

ESCAPE THE EXPERIMENT

STUDENT-LED FACILITATION GUIDE

Escape the Experiment is an escape room-style game that includes challenges designed for students to uncover the truth about vaping and the industry behind these products. The game is an interactive way to engage students in learning about the risks of vaping.

The activity was developed for students your age (grades 7-12), but students in grade 6 can enjoy it too; they just may need a few more hints! The activity takes about 60 minutes to complete, including a final discussion at the end using the [Discussion Guide](#). Older students can lead the activity for younger students too, and that's where you come in!

Why is your role as a student leader important? By running the escape room game for younger students, it shows that learning about vaping is important. By involving all members of the school community there is a greater chance that young people will be informed about the risks of vaping and be able to make informed decisions about their health.

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. **Planning Workbook** (Pages 5 to 15)
 - Tip Sheet 1 - Introducing the Escape Room
 - Tip Sheet 2 - The Chemistry Lab Station
 - Tip Sheet 3 - The Biology Lab Station
 - Tip Sheet 4 - The Computer Lab Station
 - Tip Sheet 5 - The Final Station
 - Tip Sheet 6 – The Final Discussion
- d. **Quick Reference Answer Key** (Pages 16 to 17)

Getting Started

Student Leader Role:

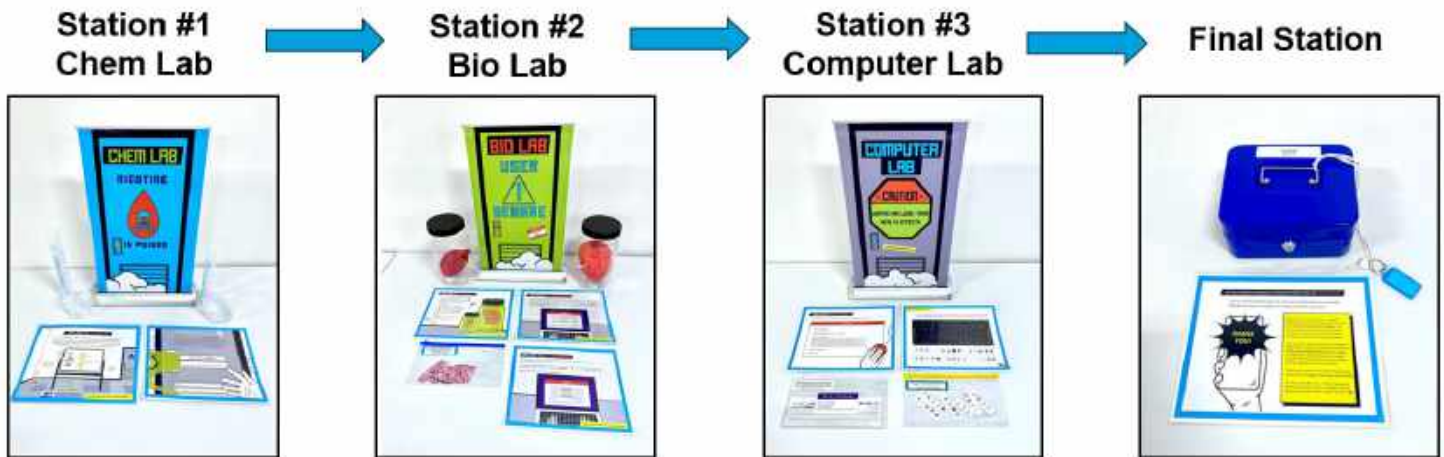
Before the day of the escape room, it's important to prepare and spend time getting organized. On the day of the game, you will introduce the game, keep things running smoothly and check answers for each challenge. At the end of the game, you will lead a brief discussion about the key learnings. Don't worry, you have a **Planning Workbook** including **Tip Sheets** with answers and other helpful hints for each station to help you!

Student Leader Preparation:

- Review 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**.
- Set up desks/tables into work team areas for each team.
- Choose 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 of the game at 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). Stations can be set up in each corner of the room. The pictures below show the supplies needed for each station. As an option, you can get creative by making or adding more props to make each Lab station look more realistic.

Prepare each station based on the number of teams in the class.

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



Planning Workbook

After reviewing the **Getting Started** section, **Set-Up Instructions**, and the [Escape the Experiment Game](#) you can use this workbook to help plan, prepare, and practice for the event.

Step 1: Decide on the date and time of the event, including what time you will arrive to set-up the escape room before the event starts (set up can take 15 to 30 min).

Step 2: Determine who will be leading each station listed in the table below.


Step 3: Use the **Tip Sheet(s)** provided on **pages 5 to 15** for your station(s) to help you prepare for the event. It may be helpful to print the Tip Sheet(s) that you will be leading.

Step 4: After the event, don't forget to celebrate what you have accomplished as a group of leaders!

Date:	Set-Up Time:	Start Time:	End Time
Station Leaders A minimum of 2 leaders per station is suggested. Depending on the number of leaders, you may lead more than one station (e.g., Introduction, Biology Lab and Final Station <u>OR</u> Chemistry Lab and Computer Lab).			
Introducing the Escape Room (Review Tip Sheet 1) Leader 1: _____ Leader 2: _____			
The Chemistry Lab (Review Tip Sheet 2) Leader 1: _____ Leader 2: _____			
The Biology Lab (Review Tip Sheet 3) Leader 1: _____ Leader 2: _____			
The Computer Lab (Review Tip Sheet 4) Leader 1: _____ Leader 2: _____			
Final Station (Review Tip Sheet 5) Leader 1: _____ Leader 2: _____			
Final Discussion (Review Tip Sheet 6) Leader 1: _____ Leader 2: _____			

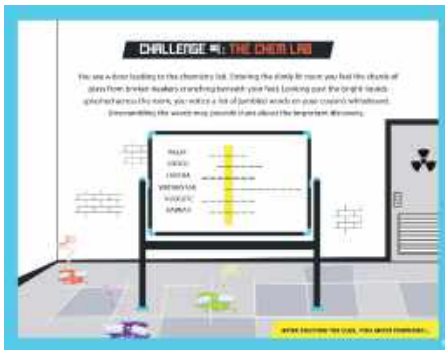
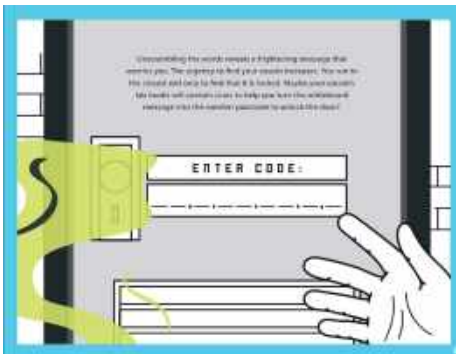
TIP SHEET 1: Introducing the Escape Room

In addition to this **Tip Sheet**, refer to **Getting Started**, **Set-Up Instructions** and the **Escape the Experiment Game** to practice leading your station. Use the **Sample Script** provided below or create your own. Practice how you will explain the game.

SAMPLE SCRIPT	
Leader 1:	"Welcome <i>[Grade/Class Name]</i> students! We are <i>[Student Group Name/ Student names]</i> and we are here to run an escape room activity with you."
Leader 2:	"Today you will uncover the truth about vaping and the industry behind the products. You will work in teams of up to 3-5 players to solve challenges in an escape room style game."
Leader 1:	<p>"Here are the instructions:</p> <ol style="list-style-type: none"> 1. Each team can choose a team name (optional) and one person to be a team leader. 2. Once the game starts, your leader will come and get the first challenge and take it back to your team. The leader is responsible for getting each challenge. 3. Work together to solve the challenge. The leader will bring it back to the station they got it from once your team thinks they have the correct answer. You can write on the challenge worksheet using a pencil. 4. If your answer is correct, you will receive the next clue. If not, go back to your team and try again. 5. The game will continue like this until your team solves the final challenge. 6. To help solve the challenges, your team has been given a set of 4 lab books. These books contain clues to help solve all the challenges and you will need all 4 lab books for each challenge. 7. If your team is stuck, remember to read the challenges carefully and look inside the lab books for hints. If you need more help, the leader can go back to the station for a hint. <p>Does anyone have any questions?"</p>
Leader 2:	<p>"Are you ready for your first clue? Follow along and listen carefully to discover which Lab has the first challenge."</p> <p><i>[Read the Introduction Page out loud]</i></p> <p>"Ready, set... Go!"</p> <p><i>[Team leaders go to the CHEM LAB to get the first challenge]</i></p> 

TIP SHEET 2: The Chemistry Lab Station

Use this **Tip Sheet** as a guide for leading the CHEM LAB station. Use the **Sample Script** to practice your role and the **Answer Key** to learn how to solve the challenges and provide hints to players who may need help. When all players have completed the CHEM LAB challenges, you can walk around the room to check if any groups need hints to complete other challenges.

SAMPLE SCRIPT	
Leader 1	<p>“Welcome to the CHEM LAB! Here is your first challenge. Don’t forget to work together and look in your Lab Books for clues! Return to the CHEM LAB when you are done.”</p> <p><i>[Give the team leader Challenge #1: Chem Lab Word Jumble]</i></p> 
Leader 2	<p><i>[Team leaders return to check their answer]</i></p> <p>“What frightening secret word did you find? [Answer: POISON]. Correct! Your next challenge is to decode this secret word to unlock the door. Don’t forget to use your lab books to find clues! Return to the CHEM LAB when you are done.”</p> <p><i>[Give the team leader Challenge #1: The Door Passcode]</i></p> 
Leader 1	<p>“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.”</p>

CHEM LAB – Answer Key

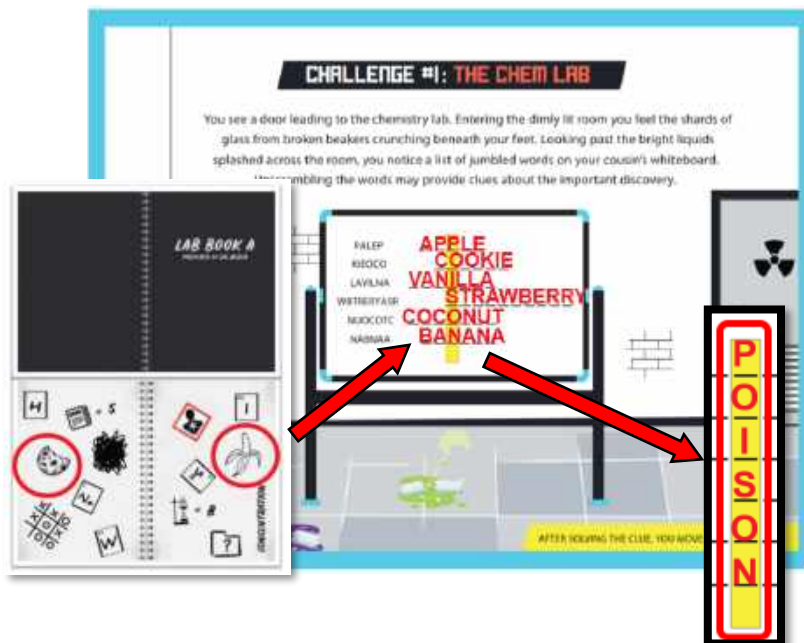
Challenge #1 – Word Jumble

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.



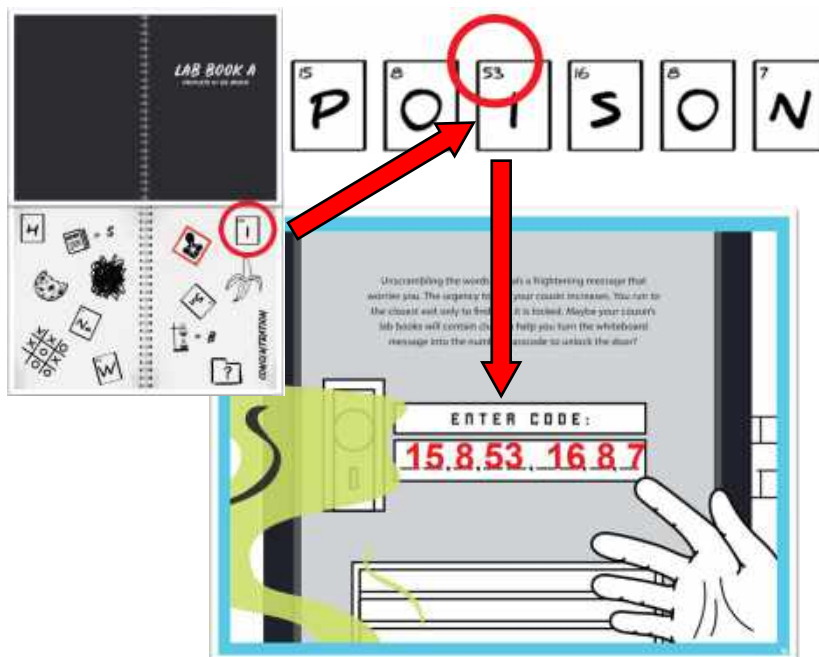
Challenge #1 – Door Passcode

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 Station

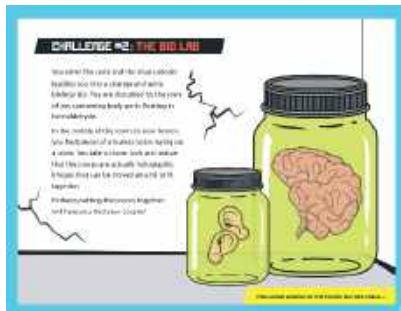
Use this **Tip Sheet** as a guide for leading the BIO LAB station. Use the **Sample Script** to practice your role and the **Answer Key** to learn how to solve the challenges and provide hints to players who may need help. When all players have completed the BIO LAB challenges, you can walk around the room to check if any groups need hints to complete other challenges.

SAMPLE SCRIPT	
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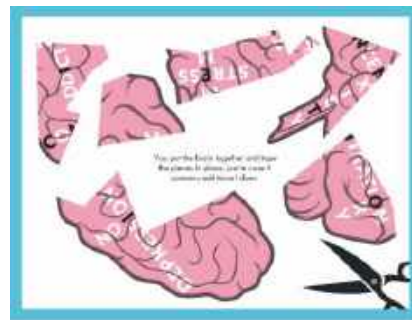
Leader 1 “Welcome to the BIO LAB! Read the introduction page to solve the brain puzzle. Next, use the brain puzzle to look for clues to solve the two computer passwords. Return to the BIO LAB with all your challenges when you are done.”

[Give the team leader all of Challenge #2 and Challenge #3 shown below]

Challenge #2: Bio Lab Introduction Page



Brain Puzzle



Challenge #3: Computer Password 1



Computer Password 2



Leader 2 *[Team leaders return to check their answers]*

“What is the first password, which is the most addictive ingredient in vapes? **[Answer: NICOTINE]**. What is the second password, which 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

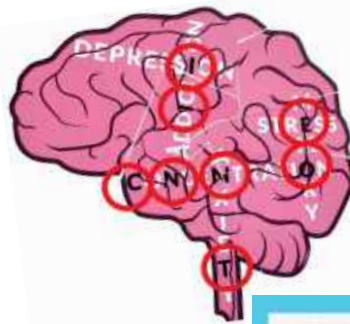
Challenge #2 – Brain Puzzle

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.

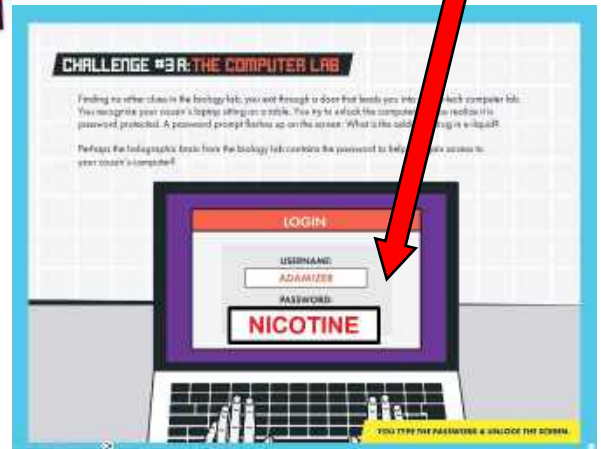


C N T O I E N

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:

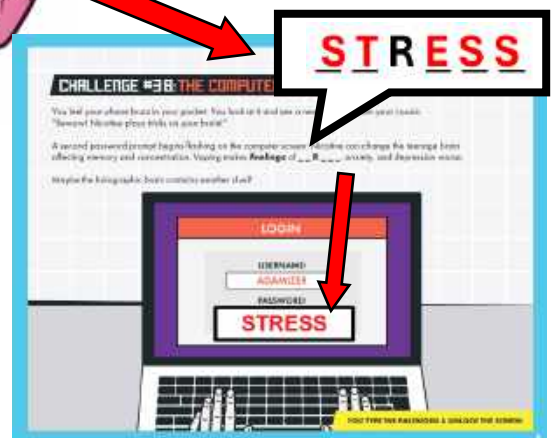
- Use the brain puzzle to find the 6-letter missing word (STRESS) to fill in the blank and answer the second password prompt: "Vaping makes **feelings** of __ R __ __, anxiety, and depression worse."
- Answer: STRESS**



S T R E S S

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

Use this **Tip Sheet** as a guide for leading the Computer Lab station. Use the **Sample Script** to practice your role and the **Answer Key** to learn how to solve the challenges and provide hints to players who may need help. When all players have completed the Computer Lab challenges, you can help clean-up the stations.

SAMPLE SCRIPT

Leader 1

“You’ve unlocked the computer and discovered that Dr. Mizer’s research results have been coded! First, crack the code using the Keyboard Worksheet and symbol strips, then you’ll be able to decode the messages. Read the instructions carefully and don’t forget to use your lab books for clues. Return to the Computer Lab once you have cracked the code.”

[Give the team leader all of Challenge #4 shown below]

Email 1



Keyboard Worksheet



TIP: If you are running out of time to complete the game, different teams can solve different coded messages but make sure to debrief all messages during the final discussion.

Email #2



Email #2 Coded Messages



Leader 2

[Teams return to check their answers]

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

[Have all players read one message to you. Answers below.]

- 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.

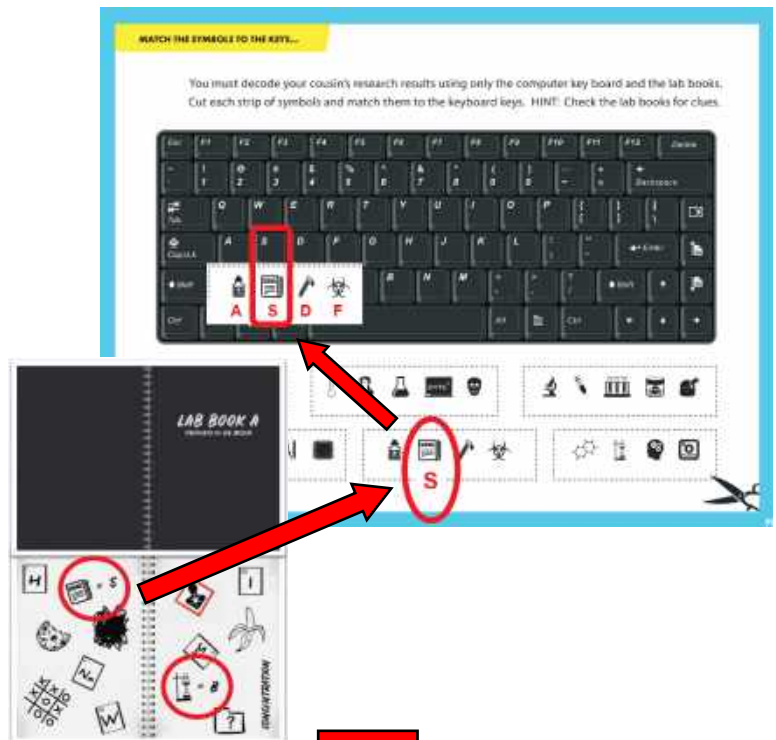
“Congratulations! You have escaped the experiment! Go to the **Final Station** to open the **lockbox** and receive the final message.”

COMPUTER LAB – Answer Key (1 of 2)

Challenge #4 – Keyboard Worksheet

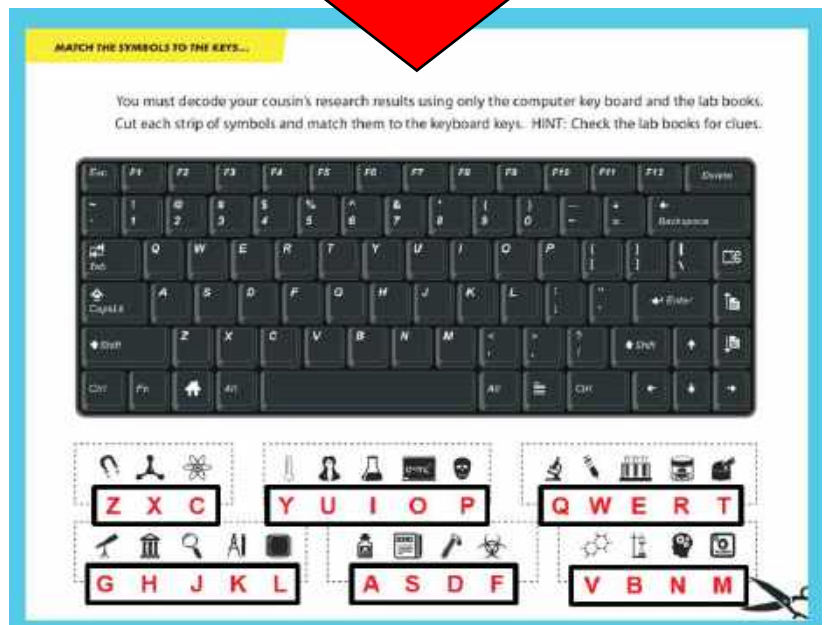
How to Solve:

- **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 symbol strips and what is in your lab books?
- Show players how 1 symbol in a lab book matches a keyboard letter.
- **Step 2** - How can you figure out what letters the rest of the symbols on that strips 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 message strips to solve the coded messages.

THE / 10000000 / 00000000 / 000000 / WITH / 0000 /
AND / 000000 / 0000000000 / 00-000000 / 0000 / BE /
00000000.

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

000000 / HAS / 00000 - 000000 / 00000000 / 00000000.

Vaping has long-term health effects.

MOST / 00-000000 / 00000000 / 0000000000 / WHICH /
IS / 000000 / 0000000000.

Most e-liquids contain nicotine which
is highly addictive.

00000000 / 000 / 000000 / 0000 / 00000000 / 000000 /
AND / 0000000 / 0000000 / AND / 00000000000000.

Nicotine can alter the teenage brain
and affect memory and concentration

IF / YOU / 0000 / YOU / MAY / BE / 000000 / 0000000 / TO /
START / 00000000 / 000000000000.

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

VAPING / MAKES / 000000000000 / OF / STRESS, / 0000000000 /
AND / 0000000000000000 / WORSE.

Vaping makes feelings of stress, anxiety and
depression worse.

TIP SHEET 5: The Final Station

Use this **Tip Sheet** as a guide for leading the Final Station. Use the **Sample Script** to practice your role and the **Answer Key** to learn how to solve the challenges and provide hints to players who may need help. When all players have received the Final Message, you can help clean-up the stations and return all pieces to the Game Kit.

SAMPLE SCRIPT

Leader 1

“Congratulations on escaping the experiment! Here is the final message from Dr. Mizer with the research discoveries. Read this Thank You message with your team.”



Leader 2

[Optional: Fill the lockbox with prizes for each player. Open the lockbox for each player to pick one prize OR provide prizes after the Final Discussion.]



TIP SHEET 6: The Final Discussion

Option 1: Choose from the questions in the [Discussion Guide](#) to lead a debrief discussion about the key messages discovered in the escape room. Alternatively, you can use the messaging within the game to create 2-3 reflection questions of your own. Use the sample worksheet below.

Option 2: Use the key message posters in the *Not an Experiment Game Kit* or create your own to be revealed during the final discussion. Ask the audience what they learned in the escape room about the effects of vaping and how the industry targets kids. Each time a student says one of the key messages, reveal the matching key message poster.

Option 1 – Sample Worksheet

Question #1: _____

Sample Answers:

- _____
- _____
- _____

Question #1: _____

Sample Answers:

- _____
- _____
- _____

Question #1: _____

Sample Answers:

- _____
- _____
- _____

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 during the game but before giving them answers, the following hints 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:

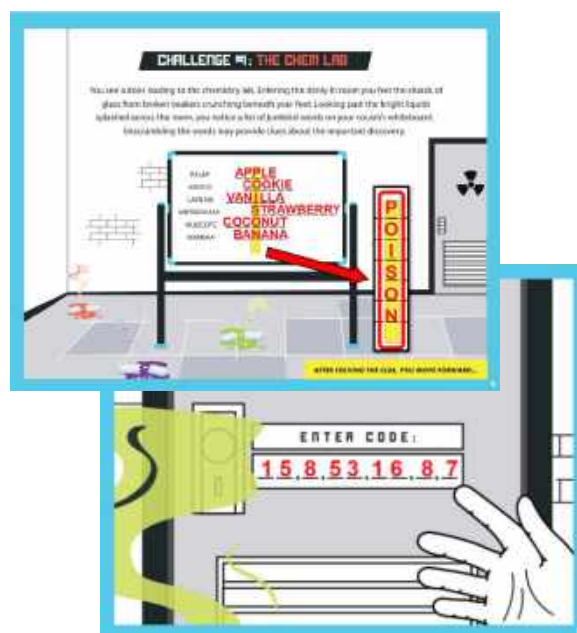
- Unscramble the list of words to find Dr. Mizer's hidden frightening whiteboard message.

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:

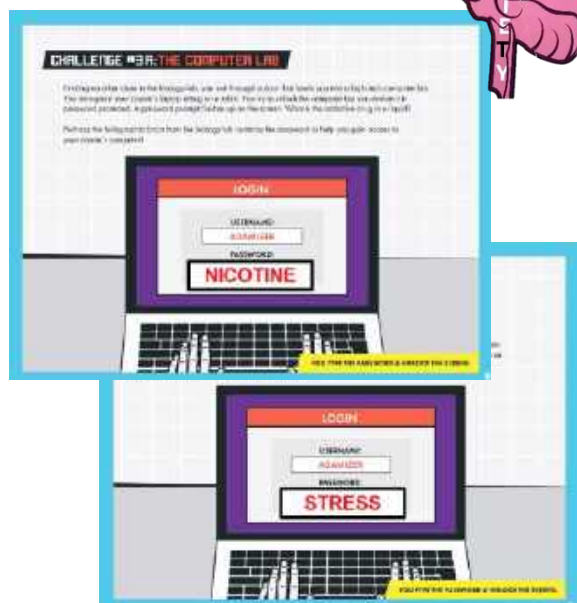
- Write down the shaded letters (C N T O I E N) discovered in the brain puzzle to solve the password prompt question: "What is the addictive drug in e-liquid?" Unscramble the letters to reveal the password.

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

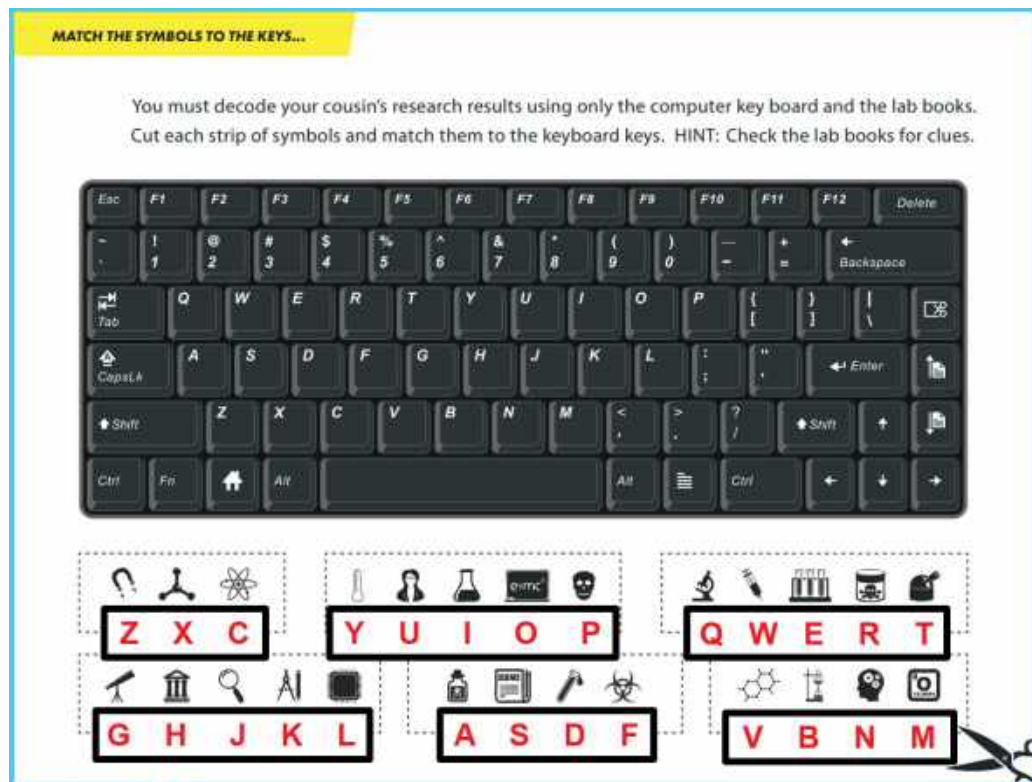


Station 3: Computer Lab

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, 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 in the envelope.

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