



Educator guide: Brain Tees Game

Recommended for Grades:

5th – 8th grades

Time:

9 minutes

Prerequisites:

For students to be successful in the game, they would benefit from participating in the following lesson:

- What Is Vaping? (5th – 8th grades)

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 5: Use a decision making process to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Identify at least 3 risks associated with vaping.
2. Determine the best way to say no to vaping.

Activity Description:

In this game students will play through nine mini golf holes. At the end of each hole, they will be asked a question about vaping or decide what to do in a vaping scenario. A correct answer will remove one stroke from the score and incorrect answers may result in penalty strokes added to the score. Whoever has the lowest score at the end wins!



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Brain Tees Game activity. You may choose to use this list in any way that fits your needs.

- Addiction – a condition or disease in which a person is unable to stop using a substance or engaging in a behavior
- Anxiety – a mental health condition when a person worries even though there is nothing to worry about, or worries all the time and it affects their daily life
- Depression – a mental health condition when a person feels sad (or has a low or irritable mood) for an extended period of time and often loses interest or pleasure in doing usual activities
- E-cigarette or Vaping Use-Associated Lung Injury – a serious medical condition in which a person's lungs become damaged from substances in e-cigarettes and vaping products
- Nicotine – a highly addictive stimulant drug found in tobacco and vaping devices
- Regulation – rules made by a government or other authority in order to control the way something is done or the way people behave
- Stimulant – a type of drug that speeds up the body systems and may make someone energetic, alert, overly excited or very talkative
- Vaping – breathing in a vapor that usually contains a liquid, nicotine and other chemicals and then breathing that vapor out
- Vitamin E acetate – an oily chemical added to some vape liquids and devices that contain THC and has been linked to lung issues like EVALI
- Warning labels – included on packaging or in an instruction manual and are designed to inform people about the risks of using a product

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



What Is Vaping? What Parents and Caregivers Should Know

What Is Vaping?

Vaping is breathing in and out the vapor from an e-cigarette or vape device.

- Most vape devices have nicotine.
- They also have a liquid with harmful chemicals.
- There is often a vape mist or a vape cloud when it's breathed out.

What Are the Risks of Vaping?

Vaping is harmful. Vape products are new, so we do not know all of the ways it can affect health. But we do know some of the health risks:

- Addiction
- Sleep issues
- Mental health issues
- Lung damage
- Breathing in chemicals that cause cancer

For kids in school, vaping can lead to:

- School issues, like trouble with focusing and self-control
- Being kicked off of sport teams or other school activities
- Social changes with family and friends
- Problems with money, because of vaping costs

The Tobacco 21 Law

In 2019, the United States raised the minimum age to buy tobacco and vaping products to 21. This law is often called Tobacco 21.



Vape Companies Are Focused on Kids

The vaping and tobacco industry uses social media to reach kids and teens. They try to get them to use their products.

- They also add flavors to vape products to make them fun for kids.
- They make vapes that look like things kids and teens use each day. This helps kids hide vaping at school and from their families.
- The vape industry finds ways around rules the government makes so they can keep selling their products.

What You Can Do to Help

Talk to your child about vaping and answer questions they might have. It is okay if you don't know all the answers. You can look up answers together and keep the conversation going. Be sure to keep checking in with your child about vaping. See if they have anything new they would like to talk about.

Vaping Resources

Visit the websites below for more information about vaping and help quitting.

- American Heart Association: heart.org
- American Lung Association: lung.org
- My Life, My Quit: mylifemyquit.org
- The National Cancer Institute's Tobacco Control Research Branch: smokefree.gov
- Truth initiative: truthinitiative.org
- Wisconsin Quit Line: quitline.wisc.edu
- Wisconsin's tobacco prevention and control movement: tobwis.org



What to Do if Your Child Is Vaping

When talking to your child about vaping, there are many ways to get started. Here are a few tips:

- Focus on their health and safety, not punishment.
- You can start by talking about vaping you have seen on a show or share a news article about vaping.
- Ask your child open-ended questions that do not have a simple yes or no answer.
- Focus on listening to your child.

Signs Your Child Is Vaping

Companies that make vape products and devices are making them look like everyday items. This makes devices difficult to notice. Here are some common things to look for:

- USB or flash drives that are vape devices
- Pods or cartridges that hold the vape liquid
- Flavoring scents

Vaping can impact how your child acts. Here are some signs your child may be vaping:

- They are more anxious or annoyed
- They eat less food and drink more
- Their mood and behavior is different

Vaping can lead to health-related symptoms that can include:

- Breathing issues
- Cough or sore throat
- Headaches
- Dry mouth

What to Do if Your Child Is Vaping

If your child is going to quit vaping, they need to want to stop. Let them know you are there to help them. Here are some things you can try:

- Ask them why they started vaping. This can help them to come up with a plan to avoid those things that cause them to vape. This will help them quit.
- Explain that there are resources to help them quit. They are not in this alone.
- Ask their doctor for resources and help.
 - Make sure to bring up vaping at your child's yearly visit.
 - If your child needs help right away, make an appointment.
 - If you think your child trusts their doctor, they might be willing to talk with them about vaping.

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Tips and Resources to Help Quit Vaping

Quitting vaping can be hard, but there are things you can do to make it easier. It's important to identify your triggers, which are the things that make you want to vape, and make a plan of action to avoid using again.

If you have a craving to vape, keep in mind that they last 10-20 minutes. To get through a craving without slipping, you can:

- Remind yourself why you want to quit.
- Keep yourself busy while the craving passes.
- Exercise, take a walk or call a friend.
- Chew gum or suck on a piece of candy.
- Listen to music or try a mindfulness activity.
- If you feel like you need to inhale from a device, find a straw and suck air from it.

If you have a slip, just re-start your quitting plan.

Mindfulness Resources to Help Deal with Stress and Cravings

Mindfulness practices will help you most if you do them for five to ten minutes each day. Here are some things you can try:

- Watch this mindful jar video to help settle your mind.
 - <https://youtu.be/1MefB0P8ptA?feature=shared>
- Use this Hoberman sphere video to focus on your breathing.
 - <https://youtu.be/QX1LgYMdHw0?feature=shared>
- Try things to keep your hands and mind focused:
 - Adult coloring
 - Playing with play foam or clay
 - Making and playing with slime
- Visit Mindfulness for Teens from Dr. Dzung Vo.
 - www.mindfulnessforteens.com/guided-meditations
- Use the [Headspace](https://www.headspace.com) website or app: [headspace.com](https://www.headspace.com)



Resources You Can Use to Quit Vaping

Smokefree Teen

- Web-based quit plan tool for teens
- Offers text support and app support
- Teen specific management of triggers and cravings
- <https://teen.smokefree.gov/>

Truth Initiative

- Designed for teens and young adults
- This is Quitting text messaging program for teens and young adults
 - Text DITCHVAPE to 88709
- Text program for parents
 - Text QUIT to (847) 278-9715
- <https://truthinitiative.org/>

Wisconsin Quit Line

- 24/7 support online, through text or over the phone
- Free coaching support
- Medication or nicotine replacement therapy (NRT) for 18 years or older
- Call 800-QUIT-NOW or text VAPEFREE to 873373
- <https://quitline.wisc.edu/>

My Life, My Quit

- Free and confidential way for teens to quit vaping
- Offers coaching support
- Text Start My Quit to 36072
- <https://mylifemyquit.com>

American Lung Association

- Offers quitting information and programs for teens
- Has information to help someone else quit
- Vape-free school programs
- <https://www.lung.org>

Transcript

Title screen

Welcome to Brain Tees! You and your friends are playing nine mini golf holes. Whoever has the lowest score at the end wins! After each hole, you'll be asked a question. Choose the best answer, or you might get points added to your score! Press the instructions button to learn the rules. Press the play button to start.

Hole 1

Welcome to hole 1.

Hole 2

Welcome to hole 2.

Hole 3

Welcome to hole 3.

Hole 4

Welcome to hole 4.

Hole 5

Welcome to hole 5.

Hole 6

Welcome to hole 6.

Hole 7

Welcome to hole 7.

Hole 8

Welcome to hole 8.

Hole 9

Welcome to hole 9.

Select

Select the best answer and press submit.

Game questions

*Note that all game questions will appear in random order. Correct answers are bolded.

1. What is vaping?
 - a. When someone drinks a vaping liquid (Sorry! Vaping is when a device heats a liquid into a vapor that someone breathes in.)
 - b. **When a device heats a liquid into a vapor that someone breathes in** (That's right! Vaping is when a device heats a liquid into a vapor that someone breathes in.)
 - c. What someone does when they are trying to stop using other drugs (Sorry! Vaping is when a device heats a liquid into a vapor that someone breathes in.)
2. Vaping liquid contains:
 - a. Only water (No, that's not correct. Vaping liquid contains nicotine and harmful chemicals.)
 - b. Nothing harmful (No, that's not correct. Vaping liquid contains nicotine and harmful chemicals.)
 - c. **Nicotine and harmful chemicals** (Great job! Vaping liquid contains nicotine and harmful chemicals.)
3. All vaping devices look the same. True or false?
 - a. True (That's not it. Vaping devices do not all look the same – they come in many shapes and sizes.)
 - b. **False** (You got it! Vaping devices do not all look the same – they come in many shapes and sizes.)
4. Vaping device companies use fun colors and packaging to try and influence young people to vape. True or False?
 - a. **True** (You're right! Vaping device companies do use fun colors and packaging to try and influence young people to vape.)
 - b. False (Sorry! Vaping device companies do use fun colors and packaging to try and influence young people to vape.)
5. All vaping products and devices meet government regulations. True or False?
 - a. True (No, that's not correct. Not all vaping products and devices meet government regulations)
 - b. **False** (That's correct! Not all vaping products and devices meet government regulations)



6. What type of drug is nicotine?
 - a. Inhalant (Sorry! Nicotine is a stimulant.)
 - b. **Stimulant** (That's right! Nicotine is a stimulant.)
 - c. Depressant (Sorry! Nicotine is a stimulant.)
7. It takes a long time to get addicted to nicotine. True or false?
 - a. True (No, that's not correct. It doesn't take long to become addicted to nicotine.)
 - b. **False** (Great job! It doesn't take a long time to become addicted to nicotine.)
8. When does someone go through withdrawal?
 - a. **When they stop using a drug they are addicted to** (You got it! A person goes through withdrawal when they stop using a drug they are addicted to.)
 - b. When they haven't had enough water to drink (That's not it. A person goes through withdrawal when they stop using a drug they are addicted to.)
 - c. When they haven't gotten enough sleep all week (That's not it. A person goes through withdrawal when they stop using a drug they are addicted to.)
9. Addiction happens when:
 - a. Something is really fun to do (No, that's not correct. Addiction happens when someone's body becomes dependent on a substance.)
 - b. **Someone's body becomes dependent on a substance** (You're right! Addiction happens when someone's body becomes dependent on a substance.)
 - c. Someone does something repeatedly (No, that's not correct. Addiction happens when someone's body becomes dependent on a substance.)
10. In the United States, how old does someone need to be to purchase vaping devices and products?
 - a. 18 (Sorry! In the United States, a person needs to be 21 to purchase vaping devices and products.)
 - b. **21** (You got it! In the United States, a person needs to be 21 to purchase vaping devices and products.)
 - c. 25 (Sorry! In the United States, a person needs to be 21 to purchase vaping devices and products.)
11. On vape packaging, what information is included on the warning label?
 - a. **A warning about nicotine** (Great job! A nicotine warning is included on the label.)
 - b. All of the possible impacts of vaping (No, that's not correct. A warning about nicotine is include on the label.)
 - c. Different benefits of vaping (No, that's not correct. A warning about nicotine is include on the label.)

12. What are some of the short-term health impacts of vaping?
- a. Nausea, coughing, and muscle soreness (That's not it. Some short-term health impacts of vaping are trouble breathing, headaches and coughing.)
 - b. **Trouble breathing, headaches, and coughing** (That's right! Some short-term health impacts of vaping are trouble breathing, headaches and coughing.)
 - c. Dizziness, sweating, and irritability (That's not it. Some short-term health impacts of vaping are trouble breathing, headaches and coughing.)
13. If someone quits vaping, the short-term health impacts usually go away. True or false?
- a. **True** (You got it! If someone quits vaping, the short-term health impacts usually go away.)
 - b. False (No, that's not correct. If someone quits vaping, the short-term health impacts usually go away.)
14. Vaping can lead to:
- a. **Anxiety, trouble focusing, and sleep problems** (You're right! Vaping can lead to anxiety, trouble focusing and sleep problems)
 - b. Depression, better sleep, and organ damage (Sorry! Vaping can lead to anxiety, trouble focusing and sleep problems)
 - c. Better test scores and more energy (Sorry! Vaping can lead to anxiety, trouble focusing and sleep problems)
15. People who vape are more likely to get addicted to other drugs. True or false?
- a. **True** (This is true! People who vape are more likely to get addicted to other drugs.)
 - b. False (No, that's not correct. People who vape are more likely to get addicted to other drugs.)
16. We know all of the possible health impacts of vaping. True or false?
- a. True (That's not it. We do not know all of the possible health impacts of vaping.)
 - b. **False** (That's right! We do not know all of the possible health impacts of vaping.)
17. What does EVALI stand for?
- a. Electronic Vape Acquired Lung Injury (No, that's not correct. EVALI stands for E-cigarette or Vaping Use-Associated Lung Injury.)
 - b. **E-cigarette or Vaping Use-Associated Lung** Injury (Great job! EVALI stands for E-cigarette or Vaping Use-Associated Lung Injury.)
 - c. E-cigarette Vaping And Respiratory Illness (No, that's not correct. EVALI stands for E-cigarette or Vaping Use-Associated Lung Injury.)

18. Vitamin E acetate is:

- a. Safe in foods (Sorry! Vitamin E acetate is safe in foods and skin care products, but not something that should be inhaled.)
- b. Safe in skin care products (Sorry! Vitamin E acetate is safe in foods and skin care products, but not something that should be inhaled.)
- c. Not something that should be inhaled (Sorry! Vitamin E acetate is safe in foods and skin care products, but not something that should be inhaled.)
- d. **All of these are correct** (That's right! Vitamin E acetate is safe in foods and skin care products, but not something that should be inhaled.)

19. What's the best answer if someone asks you to vape?

- a. Tell them you'll try it once (No, that's not correct. If someone asks you to vape, the best answer is to tell them no.)
- b. Tell them maybe another time (No, that's not correct. If someone asks you to vape, the best answer is to tell them no.)
- c. **Tell them no** (You got it! If someone asks you to vape, the best answer is to tell them no.)

20. Vape products are safe to use. True or false?

- a. True (That's not it. Vape products are not safe to use.)
- b. **False** (That's correct! Vape products are not safe to use.)

Scenario 1

- 1. While mini golfing, you and a friend decide to get some snacks at the concession stand. While you're waiting in line, your friend asks you if you want to try vaping with her behind the concession stand building. What do you tell her?
 - a. Sure, let's try it! (Sorry. The best answer is to always say no to vaping. Vaping is bad for you and you can get in trouble for it.)
 - b. No, it's not for me. (Not quite. You made a good choice by saying no, but you didn't speak up to your friend about the risks. Vaping is bad for you and you can get in trouble for it.)
 - c. **I don't want to vape, and you could get in trouble for vaping.** (Great job! You not only made the best choice for yourself, but you tried to protect your friend, too! Vaping is bad for you and you can get in trouble for it.)

Scenario 2

1. While you're waiting for your turn to golf, you and a friend start talking about how stressed you both are for a test next week. Your friend tells you that they think vaping helps them focus and calms them down, and they want you to try it. What do you tell them?
 - a. If it helps you, it might help me. I'll try it one time to see. (Sorry. Even one time is one time too many. Vaping actually makes it harder to focus and can cause anxiety.)
 - b. No, but I don't mind if you vape. (Not quite. You made a good choice by saying no, but you didn't speak up to your friend about the risks. Vaping actually makes it harder to focus and can cause anxiety.)
 - c. **I don't want to vape. Did you know vaping actually makes it harder to focus and can cause anxiety?** (That's right! You said no to vaping and spoke up about the risks to your friend. Now they know vaping actually makes it harder to focus and can cause anxiety.)

Scenario 3

1. You're walking to the next hole with a friend and they find a vape device that's still in the packaging on the ground. They pick it up, open it, and are trying to convince you to try it with them. What do you tell them?
 - a. **Vaping isn't good for you and it's illegal for anyone under 21. We should throw it away.** (Absolutely! You made the right choice and reminded your friend vaping is illegal for people under 21. Then you suggested throwing it away so no one else could pick it up. Great work.)
 - b. You found that on the ground. No, that's gross. (Not quite. You made a good choice not to vape, but you passed up a chance to explain why you didn't want to. Throwing away the vape would have prevented someone else from picking it up and using it.)
 - c. You found that on the ground? We should definitely try it. (Sorry. The best answer is to always say no to vaping. Vaping is illegal for anyone under 21 and it comes with a lot of health risks.)

Scenario oops 1

Oops. You weren't clear enough with your friend and got delayed when they tried to convince you to vape. Your other friends have already started the hole. You'll start with 2 penalty shots.

Scenario oops 2

Whoops. While you were vaping, your friends finished this hole. You'll have to take 5 penalty strokes and catch up to them at the next one.



Game over first place

Congratulations! You came in 1st! Click the play again button to start over!

Game over second place

Good job! You came in 2nd place. Do you want to try for first? Click the play again button to start over!

Game over third place

Game over. You're in 3rd place. Do you think you can come in first? Click the play again button to start over!

Game over fourth place

Game over. You came in last. Do you think you can do better? Click the play again button to start over!



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