

GET THE FACTS KNOW THE TRUTH ABOUT VAPING

Follow the steps below

Name

You may have seen a growing number of your peers vaping. But how much do you know about e-cigarettes and how they affect your health? Read the statements below and mark whether they are true or false in the boxes on the left. Then use the articles in the **Vaping 101 section** (see link and QR code below) to gather facts and test your knowledge.

1 Prior Knowledge

Answer the questions below before reading the resources.

Electronic cigarettes are harmful to your health.

STRONGLY	AGREE	DISAGREE	STRONGLY	Ι ΠΟΝ'Τ
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AGREE			DISAGREE	KNOW

TRUE	FALSE	STATEMENTS
		Most e-cigarettes contain only water and flavoring.
		Like tobacco smoke, the aerosol given off by an e-cigarette can contain dangerous chemicals.
		As long as an e-cigarette doesn't contain nicotine, it's safe for teens.
		Some vapes can contain as much nicotine as a whole pack of cigarettes.
		Teens who vape are more likely to start smoking cigarettes.
		Teens are more vulnerable to nicotine addiction than adults are.

2 Learn the Facts



Read the Vaping 101 articles to learn the facts about vaping. https://digitalmedia.hhs.gov/ tobacco/educator_hub/vaping_101

3 Test Your Knowledge

After reading the articles in Vaping 101, you should have a better understanding of the health impacts of e-cigarettes. Now use what you have learned to mark in this column whether you believe the statement in the left column is true or false.

INUE	FALSE	SUPPORTINGEVIDENCE	

TRUE | FALSE | SUPPORTING EVIDENCE

Use what you have learned to respond to this statement.

Electronic cigarettes are harmful to your health.