

NAME: \_\_\_\_\_

## Explaining the Basics of Vaping - Grade 4

| Term      | Definition   | Example Sentence   |
|-----------|--|--|
| Vaping    | The act of inhaling aerosol (called vapour) from an electronic cigarette or other vaping device.         | Many young people are curious about vaping and its effects.                        |
| Nicotine  | A drug found in tobacco products, including e-cigarettes, that can be addictive and harmful to the body. | Nicotine is a drug which has negative health effects.                              |
| Aerosol   | A substance that is released as a fine spray or mist of tiny particles that can float in the air.        | The aerosol from the can sprayed paint all over the wall.                          |
| Addiction | The condition of being unable to stop doing or using something even if you know that it is bad for you.  | His addiction to video games made it difficult for him to focus on his schoolwork. |

### Explaining the Basics of Vaping

**Vaping** is not safe for kids and can be harmful to their health and brains. Vaping is very much like smoking. When people vape they breathe in an **aerosol**, which is also called 'vapour', from an electronic cigarette or other vaping device. That aerosol can have dangerous chemicals in it, like nicotine. **Nicotine** is the same drug found in cigarettes and is very **addictive**. Nicotine can change your brain and make it harder for you to learn and concentrate. Other chemicals from vaping can damage your lungs, heart, and other organs. It's important to know that vaping nicotine is addictive, and it can be hard to stop once you start. It's best to never start vaping in the first place.

### Reading Summary

- Vaping is not safe and can harm your body and brain.
- Vaping is a way to get nicotine into the body.
- Nicotine is addictive and harmful to kids.

## Multiple Choice Questions

| Question #1  | Question #2  | Question #3   |
|--|--|---|
| What is vaping?  | What is the main idea of this passage?   | Why is it important to know that vaping is not safe?  |
| A. Inhaling an aerosol from an electronic cigarette or other vaping device<br>B. Drinking a liquid that has nicotine in it<br>C. Eating candy that has nicotine in it<br>D. Playing a video game | A. Vaping is safe and healthy for kids and adults<br>B. Vaping is not harmful to your body or brain<br>C. Vaping can be addictive and harmful to your health and brain development<br>D. Vaping is not addictive | A. Because some people might say it's safe, and you need to know the truth<br>B. Because it can harm your body and brain<br>C. Because vaping can lead to nicotine addiction<br>D. All of the above |

## Short Answer Questions

|   |   |
|---|---|
| Question #1                                     | How can vaping hurt you?                                    |
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| Question #2                                     | What is the drug found in both cigarettes and e-cigarettes? |
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