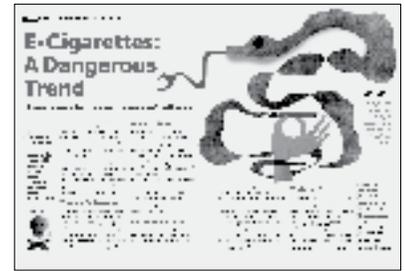


E-Cigarettes: A Dangerous Trend

Teens now use e-cigarettes more than any other nicotine-containing product. While e-cigarettes are less harmful than tobacco cigarettes for adult smokers, most versions pose a great risk to teens because they contain the same addictive nicotine found in cigarettes. One cartridge can contain as much nicotine as a pack of cigarettes. By sharing the article “E-Cigarettes: A Dangerous Trend” and teaching this lesson and activity, you’ll help students learn why e-cigarettes aren’t harmless.



Critical-Thinking Questions

1 How are e-cigarettes and tobacco cigarettes similar? (*Both tobacco cigarettes and most e-cigarettes contain a highly addictive chemical called nicotine.*)

2 What health risks do e-cigarettes pose? Cite evidence from the text to support your answer. (*Most vaping devices contain nicotine, which is highly addictive. Vaping can lead to tobacco use and may make teens more vulnerable to other drug addictions. E-cigarette vapor may also contain cancer-causing chemicals.*)

3 Why is it important that scientists continue studying the health effects of e-cigarettes? (*For many years, the health effects of tobacco cigarettes were unknown. Now we know that tobacco cigarettes are responsible for 480,000 U.S. deaths each year. Since vaping devices have existed for only about 15 years, scientists haven’t had adequate time to study their side effects.*)

Writing Prompts

Grades 6–8 Are e-cigarettes safer than tobacco cigarettes? Cite evidence to support your answer.

Grades 9–10 Should e-cigarettes be illegal for teens? Cite evidence from the text to support your answer.

Grades 11–12 You read that scientists don’t know all of the health effects of e-cigarettes. Do you think this might affect how health officials regulate the devices?

Paired Reading

“Teen Researcher Asks: Why Do E-Cigs Harm the Lungs?”

(<https://teens.drugabuse.gov/blog/post> blog post dated June 4, 2018).

This paired text describes a teen’s investigation into how e-cigarettes can damage the lungs.

Writing Prompt Vaping devices don’t release smoke like cigarettes do. Does that make them safe? Use text evidence from “E-Cigarettes: A Dangerous Trend” and “Teen Researcher Asks: Why Do E-Cigs Harm the Lungs?” to support your answer.

Activity Sheet Answers

1. Middle school: Roughly .5% to 3% or by 2.5%. High school: Roughly 2% to 12% or by 10%.

2. E-cigarette use is higher in high school. Answers will vary but may include that older students might have easier access and greater exposure to the devices.

3. You would expect the number of teen smokers to increase over time if e-cigarette use makes a person more likely to smoke cigarettes.

4. Answers will vary but should include references to the top reasons students use e-cigarettes. Programs aimed to reduce marketing to teens may help. Teens might share this article with friends who want to try vaping and speak with them about the health risks of nicotine.

Subject Areas

- Science Literacy
- English Language Arts
- Health/Life Skills

Standards

CCSS

RST.6-8.7 / RST.9-10.7

- Integrate and evaluate content presented in diverse formats, including visually and quantitatively, as well as in words

W.6-8.1 / W.9-10.1

- Write arguments to support claims using valid reasoning and relevant and sufficient evidence

NGSS Practices

- Analyzing and Interpreting Data/Engaging in Argument from Evidence/Obtaining, Evaluating, and Communicating Information

NSES

- Personal Health
- Science and technology in society/science and technology in local, national, and global challenges

NCSS

- 8. Science, technology, and society

Additional Lesson Resources

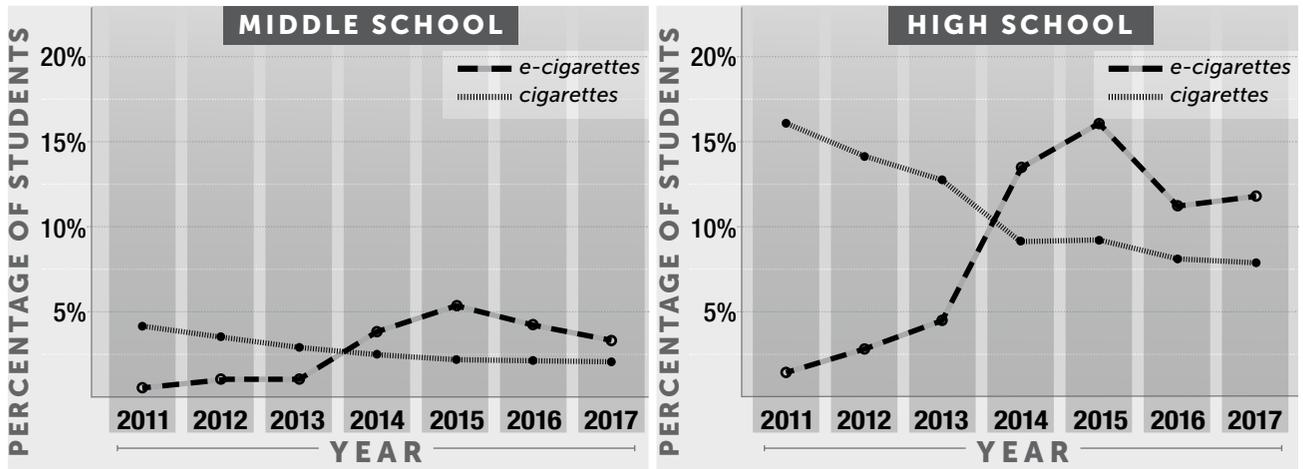
- Tiered Vocabulary Tools: Visit scholastic.com/headsup/ecigarettes for a vocabulary list to support this article.
- headsup.scholastic.com/teachers and teens.drugabuse.gov



Who Is Vaping?

Study the following data about e-cigarette use in teens. Then, along with the information in the article, answer the questions that follow.

Percentage of students who reported using cigarettes or e-cigarettes



Top reasons for e-cigarette use among middle and high school students:

- 1 A friend or family member used them
- 2 They are available in flavors such as mint, candy, or chocolate
- 3 Belief that they are less harmful than other forms of tobacco, such as cigarettes
- 4 To try to quit using tobacco products, such as cigarettes
- 5 They can be used in areas where other tobacco products are not allowed

Answer these questions on a separate sheet of paper as necessary.

1. By roughly how much did the percentage of middle school students who use e-cigarettes increase between 2011 and 2017? How much did it increase for high school students in the same period?
2. In which population of students is e-cigarette use higher? Why do you think that is?
3. In the article, you read that people who use e-cigarettes are more likely to start smoking tobacco cigarettes. If that theory is correct, how might the data in the graphs change over time?
4. In the article, you read about some of the ways officials are trying to reduce teen vaping. Do you think these prevention efforts will be successful? Cite evidence to support your reasoning. How might you inform your friends of the dangers of vaping?

For more information, visit scholastic.com/headsup

From Scholastic and the scientists of the National Institute on Drug

Abuse, National Institutes of Health, U.S. Department of Health and Human Services