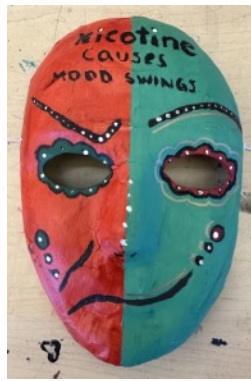




March's menu continues to explore the dangers that nicotine and vaping pose to our mind, body, and behavior.



A mood swing mask created by an 8th grader last year.

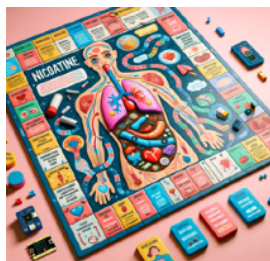


Students from 7B recording their song Veneno (Poison).

# 1

## VAPELAND

For March's Tech Cafe Menu, students can continue to create board games. Some games may have players land on "good" spaces or "bad" spaces. Bad spaces will contain nicotine/vaping dangers and players will have to move back spaces. Good spaces will have cards showing healthy additions like making art or playing basketball. For these spaces, players will move forward. Once these games are complete we plan to hold a gaming open-house.



# 2

## MOOD SWING MASKS

Students have been delving deeply into the effects of Nicotine on their growing minds. Nicotine triggers a rush of Dopamine (the pleasure chemical) in your brain. This unhealthy rush causes your brain to block dopamine. Once dopamine is blocked it takes more and more nicotine to bring people pleasure. Needing nicotine to bring pleasure leads to addiction, depression, and mood swings.

To show the effects of Nicotine, students are creating Mood Swing masks. One side will be happy, the other side sad or angry.

# 3

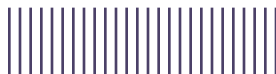
## VENENO (POISON)

7B students created a rap song (in Spanish) that warns teens about the dangers of vaping and Nicotine. In it, you learn that Vape smoke has the same chemicals as batteries and that addiction can cause you to miss out on important parts of your life.

Give it a listen!

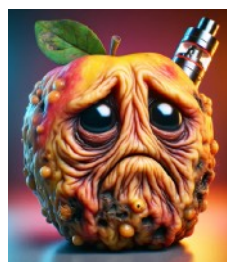


TECH



CAFE

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In March, students can choose to create a Vaping monster full of rotten flavors and cancerous chemicals.