



Educator Guide: Spelling Bee Activity

Recommended for Grades:

9th – 12th

Time:

10 minutes

Prerequisites:

In order for students to be successful in the game, they would benefit from participating in the following lessons:

- Impacts of Vaping on Health Lesson
- Vaping, Pollution and eWaste Lesson

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.

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

Activity Description:

In this game players will be presented with a series of puzzles. Each puzzle contains a fill in the blank statement about vaping and a cluster of letters at the bottom where they must string together words to fill in the blanks.



Vocabulary:

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

- Addiction – when someone can't stop doing or using something, even if they know it has negative consequences, because their body becomes dependent on it
- Chemicals – substances that have specific properties or characteristics that can be used to identify them. They may interact with other substances and change form.
- Disposable vapes – vape devices that are meant to be used once and recycled or disposed of when it is empty. They are not made to be refilled or recharged.
- E-liquid – The fluid in vaping devices. Also called e-juice or vape juice. It typically contains water, nicotine and other chemicals. It can also contain chemicals that add flavors to the liquid.
- E-waste – discarded electrical and electronic products. They need to be recycled or disposed of properly to avoid harming the environment.
- Flavorings – additives that impact the taste and smell of e-liquids to make them more appealing. They are often candy or fruit flavored.
- Heating element – a part of a vaping device that heats up to turn liquid into vapor
- Lithium-ion battery – a type of rechargeable battery that stores and releases energy and is used in mobile devices, electric vehicles, vape devices and some toys. They can catch fire if damaged and are harmful to the environment if not recycled properly.
- Nicotine – a highly addictive stimulant drug found in tobacco and vaping products
- Peer pressure – feeling like you need to do something or behave in a certain way to be accepted and valued by people your age
- Source – a place where online information comes from. This could include a websites, online articles or videos.
- Vape device – something that uses a battery to heat up a vaping liquid into a vapor that is breathed in
- Vaping – breathing in a vapor that usually contains a liquid, nicotine and other chemicals and then breathing that vapor out

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 of 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>

Resources and Services: Alcohol and Other Drug-Use Prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, www.childrenswi.org
- KidsHealth, www.kidshealth.org
- LifeStance Health, www.lifestance.com
- National Institute on Drug Abuse (NIDA), www.drugabuse.gov
- Partnership to End Addiction, www.drugfree.org
- Rogers Behavioral Health, www.rogersbh.org
- The Tobacco Control Resource Center for Wisconsin, www.tobwis.org
- United States Government-Drug Enforcement Administration (DEA), www.getsmartaboutdrugs.gov
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW

Transcript

Splash

Spelling Bee.

Menu Choice

Choose a puzzle.

Menu Complete

Great job! You have completed all of the puzzles and shown that you know how harmful vaping can be to not only your own health, but also the health of the planet we live on.

Puzzle 1

Some chemicals found in vape device batteries are blank.

Puzzle 1 Correct

Correct! Some chemicals found in vape device batteries are toxic.

Puzzle 2

E-liquid, sometimes known as vape juice or e-juice, can contain blank-causing chemicals.

Puzzle 2 Correct

Correct! E-liquid, sometimes known as vape juice or e-juice, can contain cancer-causing chemicals.



Puzzle 3

If someone tries to pressure you into vaping, you can make up an excuse to get out of the situation.

Puzzle 3 Correct

That's right! If someone tries to pressure you into vaping, you can make up an excuse to get out of the situation.

Puzzle 4

The mining of chemicals used in vape batteries, like lithium and cobalt, leads to water and air pollution.

Puzzle 4 Correct

You got it! The mining of chemicals used in vape batteries, like lithium and cobalt, leads to water and air pollution.

Puzzle 5

E-liquid, sometimes known as vape juice or e-juice, can contain the addictive chemical nicotine.

Puzzle 5 Correct

Correct! E-liquid, sometimes known as vape juice or e-juice, can contain the addictive chemical nicotine.

Puzzle 6

Vaping can cause addiction, which is when your body becomes physically dependent on something and you can't stop doing it.

Puzzle 6 Correct

That's right! Vaping can cause addiction, which is when your body becomes physically dependent on something and you can't stop doing it.

Puzzle 7

Blank vape devices, like puff bars, are made to be used only once.

Puzzle 7 Correct

You got it! Disposable vape devices, like puff bars, are made to be used only once.

Puzzle 8

Vape device heating elements can contain toxic metals that are breathed into the blank and absorbed into the blank.

Puzzle 8 Correct

Correct! Vape device heating elements can contain toxic metals that are breathed into the lungs and absorbed into the body.

Puzzle 9

Americans throw out almost blank disposable vape products every blank.

Puzzle 9 Correct

You got it! Americans throw out almost six disposable vape products every second.

Puzzle 10

Your blank, or blank that you are a part of, probably have some rules about vaping.

Puzzle 10 Correct

That's right! Your school, or teams that you are a part of, probably have some rules about vaping.

Puzzle 11

If your blank or blank find out that you're vaping, you could get in trouble at home.

Puzzle 11 Correct

Correct! If your parents or family find out that you're vaping, you could get in trouble at home.

Puzzle 12

There are many reasons that a young person might try vaping, one of which is blank blank.

Puzzle 12 Correct

You got it! There are many reasons that a young person might try vaping, one of which is peer pressure.

Puzzle 13

THC, which can be found in some vaping products, is not safe for blank blank.

Puzzle 13 Correct

Correct! THC, which can be found in some vaping products, is not safe for growing brains.

Puzzle 14

If you're looking for blank information about vaping online, include a blank you can trust in your search.



Puzzle 14 Correct

That's right! If you're looking for reliable information about vaping online, include a source you can trust in your search.

Puzzle 15

When disposed of improperly, vape device batteries can cause blank at blank.

Puzzle 15 Correct

Correct! When disposed of improperly, vape device batteries can cause fires at landfills.

Puzzle 16

We're still learning about how vaping negatively impacts blank and the blank.

Puzzle 16 Correct

That's right! We are still learning about how vaping negatively impacts people and the environment.

Puzzle 17

Vape products contain chemicals that can get into the blank when used and the blank or blank when disposed of improperly.

Puzzle 17 Correct

You got it! Vape products contain chemicals that can get into the air when used and the soil or water when disposed of improperly.

Puzzle 18

Vaping can cause blank damage, blank damage and even blank.



Puzzle 18 Correct

Correct! Vaping can cause lung damage, heart damage and even death.

Puzzle 19

The vaping industry claims that vaping is a safe alternative to blank, which is blank blank.

Puzzle 19 Correct

That's right! The vaping industry claims that vaping is a safe alternative to smoking, which is not true.

Puzzle 20

It can be helpful to be prepared if you're pressured to vape, so practice ways to say no using blank blank blank.

Puzzle 20 Correct

You got it! It can be helpful to be prepared if you're pressured to vape, so practice ways to say no using your own words.

Puzzle 21

To get young people to start vaping, the vaping industry uses blank packaging, easy to blank devices and blank young people like.

Puzzle 21 Correct

Correct! To get young people to start vaping, the vaping industry uses colorful packaging, easy to hide devices and flavors young people like.

Puzzle 22

All vape devices contain e-blank, a lithium-ion blank and a blank element.



Puzzle 22 Correct

That's right! All vape devices contain e-liquid, a lithium-ion battery and a heating element.

Puzzle 23

Writing blank or blank to your local blank is a great place to start getting involved in holding the vaping industry accountable for the damage they are doing.

Puzzle 23 Correct

Correct! Writing letters or emails to your local lawmakers is a great place to start getting involved in holding the vaping industry accountable for the damage they are doing.



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