

Vaping and E-Cigarettes: Are They Safe?

Some organizations argue that e-cigs/vapes are a safer way to smoke when compared to regular tobacco cigarettes. Accordingly, this assignment explores electronic cigarettes and vapes – 2 types of **Electronic Nicotine Delivery Systems (ENDS)**. The purpose of this task is for you to gain a better understanding of e-cigs and vapes and their potential negative health consequences.

Materials:

- 📄 E-cigarette/Vape resource information – see link below.
- 📄 Questions for you to complete. Your answers must be researched (use the links provided) and your answers must be in full sentences.

Questions:

Please note: Each answer requires you to do some research.

Your answers should be 5 – 10 sentences in length.

1. What is in an E-cigarette or Vape?
2. Describe 3 ways e-cigarettes/vapes are similar to tobacco cigarettes and 3 ways they are different.
3. What are 4 risks of e-cigs/vapes to teens?
4. Why is it important for scientists to do research on e-cigs/vapes?
5. Are e-cigs and vapes with nicotine legal in Canada?
6. What is SD60 (Peace River North) policy on e-cigs and vapes?
7. Are flavored e-cigs or vapes safe? What dangers may they possess?
8. Define popcorn lung (caused by vaping)? What is vaper's tongue?
9. Is nicotine addictive?
10. Imagine a classmate wants to try vaping, what could you tell them so that they do not start?
11. What are your educational goals for this year? How does this suspension hurt or impact these goals?

Help for students:

QuitNow website. Information and resources to help you quit smoking.	www.quitnow.ca
School District #60 Policy with respect to vaping.	https://policy.prn.bc.ca/board_policy/2002-student-disciplinecode-of-conduct/
Teens and E-Cigs. Information regarding tobacco, nicotine and e-cigarettes from NIDA.	https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes
Research article on ECigarettes from Medical News Today.	https://www.medicalnewstoday.com/articles/321130.php
Research article on ECigarettes from Consumer Reports.	https://www.consumerreports.org/vaping/teens-who-vape-more-likely-to-turn-to-regular-cigarettes/
Vaping Fact Sheet.	https://tinyurl.com/yc4oykka

Parent Signature : _____

Date: _____

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