

Vaping awareness course - Exit Quiz ANSWER SHEET

Score

1. **Which is the correct definition of vaping? (1 mark)**
 - a. Blowing smoke rings
 - b. **Inhaling and exhaling vapour**
 - c. Smoking cannabis

2. **What is the difference between vaping and traditional smoking. (1 mark)**
 - a. Nothing they are the same
 - b. **In a traditional cigarette, tobacco burns and the smoke is inhaled. In an e-cigarette a liquid is heated into vapour and inhaled.**
 - c. Traditional smoking is deadly, but vaping is completely safe.

3. **Why do vape companies sell the liquid in appealing flavours like chocolate and bubble gum? (1 mark)**
 - a. These flavourings are the cheapest.
 - b. Chocolate contains natural nicotine.
 - c. **To encourage young people to try vaping and increase profits.**

4. **Identify three common side effects of Nicotine use (3 marks)**
 - a. Bad skin
 - b. **Addiction**
 - c. Poor memory
 - d. **Increased blood pressure and heart rate**
 - e. **Heart attacks**
 - f. Diabetes

5. **Why is nicotine addictive? (1 mark)**
 - a. It tastes great.
 - b. **It increases the levels of dopamine (reward hormones) in the body.**
 - c. It increases your blood pressure.

6. **Some vapes do not contain Nicotine, are they safe to smoke? (1 mark)**
 - a. **No – they still contain chemicals, which irritate the lungs.**
 - b. Yes – Nicotine is the only dangerous substance in vapes.

7. **True or false – We have a good understanding of all of the long-term effects of vaping. (1 mark)**
 - a. True
 - b. **False**

8. **True or false, ‘vape smoke’ only affects the person who is vaping. (1 Mark)**
 - a. True
 - b. **False**

9. Give three reasons why someone might start vaping (3 marks)

Give a mark for any of the following, plus and other sensible answers.

- Seeing vaping on TV and in the media
- Advertising
- Curiosity
- They think it will relax them
- An alternative to smoking
- Peer pressure

10. True or False – if you vape, you will go to hospital like Ewan Fisher. (1 Mark)

- a. True – vaping will eventually cause you to have an allergic reaction.
- b. False – Not everyone will react like Ewan did, but it is obviously not worth the risk.

11. Fill in the gaps in the laws about vaping (2 marks)

- It is illegal for anyone under the age of 18 to buy or sell vapes in the UK.
- It is illegal for anyone over the age of 18 to give or sell a vape to someone under the age of 18.

12. List three possible consequence of breaking the laws about vaping. (3 Marks)

Give a mark for any of the following, plus and other sensible answers.

- Criminal record.
- Losing college places/courses.
- Heavy fines.
- Going to court.
- Loss of job opportunities.

13. True or false - If you are involved activities related to vaping in school again, you are likely to face and fixed term exclusion of up to five days.

- a. True
- b. False

14. Name one technique you can use to help you quit vaping for good. (1 mark)

- Exercise
- Distraction
- Removing temptation
- Setting targets
- Celebrating success

15. Name two people you can speak to for help with quitting vaping? (1 mark)

- Mr Foster
- Mr Hetherington
- Miss Crutchley
- Your tutor
- School Nurse
- Nhs.co.uk

