

NOT AN EXPERIMENT

A comprehensive health promotion program designed 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 resources are available for free at NotAnExperiment.ca, a website full of interactive elements providing up to date information about vaping. Including:

New for 2023/2024 School Year

- [Mental health](#) and vaping webpage
- How to [resist pressures](#) to try vaping webpage
- Resist pressures to vape [educator resource](#)
- [School newsletter inserts](#) for parents and caregivers

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](#)

Engaging parents & other caring adults in the conversation:

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

Quit supports:

- Information about quitting, including links to Quash and #TheStopVapingChallenge cessation apps for youth
- Design your own personal Quit Plan at NotAnExperiment.ca/your-quit-plan/
- [Posters](#) and [tear-off](#) with QR codes for quick access to cessation apps



General Information:

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

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 educators and has been used extensively in schools to teach 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 an educational game with content similar to the classroom activity, but 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.

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.
- For these grades, we recommend using this lesson plan series as opposed to the escape room-activity on its own.



Additional [Downloadable Resources](#) on [NotAnExperiment.ca](#) include:

- [Posters](#) to use in school-wide awareness raising events
- 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 adult oriented [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.

How We Can Help

Call Health Connection or if you would like support to address vaping or smoking in your school community, including any questions about implementing Not An Experiment and other strategies to address vaping. 705-721-7520 or 1-877-721-7520, Monday to Friday, 8:30 a.m. to 4:30 p.m.

