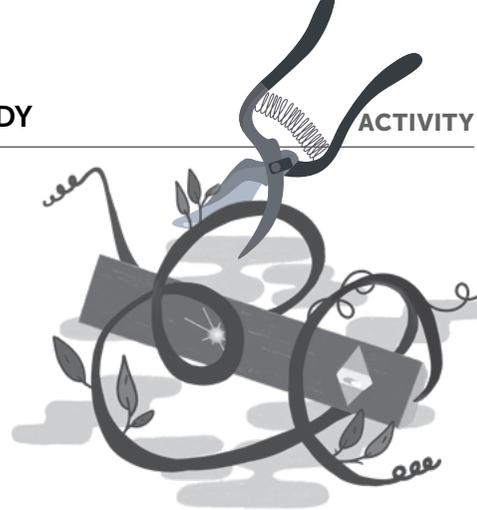


# Vaping Health Risks: Presentation Activity

Many teens don't know the risks of vaping or assume it is safer than smoking conventional cigarettes. Follow the steps below to create a presentation that shares the real facts.



## STEP 1: RESEARCH AND GATHER INFORMATION

Read the passage below, then explore the links in the Find Out More section. As you read, make notes of details you think teens should know about the health risks of vaping and nicotine.

### What Are the Dangers of Vaping?

Some teens assume that vaping (or using e-cigarettes) is safe, but it is very harmful.

How does vaping work? When someone puffs on the mouthpiece, a battery heats a liquid made of chemicals. The liquid turns into an aerosol, or vapor, that the user inhales.

Almost all e-cigarettes contain nicotine. Nicotine is especially harmful to teens because their brains are still developing. Using nicotine can affect learning and can lead to addiction. The number of teens who report being “hooked” on e-cigarettes more than doubled between 2018 and 2019.

Teens who vape may not realize how much nicotine they're being exposed to. One Juul cartridge and some Puff Bars contain the same amount of nicotine as a pack of cigarettes.

Many vaping liquids contain flavoring chemicals that can be harmful if inhaled. Vaping aerosols may also contain formaldehyde—a cancer-causing chemical—and toxic metals like cadmium.

## STEP 2: CREATE YOUR PRESENTATION

How can you use information you've gathered to help your peers understand the dangers of vaping? Be creative! For example, test your classmates' knowledge by creating one of the following:

- Online quiz game**  
(try using the game platform Kahoot!)
- Flip cards with questions about key facts**
- Video**
- Blog post**
- Collection of sample social media posts**
- Choose your own idea!**

Your presentation should include important facts and surprising details to capture your audience's attention. Be sure your facts come from trusted sources only.

### Find Out More

• **Three Surprising Risks From Vaping:**  
teens.drugabuse.gov/vapingrisks1

• **Vaping Risks interactive:**  
scholastic.com/headsupvaping/risksinteractive

• **Monitoring the Future 2019: The Highs and Lows of Vaping:**  
teens.drugabuse.gov/vapingrisks2