

# OPERATION TRUTH

## FOLLOW-UP DISCUSSION GUIDE

The in-person Not An Experiment Operation Truth activity provides an opportunity for students to learn about cannabis and vaping.

These supplemental questions can be used to generate further discussion and reinforce student learning following the Not An Experiment Operation Truth activity.

Teachers are encouraged to explore [NotAnExperiment.ca](http://NotAnExperiment.ca) with their students for additional information and learning.

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### ACTIVITY KEY MESSAGES:

- Vaping cannabis can negatively affect someone's health.
  - High levels of THC in cannabis e-liquid can increase the risk of addiction.
  - Vaping cannabis can negatively affect mental health.
  - There are many ways to stand up to the pressure to vape.
  - It is against the law to have, share, buy, or use cannabis under the age of 19.
  - Vapes create toxic waste that can harm the environment.
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### DISCUSSION QUESTIONS:

**1. We learned in the game that vaping cannabis can negatively affect your physical and mental health. What are some examples of this?**

- **Key Fact:** Vaping cannabis regularly before the age of 25 years can harm the part of the brain that helps you make decisions, solve problems and manage emotions. This is because the brain is still developing.

Possible answers include:

- Vaping cannabis can harm the development of the brain.
- It can make it harder to concentrate and remember what you learned.
- Vaping cannabis can damage the heart and lungs.
- A person's coordination and energy can be impacted. This can affect your ability to be active, run, dance and play sports.
- Cannabis can make feelings of stress, anxiety and depression worse.
- In some cases, it can cause a person to have trouble telling what's real from what's unreal. This can include hearing voices that aren't there or seeing things that others don't see.

**2. Doctor Mindwell discussed a few ways to handle stress. What are some ways people can cope with stress?**

Possible answers include:

- Play with your pet. E.g., Take your dog for a walk.
  - Listen to music you enjoy.
  - Take a warm shower or wash your face and hands.
  - Drink a glass of water.
  - Get to bed at a good time for a good night's sleep.
  - Play/practice your favourite sport.
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**3. A) The game taught us that high levels of THC in cannabis e-liquid can increase the risk of addiction. What does addiction mean?**

Possible answer includes:

- The more you vape cannabis, the more your body and brain become used to it. This means you'll need to vape more to get the same effect, which can lead to addiction.

**B) How can someone tell if vaping is affecting them?**

- It is getting in the way of school, work or sleep.
  - It is causing problems.
  - They feel anxious or upset when they can't do it.
  - They are doing it a lot.
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**4. If someone wanted to vape less or quit vaping cannabis, what could they do?**

Possible answers include:

- Find a supportive and encouraging friend.
  - Talk to a trusted person (i.e. parent, teacher, counsellor, doctor, nurse).
  - Check out [NotAnExperiment.ca/quitting/](https://www.notanexperiment.ca/quitting/) for quit supports.
  - Download the [Quash](#) App.
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**5. Why does the vaping industry want teens to start vaping?**

Possible answer includes:

- If someone starts vaping as a young person, they are more likely to become addicted and become a long-term customer. It's all about the money.

**6. What tricks does the vaping industry use to make vaping cannabis seem fun, safe and cool for teens, although it's not?**

Possible answers include:

The industry uses:

- Flavours like cotton candy or mango.
- Bright or colourful packaging.
- Influencers/promotional ads on social media.

- Cartoon characters.
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**7. Agent Moth taught you that vapes create toxic waste. How do you think this harms the environment?**

Possible answers include:

- Vape litter does not break down.
  - The metals, lithium batteries, and e-liquid inside the vape can leak into soil and water.
  - Batteries in vapes can cause fires if not disposed of properly.
  - Toxic waste can harm animals and people. For example, animals may eat the pieces or drink the e-liquid and become sick; children can be poisoned by the e-liquid.
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**8. Why is it against the law to have, share, buy or use cannabis under the age of 19?**

Possible answers include:

- The law is in place to protect young people.
- Vaping can hurt growing brains and bodies, and starting early can lead to addiction.