

NOT AN EXPERIMENT

Resources available to educators to teach youth in grades 7-12 about vaping and help prevent them from experimenting with and becoming addicted to e-cigarettes.

Not An Experiment is a website (NotAnExperiment.ca) that is full of interactive elements providing up to date information about:

- Facts and stats about e-cigarettes
- Who makes and profits from e-cigarettes ([industry denormalization](#))
- [Health effects](#) of vaping, including nicotine addiction
- Parent and caregiver vaping education resources
- Current laws

New for 2022/2023 School Year

Resources to help prevent vaping in school washrooms

- [Posters](#)
- [Announcements](#)
- ["Take the Clouds Outside" display](#) to encourage students to take vaping out of school washrooms and 20 meters off school property
- These resources are intended to be used together and in combination with the Ontario law [postcards](#)

Enhanced cessation content

- Updated *Quitting* page and Quit Plan at NotAnExperiment.ca/your-quit-plan/
- [Posters](#) and [tear off](#) with QR codes for quick access to cessation apps for youth

Engaging parents & other caring adults (e.g., educators) in the conversation

- New *Parents* page at NotAnExperiment.ca/Parents
- Video resources (available via Parents webpage)
- [Parent resource](#)



The website also features two escape room-style activities that aim to teach students about vaping in a fun way:

Classroom Escape Room Activity

This interactive game is in a printable format which can be facilitated by teachers and has been used extensively in schools to educate young people about the risks of vaping, nicotine addiction, and industry marketing tactics. It includes:

- [Printable game files](#)
- [Facilitator instructions and post activity discussion guide](#) (facilitator instructions are also available in video format)
- [Answer key](#)

Computer Game

The second is a [computer game](#) (English only) which allows students to play online. The game ends by asking the player a series of questions that can be used to assess their level of knowledge related to the games' key learnings which include:

- The industry targets youth with candy and fruit flavoured e-liquid. Don't be tricked.
- Vaping has health risks. It's not harmless water vapour.
- Most e-liquids contain nicotine which is very addictive and can change how the brain develops.
- The industry makes billions of dollars by addicting people to nicotine. They care about profits, not people.
- When you share vapes, you are helping the industry addict people to nicotine. Don't do their dirty work.

Lesson Plans

For grade 7 and 8 classes, completing the escape room-activity is the focus of the first lesson in a [3-lesson plan](#) series with connections to the Ontario Health and Physical Education – Healthy Living curriculum, developed by the Simcoe Muskoka Catholic District School Board in partnership with the Simcoe Muskoka District Health Unit.



Additional Downloadable Resources on NotAnExperiment.ca include:

- [Posters](#) to use in school-wide awareness raising events
- [Commitment to stay smoke & vape free pledge forms](#)
- Ready to read [school announcements](#)
- [Ontario law post cards](#) that explain the fines for using e-cigarettes on school property & for sharing the devices
- Videos for [youth](#)
- Ready to use [PowerPoint](#) with customizable speaking notes that summarizes all of the information available on NotAnExperiment.ca to support education partners and other adults in learning about vaping

The site and most of the resources are available in both English and French.

