

# ESCAPE THE EXPERIMENT

## TEACHER FACILITATION GUIDE

*Escape the Experiment* is an escape room-style game that includes challenges designed to explore the truth about vaping. The game is an interactive way to engage students in learning about the risks of vaping.

The activity was developed for students in grades 7-12. Students in grade 6 can also enjoy it; they just may need a few more hints! A *Student-Led Facilitation Guide* is available to support older students to run the activity.

The activity takes about 60 minutes to complete, including a debrief discussion at the end using the [Discussion Guide](#).

The escape room game is in lesson 1 in the [Vaping Prevention Lessons: Grade 7 & 8](#). Educators are encouraged to use these as well as the other resources available on [NotAnExperiment.ca/educators](http://NotAnExperiment.ca/educators) website so students can be provided with as many learning opportunities as possible.

The escape room activity moves players through challenges designed to teach these key learnings:

1. The industry targets youth with candy and fruit flavoured e-liquid. Don't be tricked.
2. Vaping has long-term health effects.
3. Most e-liquids contain nicotine which is highly addictive.
4. Nicotine can alter the teenage brain and affect memory and concentration.
5. If you vape you may be more likely to start smoking cigarettes.
6. Vaping can make feelings of stress, anxiety, and depression worse.

This guide includes the following:

- a) **Getting Started** (Page 2)
- b) **Set-Up Instructions** (Pages 3 to 4)
- c) **Facilitation Instructions and Answer Key** (Pages 5 to 13)
  - Tip Sheet 1 - Introducing the Escape Room
  - Tip Sheet 2 - The Chemistry Lab
  - Tip Sheet 3 - The Biology Lab
  - Tip Sheet 4 - The Computer Lab
  - Tip Sheet 5 - The Final Station
- d) **Quick Reference Answer Key** (Pages 14 to 15)

# Getting Started

## Facilitator Role:

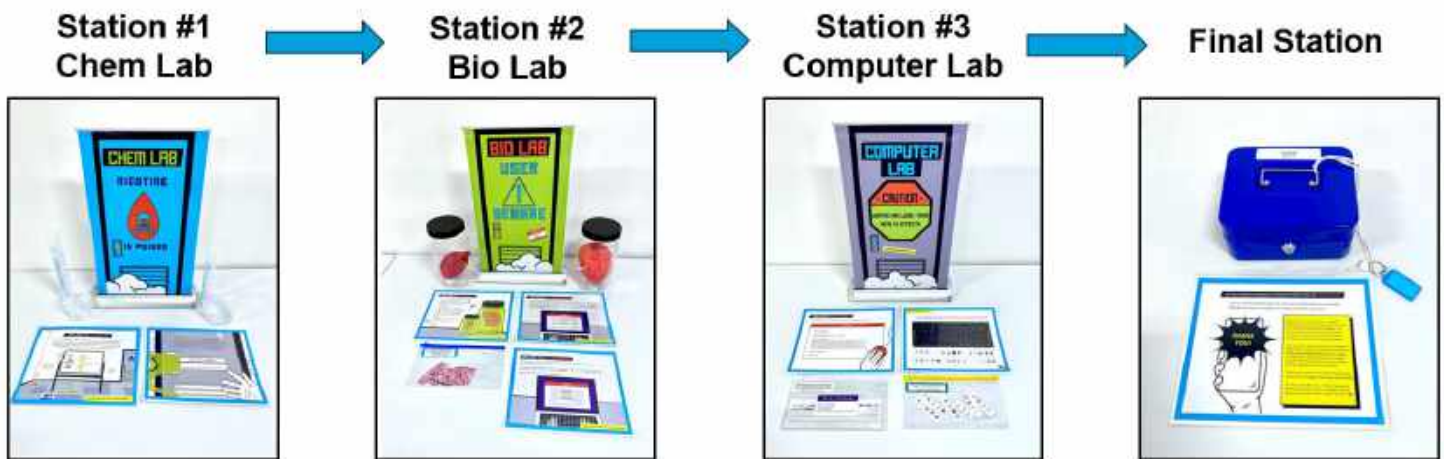
As the facilitator of the escape room activity, your role is to organize the game in advance so the players can learn about vaping and the industry that makes and markets these products, using an interactive and engaging approach. Once the game starts, you will do a brief introduction, keep things running smoothly and check answers for each challenge. Don't worry, you have Tip Sheets with answers and other helpful hints for each station to help you! Refer to **Facilitation Instructions and Answer Key** on **pages 5 to 13**.

## Facilitator Preparation:

- Review [NotAnExperiment.ca](http://NotAnExperiment.ca) to learn important background information about vaping.
- Get familiar with the [Escape the Experiment activity](#) including the different challenges and the [Discussion Guide](#).
- **Print one copy of the game for each team** of (3-5) players. Open the [PDF file](#) of the game and print it on standard paper single sided. Separate the game into challenge piles. Fold one set of 4 lab books (A, B, C, D) for each team. If time is limited, pre-cut challenge #2 – the brain puzzle. You can also contact your public health unit to see if they have pre-made Not An Experiment game kits available to loan.
- Set up each station where players will receive challenges. Refer to the **Set-Up Instructions** on **pages 3 to 4**.
- Arrange desks/tables into areas for each team.
- Arrange a simple prize for the winning team or for each student as teams complete the game (Optional)
- **NOTE:** Students who are absent on the day of the escape room game can complete the online version at [NotAnExperiment.ca](http://NotAnExperiment.ca)

## Moving Through the Challenges:

1. The game begins with an Introduction Page. Each team must read this introduction to discover that Station #1 – The CHEM LAB is where they will find their first challenge.
2. Team leaders will go to the first station to receive their first challenge and bring it back to where their team is working.
3. Teams work together to solve the challenge.
4. Once finished, the team leader brings the completed challenge back to the station where they received it, to have their answer checked and receive the next challenge.
5. Teams will continue solving challenges until they unlock the final station.



## Set-Up Instructions

The game can be played in the classroom or a larger room (e.g., gym or cafeteria). If there is one facilitator, stations can be set up on tables side-by-side so the facilitator can lead all stations. If there are multiple facilitators, stations can be set up in each corner of the room.

**Note:** Please reach out to your local public health unit as they may offer support for this activity.

## Introduction

Before starting, each team should have:

- Introduction page (1 per team)
- Lab books (1 set of A, B, C, D per team)
- Pencils (3-5 per team)



## Station 1 - Chemistry Lab

Items at this station include:

- Chemistry Lab sign (optional)
- Chemistry Lab Props (optional)
- Challenge #1 – Chem Lab
  - Chem Lab Word Jumble (1 per team)
  - Door Passcode (1 per team)



## Station 2 - Biology Lab

Items at this station include:

- Biology Lab sign (optional)
- Biology Lab props (optional)
- Challenge #2: Bio Lab Introduction
  - The Bio Lab Introduction (1 per team)
  - and Brain Puzzle (1 per team)
- Challenge #3A – Computer Passcode 1 (1 per team)
- Challenge #3B – Computer Passcode 2 (1 per team)



## Station 3 - Computer Lab

Items at this station include:

- Computer Lab sign (optional)
- Challenge #4: Code Breaker
  - Email 1
  - Email 2
  - Keyboard Worksheet (1 per team)
  - Coded Messages x 2 (1 per team)



## Final Station

Items at this station include:

- Lock Box and Key (Optional)
- Story Completion Page (1 per team)

Optional: Provide a prize of your choosing inside the lockbox.



# Facilitation Instructions and Answer Key

Use the **Tip Sheets** provided as a guide for facilitating the escape room game. Each Tip Sheet includes a *Sample Script* and *Answer Key* with **detailed instructions** for how to solve the challenges and helpful hints for players.

Once familiar with the game, facilitators can use to the **Quick Reference Answer Key** on **pages 14 to15**.

## TIP SHEET 1: Introducing the Escape Room

### Sample Script

Before starting, group players into teams of up to 3-5 players. Each team should be seated together at a table or on the floor with a set of **4 lab books**, an **Introduction page**, and up to **3 pencils**.



Explain to the players they will be participating in an escape room style game where they will be solving challenges to uncover the truth about vaping and the industry behind the products. Teams of up to 3-5 players will work together to solve each challenge.

Describe how to play the game.

1. Each team can appoint a leader and choose a team name (optional).
2. Each team will be asked to solve several challenges. Teams will use the pencils to write directly on the challenge sheets.
3. Teams will need to use the 4 lab books that contain clues to help them solve each challenge. They will need all 4 lab books for each challenge.
4. Team leaders will be responsible for retrieving each challenge from each station. When a team solves a challenge, the team leader will bring the answer back to the same station to have it checked. If the answer is correct, they will be given the next challenge. If teams are stuck, remind teams to reread clues carefully, look at the lab books for hints, or provide hints if needed.
5. When the facilitator says "Go!" teams will read the Introduction Page. The team leader will then go to the Chemistry Lab (CHEM LAB) to get their first challenge and bring it back to their team.
6. Teams can race to try and finish first, but it's important they read the challenges carefully or they will miss important information that will help them solve the challenges.

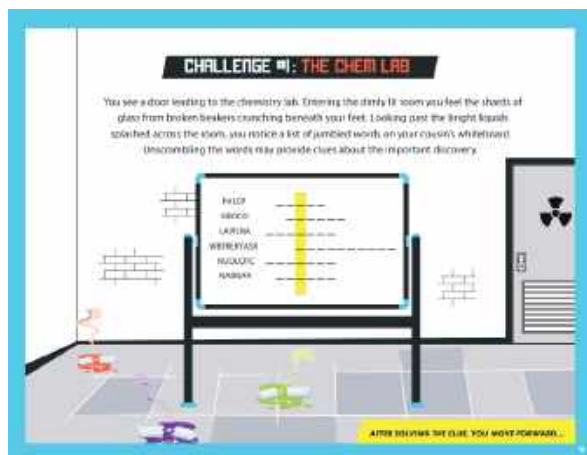
## TIP SHEET 2: The Chemistry Lab Station

### Sample Script

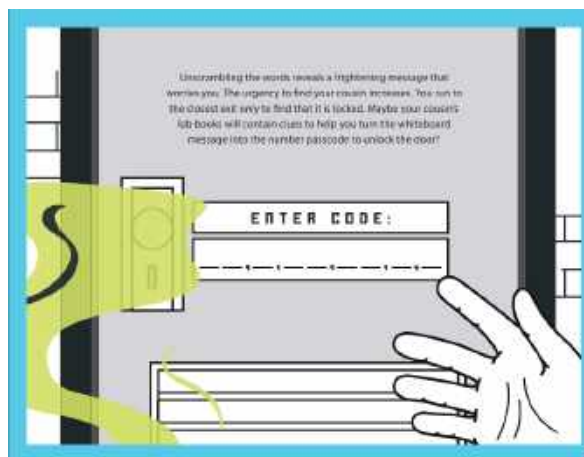
#### Welcome:

Welcome players to the Chemistry Lab (CHEM LAB). Provide the team leader with **Challenge #1** including the Chem Lab Word Jumble and Door Passcode. Remind players to read the instructions carefully and use their lab books for clues. Ask players to return to the CHEM LAB when they think they have the correct answer.

#### Challenge #1: Chem Lab Word Jumble



#### Door Passcode



#### Station Completion:

*[Players return with completed challenges]*

Check answers using the **CHEM LAB - Answer Key** on **page 7**. If the answers are correct, direct students to the next station, the Biology Lab (BIO LAB). If answers are incorrect, provide a hint (see *Hints for Players* on the answer key for suggestions).

“What secret word did you find on the whiteboard? **[Answer: POISON]**. What is the door passcode? **[Answer: 15, 8, 53, 16, 8, 7]**. Correct! You have unlocked the BIO LAB. Go to the Bio Lab to find your next clue.”

## CHEM LAB – Answer Key

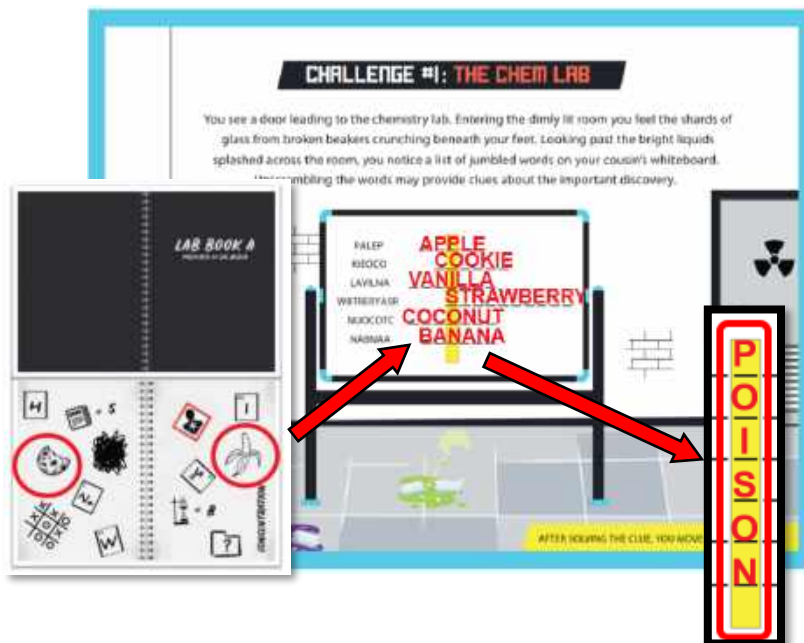
### Challenge #1 – Word Jumble

#### How to Solve:

- Pictures of each scrambled word can be found in each lab book. All 4 lab books will be used to find clues (only 1 lab book is shown in the example).
- The words and pictures are e-liquid flavours (i.e., cookie, banana, etc.).
- Once the words are unscrambled, the word **POISON** is revealed.
- **Answer: POISON**

#### Hints for Players:

- Use your lab books for picture clues of the scrambled words.



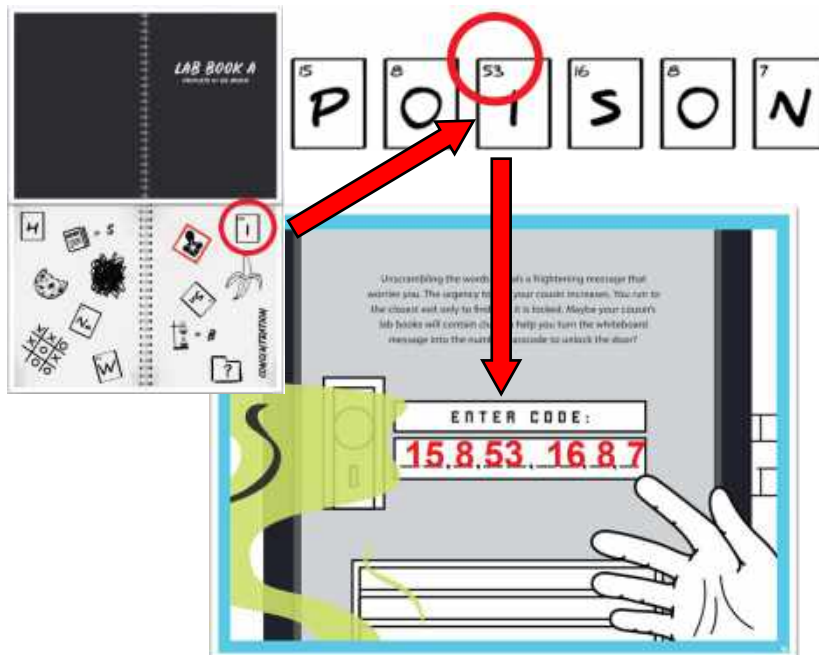
### Challenge #1 – Door Passcode

#### How to Solve:

- Each letter of the secret word from the whiteboard (POISON) is matched to a number found in the lab books (i.e., The letter "I" is 53)
- All lab books will be used to find each letter and number.
- **Answer: 15, 8, 53, 16, 8, 7**

#### Hints for Players:

- What word was revealed on the whiteboard?
- What kind of password do you need ("number passcode")?
- Look at your lab book to see how to create a number passcode.



# TIP SHEET 3: The Biology Lab

## Sample Script

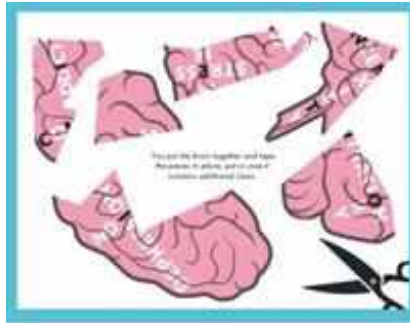
### Welcome:

Welcome to the Biology Lab (BIO LAB). Provide the team leader with **Challenge #2** including the Bio Lab Introduction Page and the Brain Puzzle, and **Challenge #3** including Computer Password 1 and Computer Password 2. Remind players to use the completed brain puzzle from Challenge #2 to solve Challenge #3 (A & B) and use their lab books for clues. Ask players to return to the BIO LAB to check their answers.

**Challenge #2** Bio Lab Introduction Page



Brain Puzzle



**Challenge #3A:** Computer Password 1



**Challenge #3B:** Computer Password 2



### Station Completion:

**[Players return with their completed challenges]**

Check answers using the **Bio Lab - Answer Key** on **page 9**. If the answers are correct, direct students to the next station, the Computer Lab. If answers are incorrect, provide a hint (see *Hints for Players* on the answer key).

“Correct! The first password is the most addictive ingredient in vapes **[Answer: NICOTINE]**. The second password is a feeling that increases when a person vapes **[Answer: STRESS]**. You have unlocked the Computer Lab. Go to the Computer Lab to find your next clue.”

## BIO LAB – Answer Key

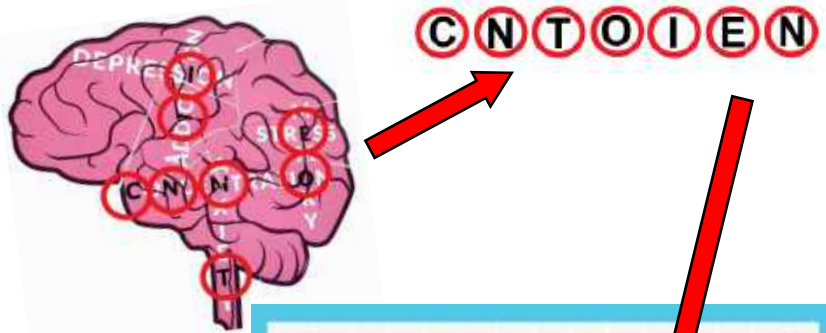
### Challenge #2 – Brain Puzzle

#### How to Solve:

- Assemble the 6 puzzle pieces to reveal a brain.

#### Hints for Players:

- Connecting letters to make words will bring the puzzle together.



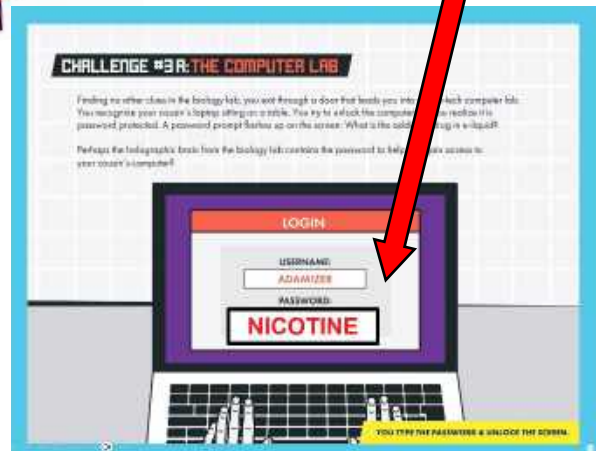
### Challenge #3A – Password 1

#### How to Solve:

- Write down the shaded letters (C N T O I E N) discovered in the brain puzzle to solve the password prompt question: “What is the addictive drug in e-liquid?” Unscramble the letters to reveal the password.
- Answer: NICOTINE**

#### Hints for Players:

- Do any letters stand out?



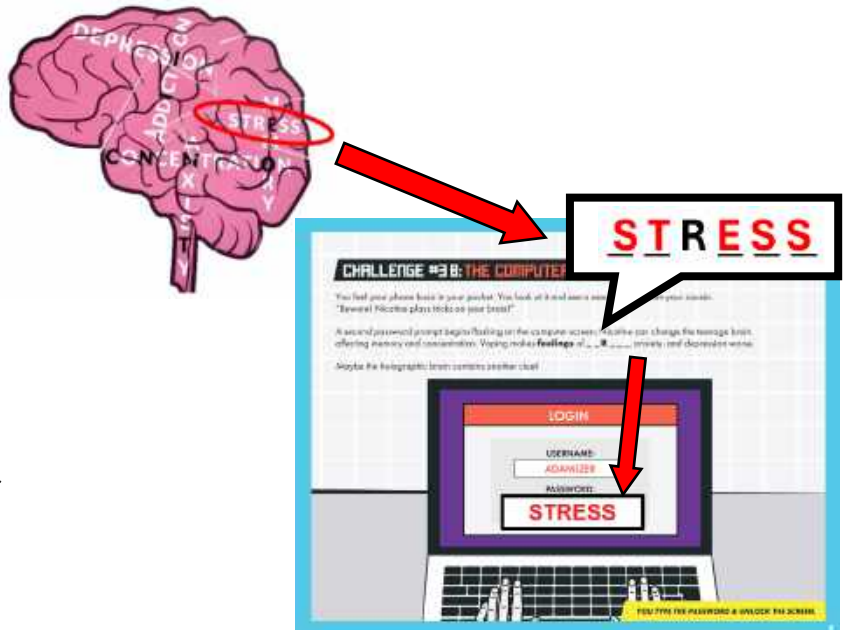
### Challenge #3B – Password 2

#### How to solve:

- Use the brain puzzle to find the 6-letter missing word (STRESS) to fill in the blank and answer the second password prompt: “Vaping makes **feelings** of \_\_ R \_\_\_\_, anxiety, and depression worse.”
- Answer: STRESS**

#### Hints for Players:

- Read the challenge carefully. Use your brain puzzle letters to look for clues.
- Do you see any 6-letter words in the brain puzzle?



# TIP SHEET 4: The Computer Lab Station

## Sample Script

### Welcome:

Welcome students to the Computer Lab. Provide players with **Challenge #4** including Email 1, the Keyboard Worksheet and Email 2 with coded message worksheets. Depending on time, teams can receive all 6 coded messages, or the facilitator can provide 1 message per team. Remind players to read the instructions carefully and use their lab books for clues. Ask players to **return with their whole team to the Computer Lab** to check their answers.

### Challenge #4: Email 1



### Keyboard Worksheet



### Email #2



### Email #2 Coded Messages



### Station Completion:

*[Players return with their completed challenges]*

Check answers using the **Computer Lab - Answer Key** on **pages 11 to 12**. Have players from each team read one of the 6 sentences they decoded back to you. If answers are correct, direct players to the **Final Station** with their team. If answers are incorrect, provide a hint (see *Hints for Players* on the answer key).

“What research discoveries did each of you find in Dr. Mizer’s coded messages?”

#### Answers:

- 1) The industry targets youth with candy and fruit flavoured e-liquid. Don’t be tricked.
- 2) Vaping has long-term health effects.
- 3) Most e-liquids contain nicotine which is highly addictive.
- 4) Nicotine can alter the teenage brain and affect memory and concentration.
- 5) If you vape you may be more likely to start smoking cigarettes
- 6) Vaping makes feelings of stress, anxiety, and depression worse.

## COMPUTER LAB – Answer Key (1 of 2)

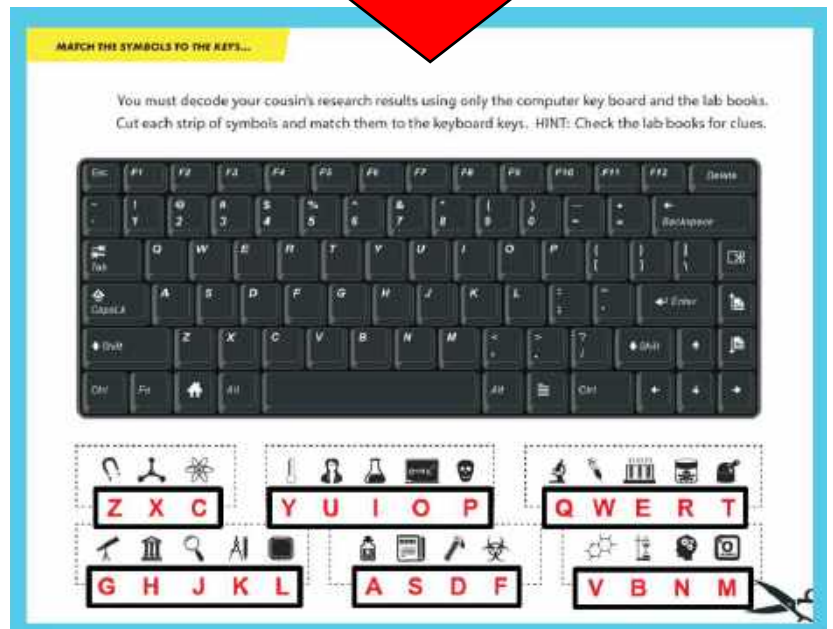
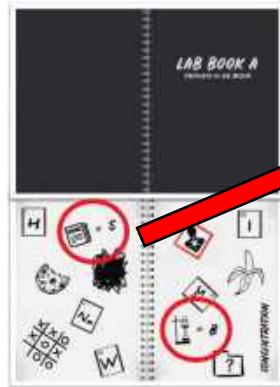
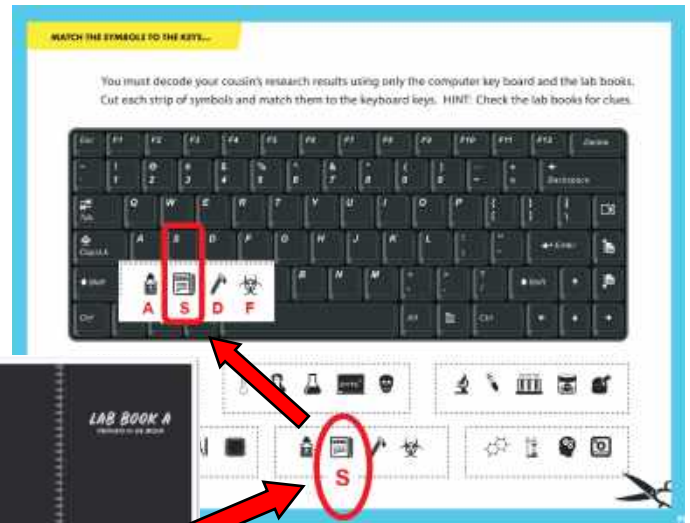
### Challenge #4 – Keyboard Worksheet

#### How to Solve:

- **Step 1** - Find 1 symbol from each symbol strip inside the lab books. Each symbol is matched to a letter on the keyboard. All lab books are needed to find clues.
- Players should write the letters directly on the keyboard worksheet for easy reference when breaking the code.
- **Step 2** - Once 1 symbol is matched to 1 letter on each symbol strip, move the symbol strip onto the keyboard to match the symbols to the keys. This will uncover the other letters for the remaining symbols.

#### Hints for Players:

- Have students read the instructions on the keyboard page to you.
- **Step 1** - Do you see a match between symbols on the keyboard and what is in your lab books?
- Show players how 1 symbol matches a keyboard letter in a lab book.
- **Step 2** - How can you figure out what letters the rest of the symbols on that strip are?
- Show players how to move the symbol strips on the keyboard to find the letters for the other symbols e.g. "If this newspaper symbol is an S, then the symbol next to it is what?"



## COMPUTER LAB – Answer Key (2 of 2)

### Challenge #4 – Email 2 – Coded Messages

#### How to Solve:

- Use the decoded Keyboard Worksheet to decode Email 2 – Coded Messages.
- Players should write directly on the message strips.

#### Hints for Players:

- Use the decoded keyboard to solve the coded messages.

THE / THE / AND / WITH / AND / BE /

The industry targets youth with candy  
and fruit flavoured e-liquid. Don't be tricked.

VAPING / HAS / - / HEALTH / EFFECTS.

Vaping has long-term health effects.

MOST / E-LIQUIDS / WHICH / IS /

Most e-liquids contain nicotine which  
is highly addictive.

NICOTINE / CAN / ALTER / THE / TEENAGE / BRAIN /

Nicotine can alter the teenage brain  
and affect memory and concentration

IF / YOU / YOU / MAY / BE / MORE / LIKELY / TO /

If you vape you may be more likely to  
start smoking cigarettes

VAPING / MAKES / FEELINGS / OF / STRESS, / ANXIETY /

Vaping makes feelings of stress, anxiety and  
depression worse.

## TIP SHEET 5: The Final Station

### Sample Script

#### Welcome:

Congratulate each team with the **Final Message**. Ask teams to read it together where their group has been working. Optional: Provide each player with a small prize.



#### Station Completion:

Once all teams have completed the escape room, facilitate a brief discussion to talk about the 6 key messages learned in the game. Refer to the [Discussion Guide](#) for a sample of possible questions.

Optional: Depending on time, facilitators may read the Final Message to the group or review the 6 key messages by having students read them out loud.

The escape room is an action in lesson 1 of the 3 Lesson Plan Series. Facilitators can continue to deepen the discussion and learning about vaping and the industry by completing the next two lessons. Visit [NotAnExperiment.ca/Educators](http://NotAnExperiment.ca/Educators) to explore the [Vaping Prevention Lessons: Grade 7 & 8](#).

# Quick Reference Answer Key

This **Quick Reference Answer Key** can be printed and used as short guide once facilitators are familiar with the game. Players may have questions throughout the game but before giving them detailed answers, the following prompts may help to get them back on track: 1) Read the challenge instructions again. 2) Check **all** the lab books for clues!

## Station 1: Chemistry Lab

### Challenge #1 - The Chem Lab Word Jumble:

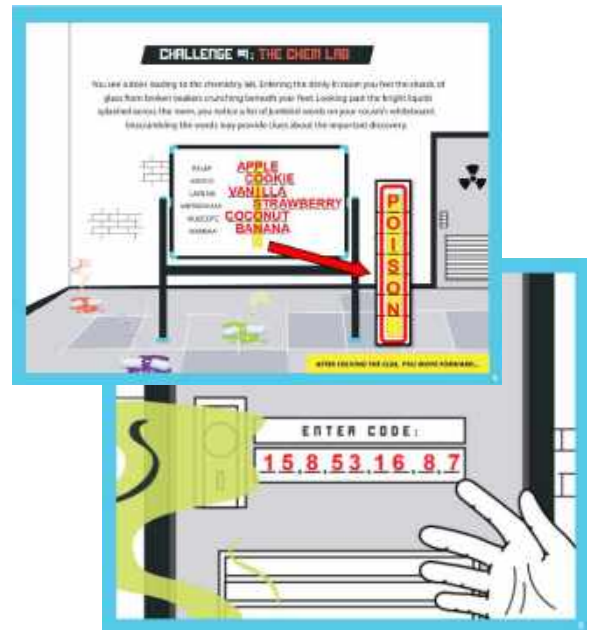
- Unscramble the list of words to find Dr. Mizer's hidden frightening whiteboard message.

**Answer: POISON**

### Challenge #1 - Door Passcode:

- Each letter of the secret word from the whiteboard (POISON) is matched to a number found in the lab books (i.e., The letter "I" is 53). All lab books will be used to find each letter and number.

**Answer: 15, 8, 53, 16, 8, 7**



## Station 2: Biology Lab

### Challenge #2 – Brain Puzzle:

- Assemble the 6 puzzle pieces to reveal a brain.

### Challenge #3A – Computer Password 1:

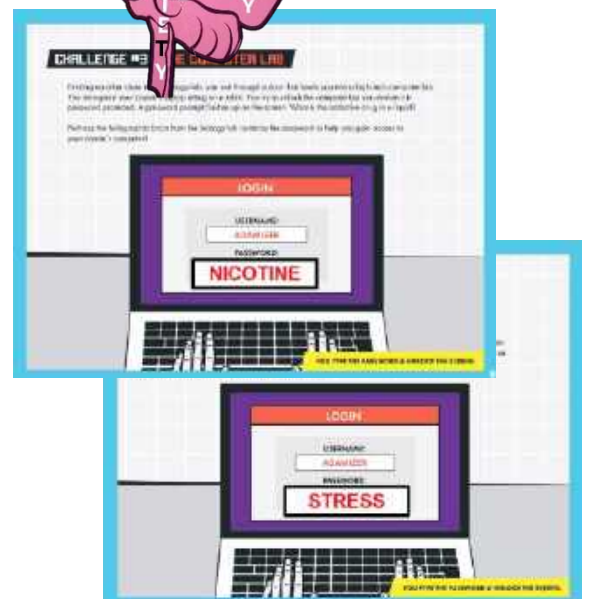
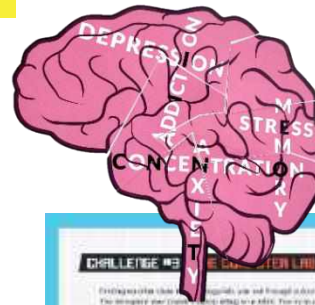
- Write down the shaded letters (C N T O I E N) discovered in the brain puzzle to solve the password prompt question: "What is the addictive drug in e-liquid?" Unscramble the letters to reveal the password.

**Answer: NICOTINE**

### Challenge #3B – Computer Password 2:

- Use the brain puzzle to find the 6-letter missing word (STRESS) to fill in the blank and answer the second password prompt: "Vaping makes *feelings* of \_\_ R \_\_\_\_, anxiety, and depression work."

**Answer: STRESS**

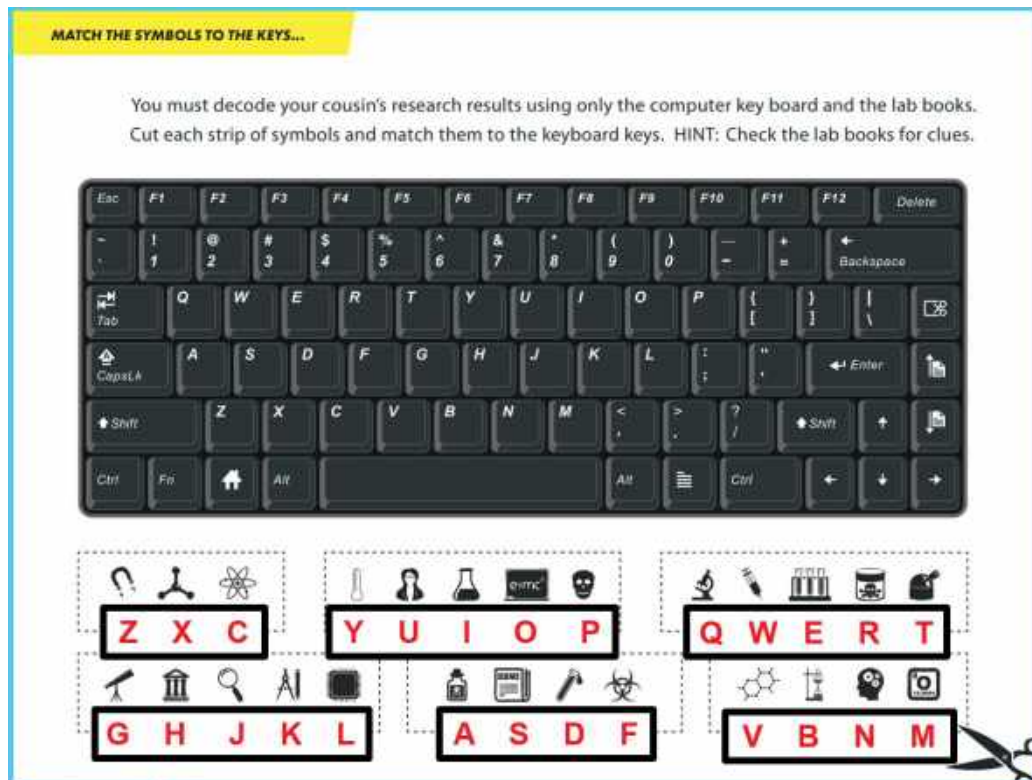


## Station 3: Computer Lab

### Challenge #4 – Keyboard Worksheet:

- **Step 1** - Find 1 symbol from each symbol strip inside the lab books. Each symbol is matched to a letter on the keyboard. All lab books are needed to find clues. Players should write the letters directly on the keyboard worksheet for easy reference when breaking the code.
- **Step 2** - Once 1 symbol is matched to 1 letter on each symbol strip, move the symbol strip onto the keyboard to match the symbols to the keys. This will uncover the other letters for the remaining symbols.

**Answer: See Image below**



### Challenge #4 – Email 2 - Coded Messages:

- Use the decoded Keyboard Worksheet to decode Email 2 – Coded Messages. Players should write directly on Email 2 – Coded Messages provided.

**Answers:**

- 1) The industry targets youth with candy and fruit flavoured e-liquid. Don't be tricked.
- 2) Vaping has long-term health effects.
- 3) Most e-liquids contain nicotine which is highly addictive.
- 4) Nicotine can alter the teenage brain and affect memory and concentration.
- 5) If you vape you may be more likely to start smoking cigarettes
- 6) Vaping makes feelings of stress, anxiety, and depression worse.

***Once your players have de-coded the messages,  
provide the Final Message and congratulate them on escaping the experiment***

# Certificate of Achievement

This certificate is awarded to:

For successfully organizing and leading the  
Escape the Experiment activity for a student audience.

As a peer leader, you empower young people to recognize  
the risks of vaping, guiding them towards making informed  
decisions about their health.



Date:

Presented by:

Signature:

**NOT AN EXPERIMENT**