



Introduction to the Risks of E-cigarettes and Vaping

Session 1: Consequences of Vaping

Starter

What have you seen, heard, or thought about e-cigarettes or vaping?

Get the Facts Straight

1. Like regular cigarettes, e-cigarettes contain _____ and other chemicals that can harm you.	
2. Nicotine is _____ for young people	
3. E-cigarette “vapor” is NOT water vapor. It is an _____.	
4. Name two health hazards of using e-cigarettes.	
5. 25% of teens who get addicted to nicotine get hooked within _____.	
6. There are over 7,000 e-cigarette flavors and _____% of them contain nicotine.	

Ingredient Investigation

One fact about Ingredient #1	What information did you find most surprising?
One fact about Ingredient #2	
One fact about Ingredient #3	
	How would you feel if someone put these into your lunch and didn't tell you?

Negative Consequences of Using E-cigarettes

Physical Consequences	Social Consequences	Life/Goals Consequences