



Sadie the Science Lady Video Discussion

How Many Cigarettes?

- True or False - One vape cartridge or juul pod is the same as smoking 2 cigarettes.
 - **False** - studies show one pod or cartridge is equal to smoking about 20 cigarettes.
- Discuss how vaping and smoking cigarettes are alike.

Hairspray vs. Vaping

- True or False - Vaping devices produce a healthy aerosol that is good for your heart and lungs.
 - **False** - the aerosol produced when vaping contains toxic chemicals that have been linked to heart disease, respiratory illness and cancer.
- Discuss why kids and teens think that vaping products pose no danger to their health. Is it because they think it's just a water vapor and food flavorings?

Volcano Experiment

- True or False - Vaping just one time is risky.
 - **True** - vaping one time can lead to addiction. Vaping products contain the addictive chemical nicotine, which tricks your brain into needing and craving more. It also affects your brain development up to the age of 25.
- Discuss what it is like to have a healthy brain vs. an unhealthy brain. Unhealthy brains have trouble learning, trouble focusing, make bad decisions and are at a higher risk of developing other types of addiction later in life.

Clean Lungs

- True or False - The flavors added to vaping devices are safe because they smell and taste good.
 - **False** - the flavors used in vapes are harmful to your lungs. Vaping can cause permanent damage to your lungs.
- Discuss how the ingredients in the vaping aerosol are harmful to the lungs. For example, some flavorings are safe to eat but not to inhale because the stomach can process more substances than the lungs.

Whoosh Bottle Experiment

- True or False - Vaping use is safe and does not cause addiction, heart disease, or lung disease.
 - **False** - the use of any vaping product is unsafe and proven to cause addiction, as well as heart and lung disease.
- Discuss what your day-to-day life and activity levels would be like if you had permanent heart and lung disease.

Exploding Watermelon

- True or False - Kids and teens find it hard to say no when pressured by their friends or older siblings to vape.
 - **True** - kids and teens often give in to peer pressure because they want to fit in. They want to be liked and they worry that they may be left out or made fun of if they do not go along with the group.
- Discuss who in the group has been asked or knows of someone that was asked to vape and how did they respond.

Popcorn Lungs

- True or False - Vaping causes high levels of nicotine, dangerous chemicals, and artificial flavorings to soak into your blood, brain, and lungs.
 - **True** - there are many toxic chemicals found in vaping devices like formaldehyde, antifreeze, tin, lead and paint solvent. One chemical called diacetyl is linked to a lung disease called bronchiolitis obliterans also known as popcorn lung.
- Discuss how secondhand smoke could cause nicotine, dangerous chemicals, and artificial flavorings to soak into the blood, brain, and lungs of those exposed to the vape.

Vape, or Not a Vape?

- True or False - Vaping devices are easy to identify and look just like a cigarette.
 - **False** - the vaping industry is changing and developing new products all the time to disguise the vaping devices so kids and teens can use them in plain sight, undetected, without their teacher or parents knowing.
- Discuss some devices you have seen your friends use to disguise their vaping devices.

Dunk Vape

- True or False - Big Tobacco companies only advertise vaping products to people over 50.
 - **False** - vaping devices have been advertised on popular social media platforms for kids and teens and promoted at events like music festivals. Big tobacco companies target kids and teens to increase their sales so they can make more money.
- Discuss places you have seen vaping devices used, advertised, or promoted.

Fruit Flavoring

- True or False - Vaping devices are only available in one flavor and that's tobacco.
 - **False** - vaping flavors have over a thousand options. Mango is one popular flavor along with other fruit flavors that are being used in vaping devices to get kids and teens to like the taste.
- Discuss what to say to a friend who is trying to get you to vape because it tastes so good.

Coke & Mentos Experiment

- True or False - Many people believe that vaping is safe.
 - **True** - people believe that vaping is safe and non-addictive because tobacco companies have misinformed them.
- Discuss the many reasons vaping is unsafe and harmful for all ages.

There's No Sugarcoating a Vape

- True or False - The flavors added in vaping pods and juices are approved for use in these devices and are safe for your lungs.
 - **False** - the flavors used in vaping pods and juices have not been approved for use in vaping devices and are not safe for your lungs.
- Discuss why you think big tobacco made flavors that contain the addictive chemical, nicotine, while knowing these flavors are not safe for your lungs.

The Illusions of Vaping

- True or False - Big tobacco wants you to think vaping is safe so kids and teens become addicted and purchase their products for life.
 - **True** - young people are more likely to use vaping devices than adults. Most tobacco use starts between the ages of 10 and 19.
- Discuss what type of tricks you have seen big tobacco use to try to get kids and teens to buy their products?