

TOPIC: Vaping (Physical Health Education, Active Living, Fitness and Conditioning)

Gr.	Big Ideas	Curricular Competencies	Content	Connections	Resources and Links
5	<ul style="list-style-type: none"> ➤ Personal choices and social and environmental factors influence our health and well-being 	<ul style="list-style-type: none"> ○ Describe the impacts of personal choices on health and well-being ○ Describe and assess strategies for managing problems related to mental well-being and substance use, for others 	<ul style="list-style-type: none"> • Sources of health information and support services • Factors influencing use of psychoactive substances, and potential harms 	<ul style="list-style-type: none"> ❖ The long-term consequences of vaping are unknown ❖ Vaping products that contain nicotine can lead to nicotine addiction and physical dependence ❖ Even if the label say nicotine free it may still contain nicotine ❖ It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries 	<ul style="list-style-type: none"> ▪ BC Lung Association ▪ Health Canada – Consider the Consequences ▪ Health Canada About Vaping ▪ Fraser Health – School Health ▪ Health Link BC ▪ Catch My Breath ▪ Michael & Susan Dell Center for Health Living: “What is an e-cigarette and how it works?” ▪ Down and Dirty Life: Teardown: explores misconceptions that e-cig produce water vapour ▪ Ted Talk: Suchitra Krishnon-Sarin “What you should know about vaping and e-cigarettes” ▪ QuitNow ▪ Canadian Lung Association: Flavoured Vapes Hook Kids

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6	<ul style="list-style-type: none"> ➤ Healthy choices influence our physical, emotional, and mental well-being 	<ul style="list-style-type: none"> ○ Describe the impacts of personal choices on health and well-being ○ Analyze health messages and possible intentions to influence behaviour ○ Explore strategies for promoting the health and well-being of the school and community 	<ul style="list-style-type: none"> ● Sources of health information ● Strategies for managing personal and social risks related to psychoactive substances and potentially addictive behaviours 	<ul style="list-style-type: none"> ❖ Vaping products that contain nicotine can lead to nicotine addiction and physical dependence ❖ Even if the label say nicotine free it may still contain nicotine ❖ Vaping products do have an impact on health. There are toxicants in the aerosol (some of which are carcinogenic) ❖ Given the potential harms of vaping products, people who do not smoke should not vape 	<ul style="list-style-type: none"> ▪ BC Lung Association ▪ Health Canada – Consider the Consequences ▪ Health Canada About Vaping ▪ Fraser Health – School Health ▪ Health Link BC ▪ Catch My Breath ▪ Michael & Susan Dell Center for Health Living: “What is an e-cigarette and how it works?” ▪ Tobacco Free CA: “Kids Aren’t Alright” ▪ Down and Dirty Life: Teardown: explores misconceptions that e-cig produce water vapour ▪ Ted Talk: Suchitra Krishnon-Sarin “What you should know about vaping and e-cigarettes” ▪ QuitNow

There are a number of vaping resources available. Not all resources include the most recent and/or accurate evidence, and the research is evolving. To support the use of evidence-based resources, Fraser Health has done an extensive amount of research to gather resources

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7	<ul style="list-style-type: none"> ➤ Healthy choices influence our physical, emotional, and mental well-being 	<ul style="list-style-type: none"> ○ Identify factors that influence healthy choices and explain their potential health effects ○ Assess and communicate health information for various health issues ○ Explore strategies for promoting the health and well-being of the school and community 	<ul style="list-style-type: none"> • Sources of health information 	<ul style="list-style-type: none"> ❖ Vaping can increase your exposure to harmful chemicals ❖ Vaping can lead to nicotine addiction ❖ The long-term consequences of vaping are unknown ❖ It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries 	<ul style="list-style-type: none"> ▪ Canadian Lung Association: Flavoured Vapes Hook Kids ▪ BC Lung Association ▪ Health Canada – Consider the Consequences ▪ Health Canada About Vaping ▪ Fraser Health – School Health ▪ Health Link BC ▪ Catch My Breath ▪ Michael & Susan Dell Center for Health Living: “What is an e-cigarette and how it works?” ▪ Tobacco Free CA: “Kids Aren’t Alright” ▪ Down and Dirty Life: Teardown: explores misconceptions that e-cig produce water vapour ▪ Ted Talk: Suchitra Krishnon-Sarin “What you

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8	<ul style="list-style-type: none"> ➤ Healthy choices influence our physical, emotional, and mental well-being ➤ Advocating for the health and well-being of others connects us to our community 	<ul style="list-style-type: none"> ○ Assess factors that influence healthy choices and their potential health effects ○ Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour ○ Create strategies for promoting the health and well-being of the school and community 	<ul style="list-style-type: none"> • Marketing and advertising tactics aimed at children and youth, including those involving food and supplements • Potential short- and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines • Sources of health information • Media and social influences related to psychoactive substance use and potentially addictive behaviours 	<ul style="list-style-type: none"> ❖ Canadian and international public health organizations recommend legislation to restrict marketing to youth as well as uphold or enhance existing smoking regulations ❖ Federal Legislation prohibits promotion of vaping products that are appealing to youth, such as candy and dessert flavours ❖ Vaping health impacts: ❖ Short-term = vaping can lead to coughing and wheezing, inflammation of the lungs, and increased heart rate ❖ Long-term = health effects of inhaling vaping aerosol are currently unknown ❖ Many vaping products contain nicotine ❖ Nicotine causes addiction and physical dependence 	<p>should know about vaping and e-cigarettes”</p> <ul style="list-style-type: none"> ▪ QuitNow ▪ Canadian Lung Association: Flavoured Vapes Hook Kids ▪ BC Lung Association ▪ Health Canada – Consider the Consequences ▪ Health Canada About Vaping ▪ Health Canada – Talking with your Teen about Vaping ▪ Fraser Health – School Health ▪ Health Link BC ▪ Catch My Breath ▪ Michael & Susan Dell Center for Health Living: “What is an e-cigarette and how it works?” ▪ Tobacco Free CA: “Kids Aren’t Alright”

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				<ul style="list-style-type: none"> ❖ Nicotine used during brain development can impair the parts of the brain responsible for memory, mood, concentration, and impulse control ❖ Nicotine also causes increased heart rate, blood pressure, constriction of blood vessels, altered brain waves and muscle relaxation ❖ Using lifestyle advertising to promote vaping products is illegal in Canada (but it can still be seen in some publications outside of Canada) ❖ Vaping companies are using social-media platforms to advertise their products (ie social media influencers) 	<ul style="list-style-type: none"> ▪ Down and Dirty Life: Teardown: explores misconceptions that e-cig produce water vapour ▪ Arizona Department of Health Services: “The DeNobble Files” e-cigarettes ▪ Ted Talk: Suchitra Krishnon-Sarin “What you should know about vaping and e-cigarettes” ▪ QuitNow ▪ Canadian Lung Association: Flavoured Vapes Hook Kids
9	<ul style="list-style-type: none"> ➤ Healthy choices influence our physical, emotional, and mental well-being ➤ Advocating for the health and well-being of 	<ul style="list-style-type: none"> ○ Propose healthy choices that support lifelong health and well-being ○ Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviours 	<ul style="list-style-type: none"> • Potential short- and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines • Sources of health information 	<ul style="list-style-type: none"> ❖ Researchers have found that vaping products contain toxic and addictive ingredients that could harm your body ❖ When people breathe in the vapour, they inhale tiny particles that get trapped in the lungs ❖ E-juice typically contains chemicals as well as flavouring 	<ul style="list-style-type: none"> ▪ BC Lung Association ▪ Health Canada – Consider the Consequences ▪ Health Canada About Vaping ▪ Health Canada – Talking with your Teen about Vaping

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	<p>others connects us to our community</p>	<ul style="list-style-type: none"> ○ Create strategies for promoting the health and well-being of the school and community 	<ul style="list-style-type: none"> ● Physical, emotional, and social aspects of psychoactive substance use and potentially addictive behaviours 	<ul style="list-style-type: none"> ❖ The health effects when inhaled are unknown ❖ Most E-juice contains nicotine, which is very addictive ❖ Studies have found that many vaping products labelled “nicotine-free” still contain nicotine ❖ Inhaling nicotine-free vapour is still a health concern ❖ If you are around friends who vape, the cloud exhaled exposes you to chemicals that are not safe to breathe ❖ Federal and Provincial laws govern how vaping products are produced, labelled, promoted and sold ❖ In BC, you must be 19 years or older to purchase vaping products ❖ The BC Tobacco and Vapour Products Control Act bans vaping in all places that smoking is not allowed – include School Property 	<ul style="list-style-type: none"> ▪ Fraser Health – School Health ▪ Health Link BC ▪ Catch My Breath ▪ Michael & Susan Dell Center for Health Living: “What is an e-cigarette and how it works?” ▪ Tobacco Free CA: “Kids Aren’t Alright” ▪ Down and Dirty Life: Teardown: explores misconceptions that e-cig produce water vapour ▪ Arizona Department of Health Services: “The DeNobble Files” e-cigarettes ▪ Tobacco Free CA: “Identify which products teens are vaping” – Targeted for Parents ▪ Ted Talk: Suchitra Krishnon-Sarin “What you

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10	<ul style="list-style-type: none"> ➤ Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being 	<ul style="list-style-type: none"> ○ Analyze how health-related decisions support the achievement of personal healthy-living goals ○ Analyze the potential effects of social influences on health 	<ul style="list-style-type: none"> • Potential short- and long-term consequences of health decisions, including those involving physical activity, healthy eating, sleep routines, and technology • Sources of health information • Physical, emotional, and social aspects of psychoactive substance use and potential behaviours 	<ul style="list-style-type: none"> ❖ Vaping is not harmless ❖ There are significant health concerns with vaping given the presence of chemicals, toxic compounds, and nicotine ❖ Long-term health effects of vaping are currently unknown ❖ Short-term health effects are increased coughing and wheezing, inflammation of the lungs and increased heart rate ❖ Vaping products can explode and cause fires that may result in burns and injuries ❖ Many vaping products labelled “nicotine-free” still contained nicotine ❖ Nicotine used during brain development can cause problems with concentration, learning and impulse control 	<ul style="list-style-type: none"> ▪ BC Lung Association ▪ Health Canada – Consider the Consequences ▪ Health Canada About Vaping ▪ Health Canada – Talking with your Teen about Vaping ▪ Fraser Health – School Health ▪ Health Link BC ▪ Catch My Breath ▪ Michael & Susan Dell Center for Health Living: “What is an e-cigarette and how it works?” ▪ Tobacco Free CA: “Kids Aren’t Alright”

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				<ul style="list-style-type: none"> ❖ Once you start using nicotine, you can become addicted and physically dependent 	<ul style="list-style-type: none"> ▪ Down and Dirty Life: Teardown: explores misconceptions that e-cig produce water vapour ▪ Arizona Department of Health Services: “The DeNobble Files” e-cigarettes ▪ Tobacco Free CA: “Identify which products teens are vaping” – Targeted for Parents ▪ Ted Talk: Suchitra Krishnon-Sarin “What you should know about vaping and e-cigarettes” ▪ QuitNow ▪ Canadian Lung Association: Flavoured Vapes Hook Kids
11	<ul style="list-style-type: none"> ➤ Physical activity is an important part of overall health and well-being 	<ul style="list-style-type: none"> ○ Explain the importance of maintaining personal health 	<ul style="list-style-type: none"> • Potential short- and long-term consequences of health decisions • Potential barriers to participation 	<ul style="list-style-type: none"> ❖ Reasons why youth vape: include appealing flavours, trendy devices, friends are vaping, helps them to fit in, consider vaping harmless, some vape in 	<ul style="list-style-type: none"> ▪ BC Lung Association ▪ Health Canada – Consider the Consequences ▪ Health Canada About Vaping

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	<ul style="list-style-type: none"> ➤ Making healthy choices can help us reach our health and fitness goals 	<ul style="list-style-type: none"> ○ Analyze health messages from a variety of sources and describe their potential influences on health and well-being 	<ul style="list-style-type: none"> • Sources of health information • Performance-enhancing supplements and drugs 	<p>places they are not allowed as it is easy to hide the vaping device</p> <ul style="list-style-type: none"> ❖ BC Adolescence Health Survey (2018 McCreary) shows that 21% of BC students (gr 7-12) used a vaping product with nicotine, and 19% used a vaping product without nicotine ❖ Vaping is not harmless and has impacts on health. ❖ The toxic chemicals in the aerosols, some of which are carcinogenic, can lead to short and long term health effects ❖ Short-term : vaping can lead to coughing and wheezing, inflammation of the lungs, and increased heart rate ❖ Long-term: health effects of inhaling vaping aerosol are currently unknown. Studies suggest that vaping could lead to similar diseases as smoking, though at a reduced rate ❖ Many e-juices contain nicotine, even if labelled nicotine free 	<ul style="list-style-type: none"> ▪ Health Canada – Talking with your Teen about Vaping ▪ Fraser Health – School Health ▪ Health Link BC ▪ Catch My Breath ▪ Michael & Susan Dell Center for Health Living: “What is an e-cigarette and how it works?” ▪ Tobacco Free CA: “Kids Aren’t Alright” ▪ Down and Dirty Life: Teardown: explores misconceptions that e-cig produce water vapour ▪ Arizona Department of Health Services: “The DeNobble Files” e-cigarettes ▪ Tobacco Free CA: “Identify which products teens are

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					<p>vaping” – Targeted for Parents</p> <ul style="list-style-type: none"> ▪ Ted Talk: Suchitra Krishnon-Sarin “What you should know about vaping and e-cigarettes” ▪ QuitNow ▪ Canadian Lung Association: Flavoured Vapes Hook Kids
12	<ul style="list-style-type: none"> ➤ Physical activity is an important part of overall health and well-being ➤ Personal choices influence our health and fitness goals 	<ul style="list-style-type: none"> ○ Demonstrate reasoned decision-making related to their personal health and well-being ○ Identify and analyze the relationships between lifestyle patterns and performance in fitness activities ○ Analyze and critique health messages from a variety of sources and describe their potential 	<ul style="list-style-type: none"> • Potential short- and long-term consequences of health decisions • Sources of health information • Influences of personal choices on physical performance • Performance-enhancing supplements and drugs 	<ul style="list-style-type: none"> ❖ Canadian Federal and Provincial laws regulate the promotion and sales of vaping products ❖ You must be 19 years old to buy vaping products ❖ It is illegal to sell, buy or give vaping products to anyone under 19 ❖ Vaping is not harmless ❖ E-juice contains many different toxins and chemicals ❖ E-juice labels that say “nicotine-free” have been found to have nicotine ❖ Children and adults have been poisoned by swallowing the e-juice or absorbing it through skin 	<ul style="list-style-type: none"> ▪ BC Lung Association ▪ Health Canada – Consider the Consequences ▪ Health Canada About Vaping ▪ Health Canada – Talking with your Teen about Vaping ▪ Fraser Health – School Health ▪ Health Link BC ▪ Catch My Breath ▪ Michael & Susan Dell Center for Health Living:

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		<p>influences on health and well-being</p>		<ul style="list-style-type: none"> ❖ Nicotine is highly addictive that can lead to a variety of health consequences ❖ Many vaping products are made by companies that make cigarettes ❖ They are using the same tactics to sell vaping products ❖ Vapes are being advertised as glamour and lifestyle. Using this strategy to promote vaping products is illegal in Canada (but can be seen online and in publications outside of Canada) ❖ It could be years before the health effects of vaping are fully known ❖ Second-hand vapour is exhaled by the users and contains the same chemicals found in the vapour, which poses a risk to bystanders and pets ❖ Vapour clouds can include: heavy metals, carbonyls, volatile organic compounds, polycyclic aromatic hydrocarbons, tiny particles (some are known to be cancer-causing) 	<p>“What is an e-cigarette and how it works?”</p> <ul style="list-style-type: none"> ▪ Tobacco Free CA: “Kids Aren’t Alright” ▪ Down and Dirty Life: Teardown: explores misconceptions that e-cig produce water vapour ▪ Arizona Department of Health Services: “The DeNobble Files” e-cigarettes ▪ Tobacco Free CA: “Identify which products teens are vaping” – Targeted for Parents ▪ Ted Talk: Suchitra Krishnon-Sarin “What you should know about vaping and e-cigarettes” ▪ QuitNow ▪ Canadian Lung Association: Flavoured Vapes Hook Kids