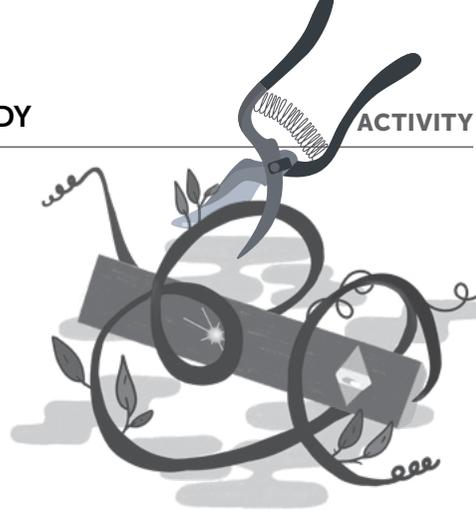


# Vaping Health Risks: Presentation Activity

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



## STEP 1: RESEARCH AND GATHER INFORMATION

Read the passage below, then explore the links in the Find Out More section beneath it. 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?

Recent surveys show that the number of teens who have tried vaping devices (also called e-cigarettes) is on the rise. While many kids assume that e-cigarettes are safe, the truth is that vaping is harmful to teens in many ways.

All vaping devices basically work the same. When someone puffs on the mouthpiece, a battery heats up a liquid made up of chemicals like nicotine and flavoring. The liquid gets turned into an aerosol that the user inhales. (The aerosol resembles a vapor—that's where vaping gets its name.)

Almost all vaping devices, including Juul products and Puff Bars, contain nicotine. Found naturally in tobacco, nicotine is especially harmful to teens because their brains are still developing. Using nicotine can affect parts of the brain that control learning and attention as well as cause addiction. In fact, the number of teens who say they use e-cigarettes because they are "hooked" more than doubled between 2018 and 2019.

Teens who vape may not realize how much nicotine they're being exposed to. The nicotine content of one Juul cartridge and some Puff Bars is the same amount found in an entire pack of cigarettes.

Vaping also exposes people to other dangerous materials. Flavoring chemicals are added to many vaping liquids, which can be harmful if inhaled into the lungs. Vaping aerosols may also contain formaldehyde—a hazardous chemical that can cause cancer—and toxic metals like cadmium.

## STEP 2: CREATE YOUR PRESENTATION

Think about how you can use information you've gathered to create a presentation that will 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!**

Make sure your presentation includes important facts and surprising details that will capture your audience's attention. Be sure your facts come from trusted sources only.

### Find Out More

• **Vaping Risks interactive:** [scholastic.com/headsup/vapingrisksinteractive](https://scholastic.com/headsup/vapingrisksinteractive)

• **Three Surprising Risks From Vaping:** [teens.drugabuse.gov/vapingrisks1](https://teens.drugabuse.gov/vapingrisks1)

• **Monitoring the Future 2019: The Highs and Lows of Vaping:** [teens.drugabuse.gov/vapingrisks2](https://teens.drugabuse.gov/vapingrisks2)