

Vaping: The EX Files

GR

5

Examine

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

NAME: _____

Key Messages Work Sheet

Fill in the blanks with the correct word(s) from the word bank below to complete the paragraph. The first letter of each word is provided as a clue 😊.

Vaping is not **S**_____. Vaping means that a device **H**_____ a liquid until it turns into a vapour that you inhale. The vaping liquid, also called **E**-_____, usually contains **N**_____, which is a very addictive drug. The aerosol that gets inhaled contains nicotine, harmful **C**_____ and heavy metals. The aerosol travels to the **L**_____. From there the nicotine, chemicals and metals can enter your **B**_____ **S**_____ and get delivered to all parts of your body. It only takes about **S**_____ seconds for nicotine to reach your **B**_____.

Young people can get **A**_____ to nicotine very easily because their brains are still developing. In addition to addiction, nicotine can change the part of the brain that controls attention, **L**_____, moods, and impulse control.

Chemicals in vaping products can damage your airways and lungs, all parts of your **R**_____
S_____. Breathing in the harmful chemicals from vaping products can cause sore throat, **C**_____
and shortness of breath. It can make **A**_____ and other existing lung diseases worse.

Nicotine in vaping products affects your heart and blood vessels, which are parts of your **C**_____
S_____. Nicotine is a **S**_____, so it speeds up your heart rate. It also increases your **B**_____
P_____, which makes it harder for blood to pass through your blood **V**_____.
Doctors have found early signs of **H**_____ **D**_____ in young people who vape.

Vaping can cause addiction, breathing difficulties and damage to your heart. The healthy choice is to live **S**_____ **a**_____ **V**_____ **F**_____.

Word Bank

Safe	E-liquid	Respiratory System	Stimulant
Asthma	Circulatory System	Vessels	Cough
Addicted	Heats	Lungs	Seven
Blood Pressure	Smoke and Vape Free	Learning	Heart Disease
Nicotine	Chemicals	Blood Stream	Brain

Answer Key:

Vaping is not **safe**. Vaping means that a device **heats** a liquid until it turns into an aerosol that you inhale. The vaping liquid, also called **e-liquid**, usually contains **nicotine**, which is a very addictive drug. The aerosol that gets inhaled contains nicotine, harmful **chemicals** and heavy metals. The aerosol travels to the **lungs**. From there the nicotine, chemicals and metals can enter your **blood stream** and get delivered to all parts of your body. It only takes about **seven** seconds for nicotine to reach your **brain**.

Young people can get **addicted** to nicotine very easily because their brains are still developing. In addition to addiction, nicotine can change the part of the brain that controls attention, **learning**, moods, and impulse control.

Chemicals in vaping products can damage your airways and lungs, all parts of your **respiratory system**. Breathing in the harmful chemicals from vaping products can cause sore throat, **cough** and shortness of breath. It can make **asthma** and other existing lung diseases worse.

Nicotine in vaping products affects your heart and blood vessels, which are parts of your **circulatory system**. Nicotine is a **stimulant**, so it speeds up your heart rate. It also increases your **blood pressure**, which makes it harder for blood to pass through your blood **vessels**. Doctors have found early signs of **heart disease** in young people who vape.

Vaping can cause addiction, breathing difficulties and damage to your heart. The healthy choice is to live **smoke and vape free**.