



## Lesson 1: Impact of Vaping On Your Health Discussion Guide

### **Instructions:**

Read the story of Brianna, an 8th grade high school student and answer the questions below with a parent, trusted adult/mentor or a peer/friend:

*Brianna is in 8th grade and has two younger siblings that really look up to her. She wants to write graphic novels when she grows up. Her best friend since 4th grade is Lydia. Brianna has figured out what things she likes and what things she doesn't like. She loves to read books, play soccer, and is the only cat person in her family!*

*Last weekend, her best friend Lydia offered her a hit of her vape at the park. Brianna asked, "What's in it?" Lydia responded, "Not sure. It'll make you feel good, though."*

1. What are some harms that could happen to Brianna if she decides to try a vape at the park?
2. What are some long-term problems that could happen to Brianna?

### **Instructions:**

Please discuss these questions with a parent, trusted adult/mentor, or a peer/friend.

1. Why is it easy for the tobacco industry to hide the health harms of e-cigarettes?
2. Are e-cigarettes a healthy alternative to smoking?
3. Name three effects nicotine has on the body?
4. Does e-cigarette use cause harm to the heart? a. In what ways? (give examples)