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Vaping- Big Risks in Small Devices - Grade 6

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E-cigarettes, which are commonly called vapes, are not safe for kids, teens, or young adults. An e-cigarette or vape heats e-liquid, which contains nicotine, chemical flavoring, and other additives, into an aerosol that is inhaled. It is not just harmless water vapor. This aerosol suspends tiny droplets of nicotine, a variety of harmful chemicals and very small (ultra-fine) particles. Once inhaled, these particles and chemicals pass through the lungs and enter the bloodstream, traveling throughout the body and to the brain.

The aerosol you inhale while vaping can cause soreness, swelling and irritation in your lungs. This can lead to lung damage like scarring and narrowing of the tubes that bring air in and out of your lungs. Even people who are near someone using an e-cigarette can be affected by the harmful substances in the aerosol.

In addition to your lungs, nicotine and other substances in e-liquid can hurt other organs. Vaping nicotine can damage your circulatory system by raising your blood pressure and narrowing your arteries. Chemicals from vaping can cause problems in the mouth, causing tooth loss and gum disease.

Perhaps most concerning is that nicotine use during adolescence and young adulthood can cause addiction and affect the developing brain. Nicotine can harm the parts of your brain that control attention, learning, mood, and decision making. Nicotine can disrupt sleep patterns. Nicotine also makes anxiety and depression worse. The changes caused by nicotine on a young brain may be permanent.

Sometimes e-cigarettes may be labeled as nicotine-free, but don't be fooled - there are still risks and the chemicals used to make flavours can hurt your lungs. There's no guarantee that there isn't any nicotine anyway, since after testing, most of them actually do contain nicotine. There are other risks to be aware of. Nicotine is a poison. Children, teens and adults have gotten sick from swallowing or touching the liquid in e-cigarettes. Another risk to be aware of is that there have been instances of batteries in e-cigarettes catching on fire or exploding, causing injuries.

E-cigarettes are not safe for young people. The substances found in e-cigarettes, including nicotine and other chemicals, can cause serious health problems and addiction. It's important to be cautious and aware of the risks associated with using e-cigarettes. To be the best, healthiest version of yourself, live smoke and vape free.

Term	Definition	Example Sentence
Consequences	The results or effects of an action or condition.	Not studying for the test had serious consequences; I failed it.
Cautious	Careful and aware of potential dangers or problems.	He is always cautious when crossing the street, looking both ways before stepping off the curb.
Permanent	lasting or intended to last for a long time or forever.	The marker left a permanent stain on the whiteboard.

Reading Summary
<ul style="list-style-type: none"> - E-cigarettes are addictive and harmful to the brain, especially while it's still growing. - E-cigarettes often contain nicotine, which can cause addiction and damage to the brain. - The vapor from e-cigarettes is not harmless and can be harmful to breathe in.

Multiple Choice Questions

Question #1	Question #2	Question #3
What is the main idea of this passage?	What are some of the risks associated with using e-cigarettes?	How can using nicotine at a young age affect the developing brain?
<ul style="list-style-type: none"> A. E-cigarettes are safe and harmless for young people. B. Nicotine has no effect on the developing brain. C. Using e-cigarettes can have serious health consequences for young people. D. The health effects of e-cigarettes on people's health are not well known. 	<ul style="list-style-type: none"> A. Addiction, illnesses, damage to organs, and exposure to harmful substances in the aerosol. B. Improved attention, learning, mood, and control of actions. C. Faster growth and development of the brain. D. Stronger connections between brain cells when learning something new. 	<ul style="list-style-type: none"> A. It can harm the parts of the brain that control attention, learning, mood, and decision making. B. It can improve memory. C. It can lead to faster growth and development of the brain. D. It can increase the size of the brain and number of brain cells.

Short Answer Questions

Question #1

What are some health problems that can be caused by e-cigarettes?

Question #2

Why do you think some e-liquids are labeled nicotine free but actually have nicotine in them?

Question #3

How might the effects of vaping on your heart and lungs influence your abilities in sports or music?
