

VAPING INFORMATION EXERCISE



Name:

Date:

INSTRUCTIONS:

Begin by completing the following True and False Questions and explain your answer in the space provided.

TRUE AND FALSE QUIZ

A) E-cigarettes were designed as a less harmful alternative to cigarettes for people who smoke.

TRUE OR FALSE

Why?

B) When you regularly use a substance, your body could become dependent on that substance in order to feel normal.

TRUE OR FALSE

Why?

C) There are no risks associated with using a vape.

TRUE OR FALSE

Why?

D) Freebase nicotine is less harmful than salt nicotine.

TRUE OR FALSE

Why?

E) People often have the misconception that vaping creates a water vapor, when it actually creates a chemical aerosol.

TRUE OR FALSE

Why?



F) Using an e-cigarette/vape is not addictive.

TRUE OR FALSE

Why?



G) It is possible to get nicotine poisoning.

TRUE OR FALSE

Why?



H) Popcorn lung is a health condition caused by vaping, and can cause permanent lung damage.

TRUE OR FALSE

Why?



**Now please take a moment to watch this short video:
Electronic Cigarettes and Vaping**

https://www.youtube.com/watch?v=9dZS_Rniak0&t=1s



Short Answer Questions

1. Please provide 4 reasons why is it important to continue research on vaping and e-cigarettes.

2. What are some risks associated with using a vape? What could you do to reduce these risks?

3. What's important to you? What brings your life meaning and purpose?

Thank you for participating!

You will be given the answers to the True and False Quiz, please read them through and mark you right and wrong answers.

ANSWER KEY

A) E-cigarettes were designed as a less harmful alternative to cigarettes for people who smoke.

Answer: True- E-cigarettes are considered to be a less harmful alternative to smoking, however, they are not recommended for individuals. NOTE: BC has free quit smoking programs: QuitNow and BC Smoking Cessation Program.



B) When you regularly use a substance, your body could become dependent on that substance in order to feel normal.

Answer: True- When you regularly use a substance, your body gets used to having the substance in your system. This can cause people to have cravings and can lead to further substance use. (NIDAA)



C) There are no risks associated with using a vape.

Answer: False- E-Cigarettes are a relatively new product and although they are marketed as a "healthy alternative" they do have some risks, many of which are not known yet. Possible health risks include: poisoning, burns from the device exploding, addiction or dependency on nicotine, and lung damage especially for individuals who did not smoke before using an e-cigarette. (Heart and Stroke Canada, 2016)



D)Freebase nicotine is less harmful than salt nicotine.

Answer: True- E-cigarette liquid containing salt nicotine contains an added ingredient called benzoic acid. Inhalation of benzoic acid has been linked to throat and lung irritation, coughing, wheezing, nausea, vomiting, shortness of breath and long term lung damage (centre4research.org).



E) People often have the misconception that vaping creates a water vapor, when it actually creates a chemical aerosol.

Answer: True- E-liquid does not contain any water, therefore a chemical aerosol is created when e-liquid is heated to become a gas. Typically e-liquid contains vegetable glycerin, propylene glycol, flavor and possibly nicotine. Vegetable glycerin and propylene glycol are known to irritate and damage the lungs when inhaled. (centreofaddiction.org)

F) Using a vape/e-cigarette is not addictive.

Answer: False- Many e-cigarettes/vapes contain nicotine which is known to be a very addictive substance. Vaping products with nicotine can therefore result in dependence and addiction. (penmedicine.org)



G) It is possible to get nicotine poisoning:

Answer: True- Nicotine poisoning occurs when you have too much nicotine in your body. The amount that causes overdoses depends on things like your body weight and where the nicotine came from. Usually by getting quick proper care you can recover fully, a severe case of poisoning can have long lasting effects. (webmd.com)



H) Popcorn lung is a health condition caused by vaping, and can cause permanent lung damage:

Answer: True- Popcorn lung is a condition primarily caused by a chemical known as diacetyl, though other chemicals may cause popcorn lung as well. These chemicals are often found in e-liquid. These chemicals damages airways in the lungs, and causes permanent scarring. This can have side effects such as shortness of breath, coughing, and decreased oxygen in the bloodstream. Currently there is no cure or treatment for popcorn lung. (wedmd.com)



You're all done!

Below are some further resources (we recommend taking a picture of them)

National Institute on Drug Abuse for Teens: <https://teens.drugabuse.gov/>

(Research backed info on substances and teen substance use)

Here to Help <https://www.heretohelp.bc.ca/> **(Info and resources for substances and mental health)**

The Foundry <https://foundrybc.ca/> **(youth health and wellness resources and supports)**

Mindshift (An app for mental health and anxiety relief)

