



MEET OUR HEROES


They may not be the most conventional team, but they're always willing to fight for our right to live a healthy life!

The Healthy Heroes are a young group of friends, brought together by their common desire to promote good physical & mental health while defending the world from threats to everyone's right to live a healthy life. Their own consistent healthy lifestyles have led to them developing extremely powerful skills reflective of their unique personalities.

The Heroes are hanging out in their secret base, debating their favourite activities, when they see a news alert that the city is under attack by the evil Dr. Disarray who has promised to conquer the planet. The team springs into action and makes their way towards the city.

Directions: Each of the heroes lose their abilities when they encounter a substance (smoke, smog, spray) that gives a reaction in their bodies that mimic vaping nicotine, alcohol and cannabis. Your mission is to identify which substance causes each effect to help the heroes overcome or avoid them and save the city.

MADI - THE LEADER
CODE NAME: **MAVEN**



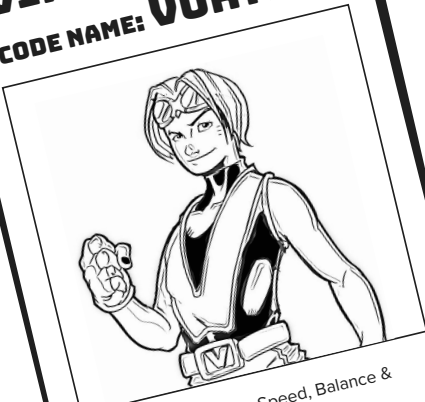
ABILITIES: Super Intelligence, Photographic Memory
BIO: Madi is smart, practical, and kind. She always looks out for the best interests of the team and does her best to steer them in the right direction.

ALEX - THE STRONG ONE
CODE NAME: **ATLAS**



ABILITIES: Super Strength
BIO: Alex is all heart. Fiercely loyal to his family and team. He is a protector by nature, always willing to throw himself in front of danger to help those in need. Has a healthy appetite (eats a lot!).

VIK - THE FAST ONE
CODE NAME: **VORTEX**



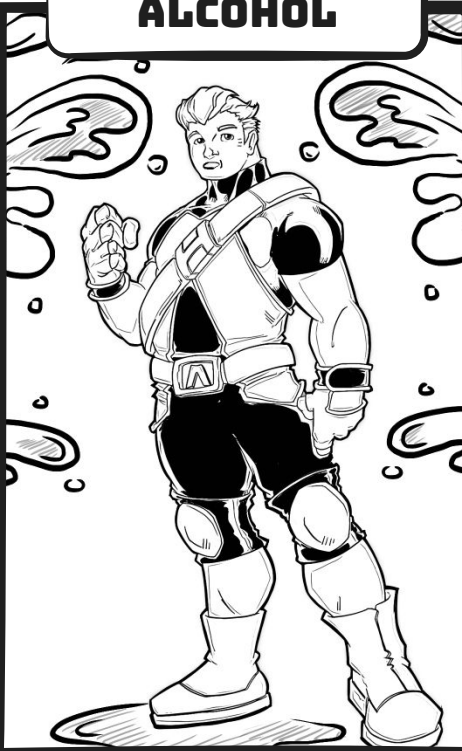
ABILITIES: Super Speed, Balance & Endurance
BIO: Vik is the skeptic of the group as well as being the most humorous. They have a light-hearted approach to life and regularly makes jokes during difficult situations to help the team get through tough challenges.

ACTIVITY: Match the effects listed on the effects scanner to the correct substance below.

CANNABIS



ALCOHOL



VAPING NICOTINE



**EFFECTS
SCANNER**



Anxiousness - Irritability - Trouble concentrating
 Blurry or double vision - Sore throat - Clumsy
 Strange thoughts - Nausea - Slurred words
 Slower reaction time - Forgetful - Intense cravings

CANNABIS

1. _____
2. _____
3. _____
4. _____

ALCOHOL

1. _____
2. _____
3. _____
4. _____

VAPING NICOTINE

1. _____
2. _____
3. _____
4. _____

Answer key:
 Cannabis: Forgetful, Trouble concentrating, Strange thoughts, Anxiousness
 Alcohol: Blurry or double vision, Slurred words, Clumsy, Slower reaction time
 Vaping nicotine: Irritability, Sore throat, Intense cravings, Nausea