**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.

**Write an essay by answering the questions below.** Your answers must be researched (use the links provided). Please use proper sentence structure.

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 SD22 (Vernon) 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?

**Helpful Links:**

Information and resources to help you quit smoking: www.quitnow.ca

School District Policy with respect to vaping:

http://www.sd22.bc.ca/Documents/Vaping\_PracticeSept25-2017.pdf

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-toregular-cigarettes/

Vaping Fact Sheet: https://tinyurl.com/yc4oykka