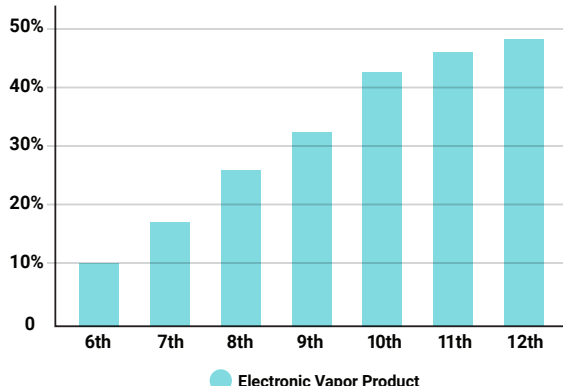


E-Cigarettes & Vaping

Definitions & Discussion Questions

Youth Who Admit Using E-Cigs



E-Cigarettes & Vaporizers (Vape Pens):

Battery-operated nicotine delivery devices that heat a liquid chemical mixture called e-liquid into an aerosol. A Chinese pharmacist is credited with inventing e-cigarettes in an attempt to create a healthier way to ingest nicotine after his father died of lung cancer.

E-Liquid: A liquid solution containing varying amounts of propylene glycol or ethylene glycol, glycerin, nicotine, flavorings and other chemicals heated in vaporizers and inhaled as an aerosol.



A majority of students chose not to use e-cigs or vape. Why do others try it? What is your choice?

Critical Thinking Section

Students:

- Do you know someone who vapes? Do you think it looks cool? Why or why not?
- Does your family have a rule about e-cigs and vaping? Do you agree with it? Why?
- Why are more middle school-aged children trying e-cigs?
- What would you do if someone asked you to vape in the bathroom at school?
- What are your consequences at home and school if you use vape at home or on campus?
- Do you know anyone who has gotten ill from vaping? What were their symptoms? Did they quit vaping?

E-Liquid Ingredients

Propylene Glycol or Ethylene Glycol:

An industrial chemical compound found in food, cosmetics, paint, and antifreeze. When heated, the chemicals in e-liquid emit toxicants and heavy metals that can cause illness and are linked to irreversible lung disease and injury. The producers of propylene glycol do not support the use of it in e-liquid due to the negative effects on the eyes, nose, throat, and lungs.

Vegetable Glycerin: Made from plant oils and used in medication, suppositories, make-up and toothpaste.

Nicotine: The most addictive drug.

Artificial Flavorings: Made from natural or synthesized ingredients.



Family & Staff:

- What is the appropriate consequence if your child engages in vaping?
- What should you do if your child or student comes to you and reports that they are addicted to e-cigs or vaping?
- Do I model healthy lung care?
- What coping skills could you teach youth to help prevent vaping and e-cig use?
- Do your children think it is cool to vape? Why?
- What would your child do if they knew someone who was vaping? Would they report it to you? Why or why not?