Get the Facts About Vaping

You may have noticed a growing number of your peers vaping. But how much do you know about e-cigarettes and how they affect your health? Read the statements below and predict whether they are true or false. Then, do research at scholastic.com/vapingrisks to gather facts and complete the rest of the chart.

First Predict if you think each statement is true or false, then do the research, and then answer the true or false questions again.

Predictions Mark whether you think the statement is true or false.

1. Most e-cigarettes only contain water and flavoring.

2. Like tobacco smoke, the aerosol given off by an e-cigarette can contain dangerous chemicals.

3. As long as an e-cigarette doesn’t contain nicotine, it’s completely safe.

4. A Juul pod contains as much nicotine as a whole pack of cigarettes.

5. Teens who vape are more likely to start smoking cigarettes.

6. Teens are more likely to become addicted to the nicotine in cigarettes than adults are.

Post-Research Mark whether the statement is true or false. Record at least one fact from your research that supports your answer. Use a separate piece of paper if you need more space.

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