VAPE Jeopardy Questions & Answers

1. Can e-cigarettes or VAPES explode? Yes, these electronic devices can explode and cause serious damage to your body.
2. If a child drinks the liquid from a VAPE pod, can it be deadly? Yes! A child less than 25# can die from drinking the VAPE liquid.
3. Do e-cigarettes spread germs? If you share a VAPE with someone else, you could be spreading germs or getting sick from the germs of the other person.
4. What is Diacetyl that is found in e-cigarette liquid? A flavoring that can cause serious damage to the lungs if inhaled.
5. Can using a VAPE hurt your lungs? Yes, using a VAPE can Cause serious life-long damage to the lungs. It may damage it so badly that a lung transplant may be needed to live.
6. Why is Nicotine bad for a child’s brain? Nicotine harms the developing brain of a child, it causes increased anxiety, problems with memory, problems paying attention and affects learning.
7. Are e-cigarettes better that smoking a cigarette? No, e-cigarettes contain harmful chemicals that can damage the lungs and nicotine that damages the brain!
8. How much Nicotine is in a VAPE pod? 42 mg! That is equal to 2 whole packs of cigarettes!
9. How long does it take Nicotine to reach the brain? 10 seconds
10. Is Nicotine addictive? Yes! Highly addictive! It only takes 5 mg of nicotine daily to create an addiction.
11. Do kids use e-cigarettes or JUUL? Sadly, yes. 12% of High School students and 3% of Middle School students say they used e-cigs in the last month.
12. What is a VAPE? Vape is an electronic device that hears up liquid to make a vapor to be inhaled.
13. What is in the VAPE liquid pod? Nicotine, Heavy Metals, Bacteria, Diacetyl and other dangerous chemicals.
14. How old do you have to be to buy a VAPE? 21!
15. What are other names for e-cigarettes? JUUL, puff bar, e-cig, mod
16. Who can I talk to about quitting e-cigarettes? Talk to an adult you trust, a friend, your parent or a teacher at school.
17. What program can help me quit using e-cigarettes? BE WELL Arkansas is a free program to help you quit.
18. Is it easy to stop using e-cigarettes? For most people, especially kids, it’s very hard. Nicotine is very addictive and most people need help to try to quit.
19. How can I talk to a friend about quitting e-cigarettes? Be calm, be non-judgmental, give them information about programs that offer counseling and help with quitting. Be supportive!
20. Do tobacco companies want kids to use e-cigarettes? Their advertising sure makes it look like they do. They use young, pretty adults who make using e-cigs look fun and cool.
21. Name a healthy activity you can do when you are stressed. Exercise, relax, talk to a friend, watch something fun on TV, deep breath.
22. What other activities can I do to help cope with stress besides using e-cigarettes? Exercise, talk to a trusted friend, join a support group, practice deep breathing exercises, drink less caffeine.
23. Why do kids use e-cigarettes or VAPES? Sometimes kids use these to cope with stress or things at home that make them sad or worried.
24. Can using a VAPE make your stress worse? Yes! Nicotine can actually make your stress worse. Nicotine can increase your feelings of anxiety.
25. Would you let a friend talk you into using a VAPE? I hope you wouldn’t let Peer Pressure be the reason you start to VAPE. A true friend would never pressure you to do something you don’t want to do.