

# CONSIDER THE CONSEQUENCES OF VAPING

Vaping is not harmless, yet Canadian teens are trying vaping products. Data from a recent Health Canada survey showed that 23% of students in grades 7-12 have tried an electronic cigarette.



Learn more at: [Canada.ca/vaping-info](https://Canada.ca/vaping-info)

**Starting in September 2019, Health Canada's Consider the Consequences awareness tour will travel to high schools across Canada to inform youth on the harms and risks of vaping.**

**This interactive (and free) initiative will educate high school students on the following topics:**

- › Vaping can lead to nicotine addiction
- › Vaping can cause lung damage
- › Vaping can increase your exposure to harmful chemicals and metals

The 25' x 30' footprint set-up will provide students with an engaging, interactive and educational way to learn about the health risks associated with vaping while providing relevant giveaways to maximize engagement.

Students will make their way through a maze to find dead-ends to uncover the hidden dangers of vaping through various activities. There will be four (4) activities total throughout the maze, which will take approximately 15-20 minutes to complete and can be completed in groups of 3-4 (activities will not need to be completed in any specific order).

**Four hands-on activities:**



**MESSAGE IN THE MIRROR**



**NICOTINE IS NICOTINE**



**HIDDEN DANGERS**



**VIDEO**

As students move through the maze, they will complete an activity sheet (provided) which will allow them to take home the messaging learned. At the end of the experience, a completed sheet will qualify each student for a branded giveaway of their choice. Based on past high school events, this initiative is best suited for students aged 13-15 who are just beginning to learn about and be exposed to vaping. This said, the events are appropriate and informative for teens of all ages.

Please visit [considertheconsequences.ca](https://considertheconsequences.ca) to find out more. If you are interested in registering for a school event, simply contact me at:

- › Submit your registration [online](https://considertheconsequences.ca)
- › Email: [vapingtour@proofexperiences.com](mailto:vapingtour@proofexperiences.com)



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