

# VAPING EDUCATION USER GUIDE

## “NO THANKS” MEMORY CHALLENGE

### OVERVIEW

The No Thanks Challenge is an interactive, educational activity designed to help participants learn and practice effective refusal skills related to vaping. Using memory and strategy, players match scenario and response cards that reflect real-life peer pressure situations—reinforcing skills in a fun, engaging way.

### OBJECTIVE

Participants will strengthen their understanding of effective refusal strategies for vaping. By matching refusal skill cards, they engage in low-pressure practice that builds confidence and prepares them for real-world decision-making. The player with the most points at the end of the game wins.

### RESEARCH-BASED APPROACH

Research shows that hands-on, interactive learning—such as matching activities and real-world scenario discussions—can improve refusal skills and help build students' confidence in resisting peer pressure.

### MATERIALS LIST

- 24 Refusal Skill Cards (12 pairs total):
  - Scenario Cards – depict common peer pressure situations
  - Matching Response Cards – show effective ways to say “no”
- Cards are color-coded and include matching icons to help identify correct pairs
- Optional: Timer for Fast-Play mode

### SET UP

1. Shuffle all cards and place them face down in a 4x6 grid
2. Determine who goes first (e.g., youngest player, roll dice, etc.)

#### Optional Game Variations:

- Team Mode: Players work in pairs, taking turns and discussing refusal strategies
- Fast-Play Mode: Use a timer to encourage quicker decisions and increase challenge



## ACTIVITY STEPS

### Introduce the Activity

1. Explain the purpose: to build and practice refusal strategies through a memory-matching challenge
2. Review the card system:  
Each scenario card has a matching refusal response card in the same color and graphic style
3. Encourage players to use logic, memory, and reasoning to make matches

### Activity Play

1. Flip Two Cards: Players take turns flipping two cards face-up
2. Match: If a scenario and its matching response are revealed, the player keeps the pair and earns 1 point
3. No Match: If the cards do not match, they are turned face-down again and play passes to the next player
4. Bonus Challenge (Optional): Players can act out the refusal strategy after a successful match for 1 bonus point
5. End of Game: When all pairs have been matched, the player with the most points wins

### Process the Experience

Wrap up the activity with a discussion using the provided prompts and talking points. This reinforces learning and encourages personal reflection.

## OPTIONAL DISCUSSION & TEACHING TOOLS

### Talking Points / Discussion Prompts

- Having a Plan Matters: Encourage students to think in advance about how they would respond if offered a vape
- Walking Away is Okay: Removing themselves from a situation is a valid and confident choice
- Practice Builds Confidence: Using these cards in a group setting can help students feel more prepared in real-life situations
- Playing = Practicing Refusal: Even light-hearted participation reinforces serious skills and opens up space for honest conversations

### Presentation & Facilitation Tips

- Use the Cards Beyond the Activity: Have players develop and personalize their own refusal responses based on the examples
- Discuss Body Language: Talk about how tone of voice, posture, and facial expressions can make a refusal more effective
- Adapt for Your Audience: Modify discussion depth and vocabulary based on age group or experience level

