

What's the Verdict on Vaping?



American Heart Association.
Healthy for Good™

A Game for Two Players

Think you're in the know about smoking, e-cigarettes, and vaping? Find out when you play this game.



How to play:

1. Choose a numbered statement. Tell whether the statement is true or false.
2. Have your partner check the answer key. If you are correct, write your initials in the oval. If you are incorrect, write your opponent's initials in the oval. Next your partner takes a turn.
3. The player whose initials are written in more ovals after all the statements have been read is the winner.

<p>1. Evidence shows that the nicotine and additives in e-cigarettes may harm a smoker's cardiovascular system.</p> <p><input type="radio"/></p>	<p>2. The smoke from regular cigarettes contains 7,000 chemicals.</p> <p><input type="radio"/></p>	<p>3. Trying an e-cigarette just one time is not risky.</p> <p><input type="radio"/></p>	<p>4. It's a myth that some people have been injured by exploding e-cigarettes.</p> <p><input type="radio"/></p>
<p>5. Smoking even a few cigarettes a day is harmful to one's health.</p> <p><input type="radio"/></p>	<p>6. E-cigarette aerosol can contain cancer-causing agents.</p> <p><input type="radio"/></p>	<p>7. Over 40,000 people die each year from heart disease caused by secondhand smoke.</p> <p><input type="radio"/></p>	<p>8. Only the nicotine in regular cigarettes is addictive.</p> <p><input type="radio"/></p>
<p>9. E-cigarette users can be poisoned if they absorb e-cigarette liquid through their skin or eyes.</p> <p><input type="radio"/></p>	<p>10. The Federal Drug Administration lists e-cigarettes as a quit-smoking aid.</p> <p><input type="radio"/></p>	<p>11. Almost 50,000 people in the United States die each year from smoking.</p> <p><input type="radio"/></p>	<p>12. When people smoke e-cigarettes, they do not inhale the aerosol into their lungs.</p> <p><input type="radio"/></p>
<p>13. The aerosol from an e-cigarette is less deadly than cigarette smoke but is still harmful.</p> <p><input type="radio"/></p>	<p>14. Using nicotine between the ages of 10 and 18 makes you more likely to become addicted to other drugs in the future.</p> <p><input type="radio"/></p>	<p>15. Smoking e-cigarettes that contain nicotine is a safe alternative for pregnant women.</p> <p><input type="radio"/></p>	<p>16. Many adults who use e-cigarettes to help them stop smoking end up smoking both e-cigarettes and regular cigarettes.</p> <p><input type="radio"/></p>
<p>17. Most people who smoke started when they were 20 years old or older.</p> <p><input type="radio"/></p>	<p>18. Young people in the United States are more likely to use e-cigarettes than adults.</p> <p><input type="radio"/></p>	<p>19. One JUUL e-cigarette pod contains less nicotine than two regular cigarettes.</p> <p><input type="radio"/></p>	<p>20. Most teenagers believe that occasionally using an e-cigarette is relatively safe.</p> <p><input type="radio"/></p>

“What’s the Verdict on Vaping?”

Answer Key

1. true
2. true
3. false; Almost 20% of the people who try an e-cigarette one time become regular users.
4. false; Some e-cigarette users have been burned or injured by e-cigarettes that have exploded or caught fire due to faulty batteries.
5. true
6. true
7. true
8. false; The nicotine in all tobacco products—including e-cigarettes that deliver nicotine—is extremely addictive.
9. true
10. false; The Federal Drug Administration has not approved e-cigarettes as a quit-smoking aid.
11. false; The number is ten times that amount—almost 500,000 people die in the United States each year from smoking.
12. false; When people smoke e-cigarettes, they inhale the aerosol into their lungs.
13. true
14. true
15. false; Smoking e-cigarettes that contain nicotine is harmful to pregnant women and their fetuses.
16. true
17. false; Most tobacco use starts during adolescence (between the ages of 10 and 19).
18. true
19. false; One JUUL e-cigarette pod contains as much nicotine as a pack of 20 regular cigarettes.
20. true; While teens may believe this, they are wrong. Just one e-cigarette can lead to addiction.

The Verdict Is In: Smoking Is Serious.

Using any tobacco product, including e-cigarettes, is unsafe. Not only is the nicotine in tobacco products extremely addictive, it negatively affects brain development in adolescents and puts a young person at risk of a lifetime of nicotine addiction. And that’s not all. Because adolescent brains are developing and will continue to do so until about age 25, young people can get addicted more easily than adults. Don’t vape, don’t smoke, and don’t let the people you care about do it either.

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