

E-Cigarette Mystery Box Classroom Activity

For this activity, an educator will create a box filled with various materials. Students will have to guess what the mystery materials are, for the purpose of understanding the risks associated with vaping and the ingredients found in vapour products.



Set-up Time: approximately 5-10 minutes

Activity Time: 15 minutes or longer depending on class engagement and discussion.

Activity Setup:

1. Get a large cardboard box and cut out one or two holes large enough to fit a hand through one side of the box.
2. Create flaps to cover the openings to prevent people from looking into the box.
3. Use two sealable, transparent containers (e.g. water bottle, pasta sauce jar) and prepare two different mixtures to place in the container.

Activity Materials:

Things you will need for this activity:

Mixture 1:

- Water
- Food colouring
- Liquid soap
- Sand
- Staples
- Or other materials

Mixture 2:

- Pencil lead
- Paint
- Laundry detergent
- Liquid glue
- Paperclips

Activity Instructions

1. Recruit students to participate in the activity.
2. Ask students if they are willing to place their hand(s) in the box and feel the object inside.
3. While they are feeling the object, ask them:
 - Describe how the products feel (i.e. texture, shape)?
 - How would you describe its shape?
 - What do you think the object is?
 - Are you curious about what the product is?
 - Without knowing what the product is, would you want it?



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4. If they say yes: Reveal the bottle and state, *“This is what you decided to use”*.
If they say no: Reveal the bottle and state, *“This is what you would have risked using”*
5. Explain the connection between choosing to use an e-cigarette based off its harmless appeal and lack of information on its contents (i.e., e-liquid/ e-juice).

6. Deliver the key messages:

- Do not risk using something without knowing its content.
- The ingredients of e-liquid are unknown and there is a lack of quality control.
- The vapour produced by e-cigarettes contain toxic chemicals (e.g., benzene- a chemical found in gasoline), heavy metals (lead, nickel and tin), and tiny particles.

Note: Run the activity according to the amount of students present. Begin a group discussion.

This activity is adapted with permission from the Middlesex London Heath Unit