

NAME: _____

1) What features or characteristics of vapes make them appealing to young people?

2) What marketing tactics are vape companies using to entice young people to try vaping?

3) Nicotine has many harmful effects on your health. For the following organs, describe how vaping may cause harm.

Lungs	
Heart	
Brain	

4) From Question 3 above, pick one of the ways vaping causes harm, and explain why you would not want that to happen to you.

5) Draw a poster or picture that exposes the truth about vaping.

ANSWER KEY

1) What marketing tactics do vape companies use to make their products so appealing to young people that they want to try vaping?

Students may identify some of the following features:

- The devices are cool, techy, trendy, popular among friends, can be personalized,
- The vape liquids smell and taste good, lots of flavours to try.
- Vape products have cool names, that do not seem harmful (i.e. unicorn milk, Cherry bomb Juice, etc.)
- Vaping may be promoted by online influencers, online games and competitions, seen in films, videos and games)

2) Nicotine has many harmful effects on your health. For the following organs, describe how vaping may cause harm.

Lungs	Chemicals may cause irritation Asthma attacks Cough Pain and inflammation throughout airways More mucus production
Heart	Increased heart rate and Increased blood pressure: These combined effects increase risk for stroke and heart attacks. Stress on the cardiovascular system Young people who vape are showing early signs of heart disease
Brain	Addiction (cravings and withdrawal symptoms) Difficulty with concentration and focus Mood swings Altered decision making abilities, more compulsive behaviours Irritability, agitation Anxiety and stress

3) From Question 3 above, pick one of the ways vaping causes harm, and explain why you would not want that to happen to you.

This is personal and unique to each student. It's an opportunity for them to personally reflect on what these risks mean to them.

4) Draw a poster or picture that exposes the truth about vaping.

Creative expression from each student, an opportunity to consolidate some of the facts and information presented in a visual/artistic format