



While you watch E-Cigarettes/ Vaping

Complete the sentences:

Vaping generates an _____ (composed of vapor and particles) that is breathed into your lungs, sending chemicals into your blood stream.

The liquid inside an electronic cigarette is composed of nicotine, _____, and other chemical compounds (including carcinogens).

Select the best response:

Nicotine:

- a) Is highly addictive
- b) creates a dopamine surge that makes you want to repeat the behavior
- c) causes an increased heart rate
- d) all of the above

Circle T (True) or (F) False:

- T F The earlier addiction starts, the more likely someone is to suffer from addiction and drug use later in life.
- T F A carcinogen is a substance that has the potential to cause cancer by acting on our DNA.
- T F Those who vape are less likely to begin smoking tobacco cigarettes than those who do not vape.
- T F Advertisers do not advertise to young people because the legal age to purchase and use electronic cigarettes is 18.
- T F The majority of teens do not use electronic cigarettes.

List 3 reasons for NOT using electronic cigarettes:

- 1.
- 2.
- 3.



While you watch E-Cigarettes/ Vaping

Complete the sentences:

Vaping generates an aerosol (composed of vapor and particles) that is breathed into your lungs, sending chemicals into your blood stream.

The liquid inside an electronic cigarette is composed of nicotine, flavoring and other chemical compounds (including carcinogens).

Select the best response:

Nicotine:

- a) Is highly addictive
- b) creates a dopamine surge that makes you want to repeat the behavior
- c) causes an increased heart rate
- d) all of the above**

Circle T (True) or (F) False:

- T F The earlier addiction starts, the more likely someone is to suffer from addiction and drug use later in life.
- T F A carcinogen is a substance that has the potential to cause cancer by acting on our DNA.
- T F Those who vape are less likely to smoke tobacco cigarettes than those you do not vape.
- T F Advertisers do not advertise to young people because the legal age to use electronic cigarettes is 18.
- T F The majority of teens do not use electronic cigarettes.

List 3 reasons for not using electronic cigarettes:

(will vary)

1. Cost
2. I don't want to become addicted
3. I can find other ways satisfy flavor cravings
4. It's illegal
5. The risk of long-term effects is unknown