancer Society released a statement in the summer of 2019 raising concern over the dramatic increase in youth vaping behaviors. The University of Waterloo found that vaping increased by 74% among 16 to 19 year olds in just one year. It is unclear if this trend will continue at this rapid rate.</li> <li>• Tobacco companies feared the loss of a great income due to decrease in smoking rates, and therefore needed to search for a bigger targeted audience = teens.</li> <li>• E-cigarettes are the perfect new product for Big Tobacco to advertise to the younger population. Why, you ask?             <ul style="list-style-type: none"> <li>○ Because young people like electronic devices and they are easy to hide in plain sight.</li> <li>○ They consider vaping “harmless” and “safer than smoking” (no burning of tobacco).</li> <li>○ It is legal to sell e-juice in thousands of appealing flavours (s'mores, skittles, fruit, mint, etc.). Flavours are not necessary for cessation needs. The flavours are added to appeal to users of all ages.</li> </ul> </li> </ul>

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- The slae of flavours have since been restricted to speciliaty vape shops where individuals must be 19 to enter. However, teens have still been able to obtain these products.
- Endorsed by various celebrities and influencers.
- Youth were subjected to a large amount of advertising before the Smoke Free Ontario Act, 2017 (SFOA, 2017) amendments were made to limit advertising of products unless located inside specialty vape shops.
- Some medical professionals have endorsed vaping as safer than smoking due to not burning tobacco, and to use as a cessation aid although these prodcuts have not been approved by Health Canada as a cessation device.

*Ask the students to list some of reasons they may experiment with e-cigarettes? For examples: curiosity, peer pressure, family member uses a vape, appealing flavours, less harmful than cigarettes, enjoy the “hit” they get from the nicotine, it makes them feel rebellious, etc.*

22.:








**Ask: Who do you think these ads are targeted to?**

**Do you feel these ads are targeted at an older population looking to quit smoking?**

**What "appeals" are they using?**

- We know that the cloud that comes out of vapes is an aerosol and not water, but these ads have the word vapourized on them. Why do you think they use that word?
- Just a note: JUUL removed ads from their Instagram after a lawsuit claiming they were targeted at kids, but the use of these devices are still prevalent among influencers and celebrities.
- Companies use a technique called an “appeal” which helps to grab the attention of your target audience or persuade someone to buy or do something.
- Common *appeals* used by e-cigarette or the tobacco industry include: health appeal, appealing flavours, social life, celebrities, freedom, sports, masculinity/femininity, fun, and glamour/beauty.
- As a result, as of January 1, 2020 the Ontario Government “banned the promotion of e-cigarette products in convenience stores and gas stations”. Under the new rules, vaping ads will only be allowed in specialty vape and cannabis retail stores where customers must be at least 19 years old to enter.

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	<ul style="list-style-type: none"> <li>Tobacco and vape companies are using the same tactics that were used to hook teens when they were selling cigarettes.</li> <li>Companies are advertising online and finding loopholes in the laws to promote their products.</li> </ul>
<p>23.:</p> 	<p><b>Is nicotine the only drug to be concerned about when vaping?</b>          Yes          No          Not Sure  <b>Answer: No</b></p>
<p>24.:</p> 	<p><b>Nope!</b></p> <ul style="list-style-type: none"> <li>Contrary to what some may think, cannabis is not harmless.</li> <li>The active ingredients in cannabis are called cannabinoids, which are THC &amp; CBD, and both affect a person differently.</li> <li>Cannabis is a product of the plant Cannabis sativa</li> <li>Known by many different names: marijuana, bud, blunt, chronic, dab, dope, ganja, grass, green, hash, herb, joint, loud, mary jane, mj, pot, reefer, sinseilla, skunk, smoke, trees, wax, weed.</li> </ul>
<p>25.:</p> 	<p><b>Delta-9-tetrahydrocannabinol AKA: THC</b></p> <ul style="list-style-type: none"> <li>Gives users the "high" feeling.</li> <li>Affects your mental state, emotions, &amp; behaviour.</li> <li>The amount of THC varies depending on where and how it's obtained.</li> <li>High levels of THC products can cause long-term damage to your brain and mental health.</li> <li>THC has a greater impact on the body and brain.</li> </ul>
<p>26.:</p> 	<p><b>Cannabidiol AKA: CBD</b></p> <ul style="list-style-type: none"> <li>No "high" or psychoactive effect.</li> <li>Used for possible therapeutic effects.</li> <li>Higher amounts usually found in medical cannabis.</li> <li>Can possibly counteract negative effects of THC.</li> <li>Sometimes used for medical purposes.</li> </ul>
<p>27.:</p> 	<p><b>NEWS ALERT!</b>  <i>Cannabis today contains on average, 5X the concentration of THC than in previous decades!</i></p> <p><b>3% THC in 1980's vs 15% today!</b> Some strains have as much as <b>30% THC.</b></p>

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28.:



## ***Effects of THC in the Body and on the Brain Based on Form of Use***

### ***Inhalation***

- THC is delivered directly to the lungs
- Enters bloodstream quickly
- Start to feel effects within seconds to minutes
- Full effects are felt within 30 minutes
- Duration of effects can last up to 6 hrs\*

### ***Ingestion***

- Delayed absorption of THC
- THC is delivered to your stomach, then liver before reaching bloodstream and brain
- The way the THC is absorbed, may make the “high” seem more intense
- Possibility for OVERCONSUMPTION due to delayed effects and ingesting more edibles.
- Eating/drinking/swallowing effects (high) may start to be felt 30 minutes to 2 hrs after consumption
- Full effects may be felt up to 4 hrs later
- Duration of effects may last up to 12 hrs\*
- Higher rate of unpredictable effects compared to inhalation.

\*Some effects could last as long as 24 hours.

29.:



### ***Brainstorm Question:***

***Can you name some immediate effects of cannabis on the body and brain? (Answer up to 3 times)***

30.:






Although cannabis may produce certain feelings of euphoria/happiness/sense of relaxation, you may also experience effects that are negative, unwanted, or unpleasant.

### ***Immediate Effects of Cannabis***

- **Brain** ⇒ trouble focusing/controlling body movements, distorts perception, slows reaction time, can cause anxiety, fear, panic or paranoia, hallucinations, delusions. Using cannabis while driving can result in serious injury or death.
- Higher potency products can worsen mental health.
- Effects on **body** ⇒ coughing, wheezing, shortness of breath, increased heart rate, which can be serious if there is a history of cardiac problems, low blood pressure that can cause people to feel faint, uncontrolled vomiting.

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<p>31.:</p> 	<p><b>Cannabis Effects Over Time (i.e. regular daily or almost daily use over a long-time:</b></p> <ul style="list-style-type: none"> <li>• Early onset use and prolonged use over time increases risk of long-term mental health problems (psychosis, depression, anxiety, and schizophrenia to name a few).</li> <li>• Can affect memory, intelligence/IQ, and ability to focus.</li> <li>• Damages lungs, which can result in breathing problems such as chronic cough, lung infections, pain with breathing. Many of the same harmful substances found in tobacco smoke can also be found in cannabis.</li> <li>• Heart disease.</li> <li>• Addiction – Many do not believe that you can become addicted to cannabis but this is not true. Addiction can also have a negative impact on school, extracurricular activities, relationships and everyday life.</li> <li>• <b>Harms increase with daily use, starting use at an early age, and use of high THC % products.</b></li> <li>• <b>Some of these effects can improve by stopping use of cannabis, but may not fully reverse.</b></li> </ul>
<p>32.:</p> 	<p>Poll Question: What do you think? Is cannabis poisoning real?</p> <p>Possible Answers:</p> <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> <li>• Unsure</li> </ul>
<p>33.:</p> 	<p><b>REAL! Overconsumption can lead to:</b></p> <ul style="list-style-type: none"> <li>• Chest pain</li> <li>• Rapid heart rate</li> <li>• Nausea/vomiting</li> <li>• Psychotic episodes</li> <li>• Respiratory depression (slow breathing rate)</li> <li>• Severe anxiety and/or panic attack</li> <li>• <b>The higher the THC content, the more likely you'll experience negative effects and may need emergency attention.</b></li> <li>• Easier to experience cannabis poisoning if using edibles due to delay in effects and using more while waiting for effects to start.</li> </ul> <p>Keep out of reach of children and pets. Often edibles can be mistaken for regular food or drinks and can be dangerous.</p>
<p>34.:</p>	<p>Just like nicotine, cannabis is a problem for teens because....</p>

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<p>Just like nicotine, cannabis is a problem for teens because...</p>	<ul style="list-style-type: none"> <li>• The brain still developing until you are 25 and regular use can have long lasting effects on thinking, memory, and IQ. Some of these effects never go away.</li> <li>• Higher risk of dropping out of high school and post-secondary education</li> <li>• Using at a young age is more likely to lead to mental health problems.</li> <li>• Affect learning and attention (even after quitting).</li> <li>• Higher risk of injury. Cannabis is the 2<sup>nd</sup> leading cause of car accidents after alcohol. Cannabis affects concentration, reaction time, and coordination.</li> <li>• Increased risk of addiction to other substances.</li> </ul>
<p>35.:</p> <p>Things you can do if you're feeling pressured to vape or use cannabis</p> <p>36.</p> <p>Things you can do if you're feeling pressured to vape or use cannabis</p>	<p><b>Refusal Skills</b></p> <p>The following slides go over refusal skills. These skills can also be practiced using the <a href="#">Refusal Skills Activity</a>. Feel free to summarize these slides if planning to use the activity in your class.</p> <p>Things you can do to stay vape-free...</p> <p>If you are being offered a vape, or any substance, try some of these tactics to get through some of these tricky situations. It is good to practice refusal skills before you are in the situation so you are prepared.</p> <p><b>Say “NO THANKS”:</b></p> <ul style="list-style-type: none"> <li>• Say no politely BUT use a strong and assertive tone of voice.</li> <li>• Ask the person offering substances to quit offering.</li> <li>• Do NOT feel guilty for refusing drugs and Do NOT look away.</li> <li>• Look at them in the eyes, be firm and appear confident.</li> <li>• The more determined you are the less likely someone will try to challenge you.</li> </ul> <p><b>Use Humour, Laugh it OFF:</b></p> <ul style="list-style-type: none"> <li>• Humour is a great way to alleviate stress. When offered to do or try something you don't want to, find a joke that can help excuse you from the situation. Here are some examples:</li> <li>• “No thanks, this stuff stunts my growth. I want to be tall to play ball.”</li> <li>• “I need all the brain cells I can get. No thanks.”</li> </ul> <p><b>Change the Subject or Suggest an Alternative:</b></p>

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- When possible try to change the focus and offer an alternative activity such as:
- “We could go and get something to eat instead.”
- “No. Let’s go and play ball instead.”
- “I’m hungry, let’s go and get a snack at my house.”
- “I want to play on my PlayStation instead this afternoon.”

## **Walk Away:**

- One of the most effective refusal skill is to walk away. Even though you may feel obligated to stand and face “the enemy” you need to just walk away while saying NO.
- Leaving the situation sends a powerful message to those who try to push you into something you don’t want to do or try. For some people it does not make a difference with the amount of explaining or excuses you make, they just don’t understand your situation.
- Therefore, you are better off just removing yourself from this situation.

## **Broken Record or Repeated Refusal:**

- Keep saying “NO” over and over again. It may buy you some time to use another refusal technique or be an annoyance for person offering to lose interest.

## **Cold Shoulder or Ignoring:**

- Avoid directly confronting the person. Turn your shoulder and talk to someone else or just ignore them like you don’t hear them.

## **Avoid the Situation:**

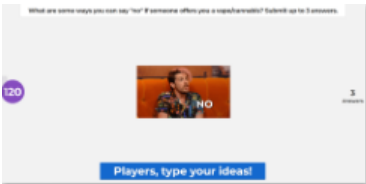


- Common sense tells you the places and times where there may be problems with peer pressure. Avoid these situations.

## **Have an Escape Plan:**





- Having an escape plan is perhaps the second best option when attending a social event.
- An escape plan allows young people to try new things and attend places they might not be comfortable, but also gives the security that there is a way out if things get too heavy.
- Before attending the event coordinate with a friend or family member that you know will be there for you. The following can be arranged before-hand:




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	<ul style="list-style-type: none"> <li>○ <i>Safety agreement</i> – consider discussing with your parents (or other trusted adult/friend) a plan to have them pick you up if you do not have a safe ride home. Part of this agreement may be that your parents/trusted adult agree to not ask any questions about what happened or delay asking any questions until the next day.</li> <li>○ <i>Texting a code word</i> – this is another type of agreement you may discuss with your parents/trusted adult/friend. If you are stuck in a situation and need to get out of it you could text “X”, or another code word of your choice, to your parents/adult/friend. This would let the adult know you need help. They can call you back and make up an excuse for you to leave the situation and arrange a safe ride home.</li> </ul> <p><b>Strength in Numbers:</b></p> <ul style="list-style-type: none"> <li>• Bring a friend - It is easier to say no as a group. You and you friend can watch each other’s backs. If you surround yourself with friends that make good choices then you will too.</li> </ul>
<p>37.:</p> 	<p><b>Brainstorm Slide: What are some ways you can say "no" if someone offers you a vape/cannabis? Submit up to 3 answers.</b>  <b>Answer: Students write down their ways of saying “no” to being offered a vape.</b></p>
<p>38.:</p>  <p>39.:</p> 	<p><b>How to Lower YOUR Risk- Based on <a href="#">Canada’s Lower-Risk Cannabis Use Guidelines</a>:</b></p> <ul style="list-style-type: none"> <li>• Abstinence</li> <li>• Delay onset of first use.</li> <li>• If using, choose products that have lower THC levels and avoid synthetic products completely.</li> <li>• Use the method of use with the lowest health risks and avoid "deep-inhalation" and holding your breath.</li> <li>• Avoid frequent, high-intensity use.</li> <li>• DON'T drive if using.</li> <li>• Avoid if you're from a high-risk population (ex. family history of psychosis and substance use disorders, pregnant etc.)</li> <li>• Combining any high-risk behaviours.</li> </ul>
<p>40.:</p>	<p><b>The Smoke-Free Ontario Act, 2017</b></p> <ul style="list-style-type: none"> <li>• As of October, 2018 the act of vaping is prohibited anywhere smoking is not allowed. Plus there are additional restrictions (20m from school property, rec facilities, playgrounds, 9m</li> </ul>





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<p>41.: </p> <p>42.: </p> <p></p>	<p>from patios, etc.). These rules are in effect 24 hours a day, 7 days a week. This means a person must be 2 school bus lengths away from the edge of school property before smoking or vaping.</p> <ul style="list-style-type: none"> <li>○ Breaking the law could <b>result in a fine of \$305.</b></li> <li>● As of January 1, 2016, it is illegal to sell or supply vapes and component parts (e.g., liquid, battery, and atomizer) to anyone under the age of 19. This includes underage friends sharing products, or parents giving products to their kids.             <ul style="list-style-type: none"> <li>○ Breaking this law could <b>result in a fine of \$490.</b></li> </ul> </li> <li>● If there is a concern that someone is not following the rules, you can speak with your teacher/principal or a trusted adult.</li> </ul>				
<p>43.: </p>	<p><b>The Cannabis Act</b></p> <ul style="list-style-type: none"> <li>● Must be legal age to purchase (Ontario, 19 or older)</li> <li>● STRICT penalties for selling/providing cannabis products to those under age.</li> <li>● Max possession is up to 30 grams</li> <li>● Illegal to cross border</li> <li>● Driving impaired is a serious criminal offence</li> </ul> <p><b>Criminal penalties</b></p> <p>Cannabis offences target those acting outside of the legal framework, such as organized crime. Penalties are set in proportion to the seriousness of the offence. Sanctions range from warnings and tickets for minor offences to criminal prosecution and imprisonment for more serious offences. Some offences specifically target people who make cannabis available to youth. Cannabis <a href="#">Legalization and Regulation:</a></p> <table border="1"> <tr> <td data-bbox="600 1543 1128 1743">Possession over the limit</td> <td data-bbox="1128 1543 1485 1743"> <ul style="list-style-type: none"> <li>● tickets for small amounts</li> <li>● up to 5 years less a day in jail</li> </ul> </td> </tr> <tr> <td data-bbox="600 1743 1128 1890">Illegal distribution or sale</td> <td data-bbox="1128 1743 1485 1890"> <ul style="list-style-type: none"> <li>● tickets for small amounts</li> <li>● up to 14 years in jail</li> </ul> </td> </tr> </table>	Possession over the limit	<ul style="list-style-type: none"> <li>● tickets for small amounts</li> <li>● up to 5 years less a day in jail</li> </ul>	Illegal distribution or sale	<ul style="list-style-type: none"> <li>● tickets for small amounts</li> <li>● up to 14 years in jail</li> </ul>
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<p>44.:</p> 	<p><b>Zero tolerance for young, novice or commercial drivers</b></p> <p>Just like alcohol, you are <b>not allowed to have any cannabis</b> in your system (as detected by a federally approved drug screening device) if you are driving and you:</p> <ul style="list-style-type: none"> <li>• are <b>21 or under</b></li> <li>• have a <b>G1, G2, M1 or M2 licence</b></li> <li>• are driving a vehicle that requires an <b>A-F driver's licence or Commercial Vehicle Operator's Registration (CVOR)</b></li> <li>• are driving a <a href="#">road-building machine</a></li> </ul> <p>The penalties for violating Ontario's zero tolerance law include <a href="#">license suspensions and financial penalties</a>. Repeat offenders face longer suspensions and additional consequences such as mandatory education and treatment programs.</p> <p><b>Where to get help...</b></p> <ul style="list-style-type: none"> <li>• Child and youth worker</li> <li>• An adult you trust</li> <li>• Public Health Nurse</li> <li>• Your health care provider (family doctor or nurse practitioner)</li> <li>• <a href="#">Kids Help Phone</a>, Text CONNECT to 686868, or call 1-800-668-6868</li> <li>• <a href="#">Quash App</a></li> </ul>										
<p>45.:</p>	<p><b>Quash App:</b></p> <p>Quitting is a process, not an event and the Quash app is an app that helps you progress through the steps of the quit process.</p> <ul style="list-style-type: none"> <li>• You can customize goals</li> <li>• Design a plan</li> </ul>										

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	<ul style="list-style-type: none"> <li>• Utilize quit tools</li> <li>• Track your progress</li> <li>• See how much money you have saved</li> <li>• Figure out what your triggers are and what's worked for you to get past them</li> </ul>
<p>46.:</p> 	<p><b>Word Cloud Slide: Now after listening to this presentation- What word do you think of when you think about vaping...?</b></p> <p>Answer: Students are to write a word they now associate with vaping.</p>
<p>47.:</p> 	<p><b>Questions Slide</b></p> <p>Do you have any questions about the presentation or vapour products?</p>
<p>48.:</p> 	<p><b>References Slide</b></p>