



About E-Cigarettes and Vaping - Level 3 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.

