

Only You Can Choose So Choose Wisely



Whoooo wants to learn about vaping???

Vaping can lead to serious consequences

Objectives:

By the end of this lesson you will be able to:

1. Explain what vaping is and why it is dangerous
2. Explain why kids may vape
3. Be able to identify what vape products look like
4. Understand the vocabulary words:

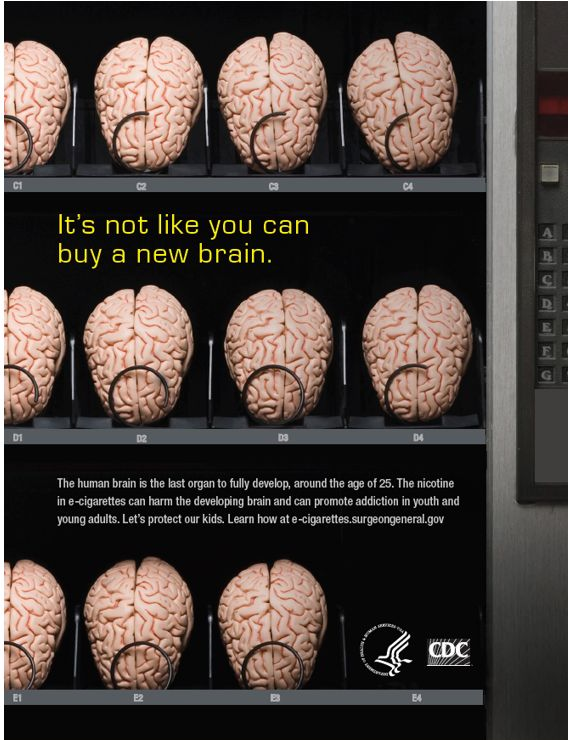
vape, addiction, nicotine, e-cigarette

Why is it **dangerous** to experiment with any kind of drug?

- People can't tell how they'll react to a drug before they use it.
- A drug can hurt a person the first time they use it.
- Experimenting with any drug can lead to addiction.
- You can't know who will become addicted and who won't.



Nicotine Can Lead to Addiction



It's not like you can buy a new brain.

The human brain is the last organ to fully develop, around the age of 25. The nicotine in e-cigarettes can harm the developing brain and can promote addiction in youth and young adults. Let's protect our kids. Learn how at e-cigarettes.surgeongeneral.gov



C1 C2 C3 C4
D1 D2 D3 D4
E1 E2 E3 E4



What is vaping?

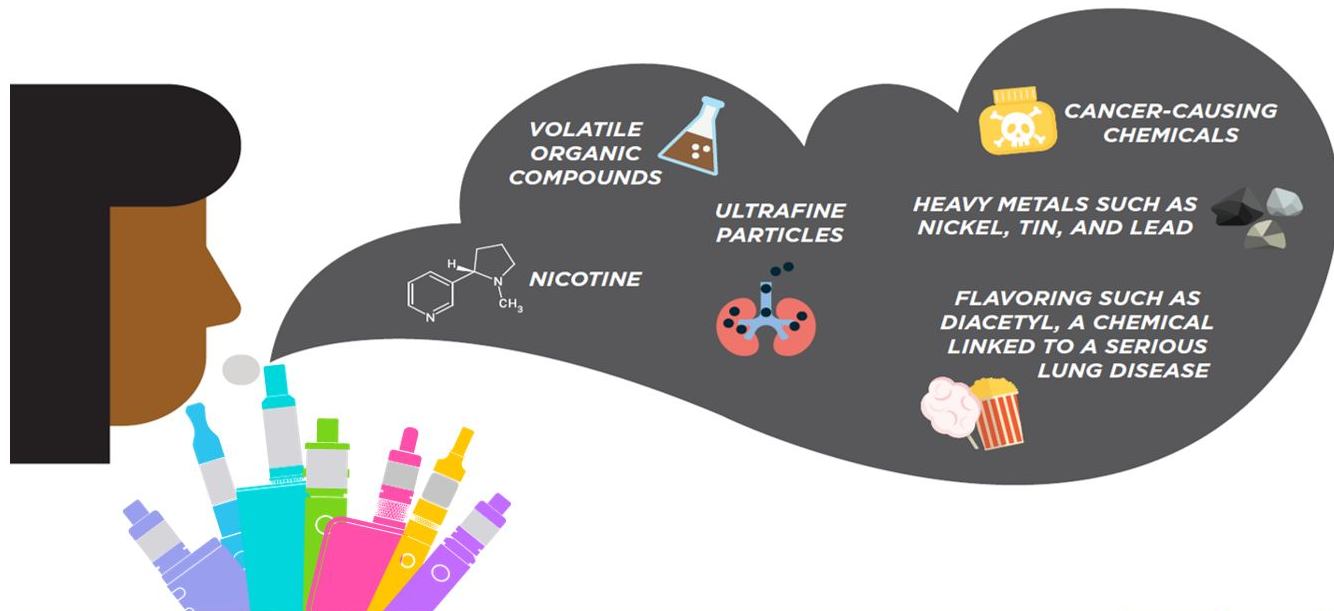
- Inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device
- Called e-cigs, vape pens, e-hookahs, e-pipes, tanks, mods, vapes, electronic nicotine delivery systems, or ENDS, and more
- **Sometimes referred to by brand names such as JUUL (Juuling), BO, Blue, and others**



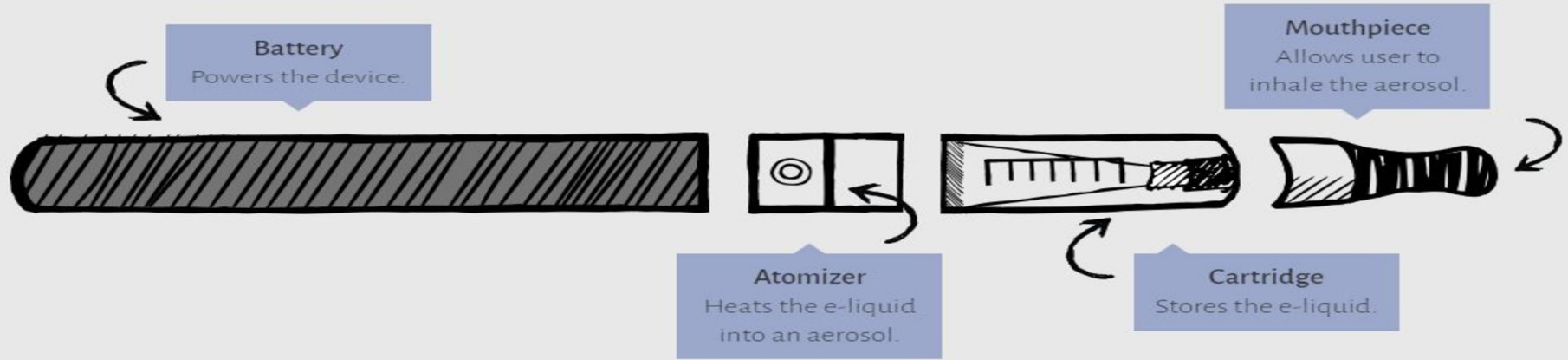
GET **OUT** RAGED!

E-cigarettes Make Aerosol, Not Vapor

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



How it works & can other substance be vaped?



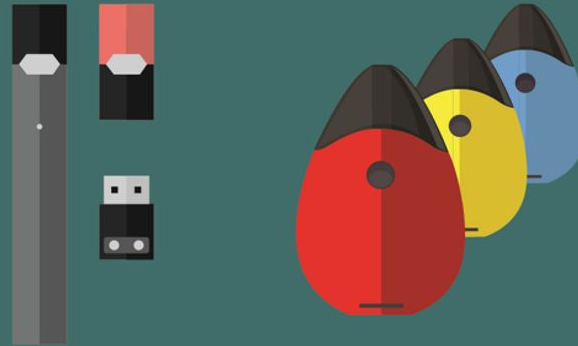
- Yes!
- Open systems require the user to add the e-juice, which can be a substance other than nicotine.
- Closed systems (those that use pre-filled pods) can also be altered to vape substances other than nicotine.

NO MATTER WHAT YOU CALL IT, IT'S AN E-CIGARETTE

Tanks & Mods



Rechargeable
e-cigarette



Disposable
e-cigarette





E-liquids and E-Juices



Pods



Tank system



Vape Pens



Rechargeable e-cigarettes
JUUL, myblu, Bo



Disposable e-cigarette

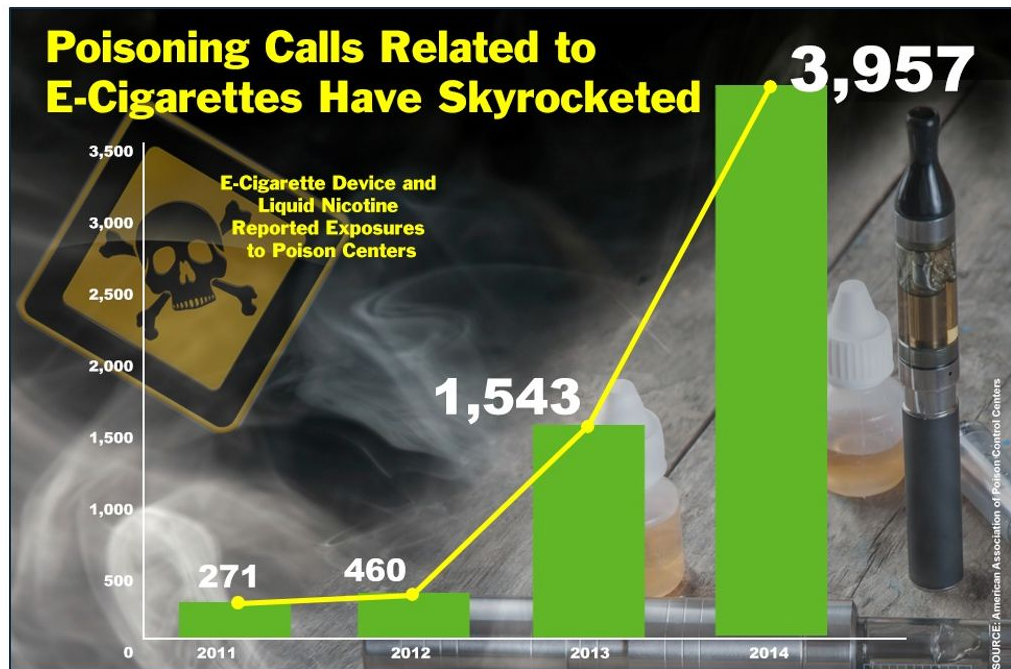
GET **OUT** RAGED!

Vaping Cost One Teen His Health and Dream



[How vaping can affect teenagers: a personal story](#)

E-cigarette Poisonings



Source: American Association of Poison Control Centers

Liquid Nicotine In E-Cigarettes Could Be Deadly

By Emily Thomas

Vials of poison are lurking in nearly every corner bodega. And according to reports, they're hidden beneath the flashy exteriors of e-cigarettes, the popular alternative to traditional smokes.

The New York Times exposed the latest dangers of liquid nicotine — the juice used to refill e-cigarettes — and warned parents of its potentially fatal effects in the hands of children. If the liquid is ingested or absorbed by contact with skin, it can lead to seizures and, potentially, death. "A teaspoon of even highly diluted e-liquid can kill a small child," the outlet notes.

Some officials shared their concerns.

"It's not a matter of if a child will be seriously poisoned or killed," Lee Cantrell, director of the San Diego division of the California Poison Control System, told the Times. "It's a matter of when."

TRENDING

Trump Loved Hacks. But Now They're Hitting His People — And Anyone

BEHAVIOR RISKS



Youth who use e-cigarettes may be more likely to smoke regular cigarettes in the future.



Why would kids do vape?

- to fit in with a group of “friends”
- curious or just bored
- an escape
- he/she is addicted
- misinformation
- social media (take pictures)
- doesn't feel good about himself/herself
 - doesn't know it's harmful



New and emerging products



GET **OUT** RAGED!

SPREAD THE WORD & GET INVOLVED!



Talk with your peers and community leaders about ways you can help educate your community about the dangers of e-cigarettes.



If you have friends that use e-cigarettes, talk to them about quitting.



Become an ambassador with The Campaign for Tobacco-Free Kids.

Resources

Mass.Gov Get Outraged

HealthSmart ETR

CDC

PBS

NIH (National Institute of Health)

Harvard Health Publishing

*Crossword puzzle worksheet