

Activity: Trivia review questions for vaping and e-cigarettes

Following the PowerPoint presentation on vaping and e-cigarettes, this game can be used to solidify the participants' learning on the subject. It can be played by making two teams and using a bell/buzzer to “buzz” in to answer the questions. If you do not have a bell or buzzer, a ball or object can be placed on the desk/table between the two players, and the first one to grab the ball has “buzzed in” first. Every correct answer earns one point for the team. The team with the highest score wins.

1. Vaping pathway = inhaling a chemical aerosol > mouth and lungs > bloodstream > exhaled.
 - a. **True (correct answer)**
 - b. False
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2. Why might young people choose not to vape?
 - a. For a healthier lifestyle
 - b. To avoid addiction
 - c. To save money
 - d. **All the above (correct answer)**
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3. The aerosol created by an e-cigarette often contains the following:
 - a. Toxic chemicals and heavy metals
 - b. Sugar
 - c. Nicotine
 - d. **A and C (correct answer)**
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4. The following is true about vaping (select all that apply):
 - a. It is harmless
 - b. All the short and long-term risks are currently unknown
 - c. **B and D (correct answer)**
 - d. Sharing vaping devices can spread viruses or infections
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5. Nicotine has the following effect on youth:
 - a. It alters vital brain development
 - b. It affects memory and concentration
 - c. It is very addictive
 - d. **All the above (correct answer)**

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6. Nicotine has an effect on your heart, blood vessels, brain activity and development, and it relaxes muscles.
- True (correct answer)**
 - False
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7. Nicotine reaches the brain in as little as:
- 5 seconds
 - 10 seconds (correct answer)**
 - 15 seconds
 - 1 minute
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8. Signs that a person may be addicted to a substance such as nicotine include which of the following?
- The person may build a tolerance to the substance and need more use for the desired effect.
 - They may continue to use the substance even though they do not want to anymore.
 - They may experience withdrawal symptoms if they stop use of the substance.
 - All the above (correct answer)**
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9. Young people who vape are _____ likely to start smoking tobacco cigarettes.
- Less
 - Equally
 - More (correct answer)**
 - Not
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10. E-juice is safe to get on your skin or to drink.
- True
 - False (correct answer)**
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