

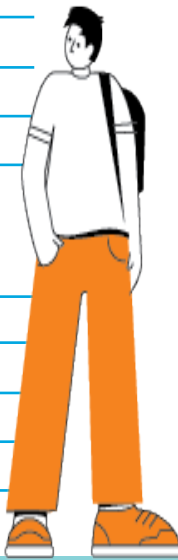


About E-Cigarettes and Vaping - Level 2 Student Activity Guide

Think About It:

1. Nicotine is the most addictive substance. Any thoughts on why? Listen for this in the video.

2. Why do people smoke when the dangers are well-documented?



Brain Quiz!

1. Battery-operated nicotine delivery devices that heat a liquid chemical mixture called e-liquid into an aerosol.

- a. Nicotine
- b. Tobacco
- c. E-Cigarette
- d. E-liquid

2. E-liquid is composed of:

- a. Vitamin D and other essential vitamins and minerals
- b. Nicotine, Propylene Glycol, Vegetable Glycerin, Artificial Flavorings.
- c. Cocaine
- d. All of the Above

3. True or False: E-Cigarettes and Vaping are safe alternatives to cigarette smoking.



4. Health Effects of E-Cigarettes can be:

- a. Throat irritation, coughing, dry mouth
- b. Headache
- c. Elevated heart rate and blood pressure
- d. Impaired lung function
- e. All of the above

5. EVALI stands for _____.

- a. E-cigarette or vaping associated lung injury
- b. E-liquid or vaporizing for long instances
- c. Emergency violation of all lung instances
- d. None of the Above

Activity #1 Write About It:

What are the benefits of e-cigarettes and vaping? What are the negative effects of e-cigarettes and vaping?
Why is it a good idea for teens to refrain from using e-cigarettes or vaping?





Activity #2 Group Lesson:

In groups of 3-5 students. Create a skit in which a teen is offered an e-cigarette or vape. Demonstrate how the teen refuses to engage in the risky behavior.



Activity #3 Extended Learning:

In groups of 3-5 students. Create a social media ad that educates other teens about the danger of e-cigarettes and vaping.

