

Name \_\_\_\_\_  
Form \_\_\_\_\_  
Date \_\_\_\_\_

- 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 two reasons why someone might start vaping (2 marks)**
  1. \_\_\_\_\_
  2. \_\_\_\_\_
- 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 \_\_\_\_\_ for anyone under the age of \_\_\_\_\_ to buy or \_\_\_\_\_ vapes in the UK.
- It is illegal for anyone over the age of 18 to \_\_\_\_\_ or sell a vape to someone under the age of \_\_\_\_\_.

**12. Name two possible consequence of breaking the laws about vaping. (2 marks)**

1. \_\_\_\_\_
2. \_\_\_\_\_

**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. (1 mark)**

- a. True
- b. False

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

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