

# Vaping: The EX Files

GR  
5

Examine

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

Grade 4: Explain

Grade 5: Examine

Grade 6: Expose

1. E-cigarette ads and packaging often include images of candy, bright colors, and images of "cool" people. Whose attention do you think these features are designed to attract? Explain.
  
2. Why do most vaping products, even those labeled nicotine free, contain nicotine?
  
3. What does it mean to be addicted to something?

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**Identify the following negative health effects as either a Respiratory System (R) or Circulatory System (C) response to vaping.**

- \_\_\_ Nicotine increases your heart rate.
- \_\_\_ Airways produce more mucus because they are irritated by chemicals.
- \_\_\_ Blood vessels narrow, which causes your blood pressure to increase.
- \_\_\_ Blood carries nicotine to your brain.
- \_\_\_ Lungs get inflamed, this may cause coughing and pain.
- \_\_\_ This system carries the chemicals from vaping throughout your entire body.
- \_\_\_ Vaping may cause shortness of breath making it harder to play sports, sing or other activities.

**Answer Key:**

**E-cigarette ads and packaging often include images of candy, bright colors, and images of “cool” people. Who’s attention do you think these features are designed to attract? Explain.**

Main points that students can identify include:

- Vaping marketing is designed to attract young people
- Making vaping attractive to people who don’t smoke cigarettes
- Make vaping appear trendy, popular and a social status symbol.
- Creating curiosity and interest in vaping products.

**Why do most vaping products, even those labeled nicotine free, contain nicotine?**

Nicotine creates addiction, so that people who started vaping as an experiment, or out of curiosity, and used a nicotine-free labeled product, still end up exposed to nicotine. Vaping manufacturers know that nicotine causes addiction, which will keep people using their products, purchasing for a long period of time.

**What does it mean to be addicted to something?**

**Addiction can be summarized by identifying some aspects of the 4 C’s in their own words:**

**Craving:** Having an uncontrolled craving to use is a driving factor, when people struggle with the physical need to use on a regular basis. And if the craving is not met withdrawal symptoms can occur, which can have negative effects on the body.

**Compulsiveness:** the irresistible and persistent impulse to vape. For an addict, the compulsion is using; no ifs, ands or buts about it. What began as a random act, can quickly become compulsive. When not using, a person can feel physically sick or irritable, and suffer with anxiety or depression. For the addict, the only way to solve this problem is to continue to use.

**Loss of Control:** What might start off as an infrequent activity or a promise to yourself to just try vaping, can quickly turn into an everyday behaviour/ several times a day.

**Using despite having negative Consequences:** for people with addictions, knowing the consequences or harms, and sometimes even suffering through them, is not enough to stop using. Some common consequences can include health issues, money problems, increased conflicts (Parents, school, friends, coaches, teammates, etc.).

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**Identify the following negative health effects as either a Respiratory System (R) or Circulatory System (C) response to vaping.**

C Nicotine increases your heart rate.

R Airways produce more mucus because they are irritated by chemicals.

C Blood vessels narrow, which causes your blood pressure to increase.

C Blood carries nicotine to your brain.

R Lungs get inflamed, this may cause cough, shortness of breath and pain.

C This system carries the chemicals from vaping throughout your entire body.

R Reduced lung capacity makes it harder to play sports, sing or other activities.