

Student Handout: Understanding the Dangers of Vaping

Objective:

By the end of this lesson, you will understand the risks and dangers associated with vaping and be able to make informed decisions about whether to start, quit, or avoid vaping.

Key Points from the Video

1. **Health Risks of Vaping:**
 - Vaping can lead to severe health issues such as lung damage, respiratory problems, and addiction.
 2. **Personal Story - Yan Fisher:**
 - Started vaping at 16 as a substitute for smoking.
 - Experienced severe health consequences including being hospitalized, requiring an artificial lung, and suffering long-term effects.
 3. **Harmful Chemicals in Vape Liquids:**
 - **Nicotine:** Addictive and harmful to the cardiovascular system.
 - **Formaldehyde:** A known carcinogen causing respiratory irritation.
 - **Acetaldehyde:** Linked to respiratory and cardiovascular problems.
 - **Acrolein, Benzene, Metals (Nickel, Tin, Cadmium):** Various harmful effects on the body.
 4. **Deceptive Safety of Food Colorings:**
 - Inhaling food coloring particles can cause respiratory issues, allergic reactions, and aggravate asthma.
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Discussion Points

- Why do people often ignore good advice about long-term health?
 - How do marketing and peer pressure influence the decision to vape?
 - What can you do to resist these pressures and make informed health decisions?
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Research Activity

In your groups, research one of the following chemicals found in vape liquids:

- Nicotine
- Formaldehyde
- Acetaldehyde
- Acrolein
- Benzene
- Metals (Nickel, Tin, Cadmium)

Prepare a brief presentation covering:

- What it is and where it is found.
 - Its effects on the body when inhaled.
 - Why it is dangerous.
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Visualization Exercise

- Imagine vaping and the process of inhaling harmful chemicals.
 - Visualize these chemicals affecting your lungs, bloodstream, and overall health.
 - Reflect on the long-term health consequences and personal stories shared in the video.
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Questions

Answer the following questions based on the video and our discussion:

1. What are the potential health risks of vaping?
 2. Why did Yan Fisher start vaping, and what were the consequences?
 3. What chemicals are found in vape liquids, and what are their effects?
 4. How can you make an informed decision about vaping?
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Making Informed Decisions

- It's important to think critically about the choices you make regarding your health.
 - Consider the long-term effects and potential risks.
 - Remember, your health is your responsibility, and informed choices lead to better outcomes.
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Optional Homework Assignment

Choose one of the following:

- Write a brief essay on the topic: "Why I Choose to Avoid Vaping" or "The Importance of Making Informed Decisions About Vaping."
 - Create an informational poster about the dangers of vaping to display in the school.
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Resources for Further Research

- Visit reliable health websites such as the Centers for Disease Control and Prevention (CDC) or the National Institutes of Health (NIH).
 - Use search engines to look up more information about the chemicals found in vape liquids.
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Remember:

The decision to vape or not is yours to make. Ensure it is an informed one, considering all the facts and potential consequences. Make choices that promote your long-term health and well-being.

Thank you for participating in today's lesson. Stay informed and stay healthy!