

## Session 4: Your Life. Your Choice.

### Starter

**What have you learned so far during our class?**

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### Get the Facts Straight

1. If you choose to use tobacco products, you're exposing yourself to nicotine which can damage your _____ and change who you are.	
2. The tobacco and e-cigarette industry spends _____ per HOUR on advertising.	
3. List the seven appeal advertisers use to grab your attention.	

### Being Vape Free

**What are some of the benefits of being vape free?**

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Your Life. Your Choice.

<b>I've learned that vaping could have the following negative consequences on my life:</b>	<b>When it comes to e-cigarettes, I choose...</b>
<b>I made this choice because...</b>	<b>When I'm in a situation where I'm offered an e-cigarette, I will...</b>