

## VAPE-FREE, BREATHE FREE

**20 Quiz questions and discussion topics to accompany the vaping webinar series.**

### **Webinar 1 COVID-19 and Vaping, The Perfect Storm?**

1. Why might vaping increase your risk of contracting or spreading coronavirus?
  - a. vaping means you are always putting your fingers to your mouth
  - b. Virus particles may be in the aerosol cloud you exhale
  - c. It is common to share pods or hit a friend's Juul or vape
  - d. All of the above
  
2. Which group of people does NOT have a higher risk for the more serious complications of COVID-19?
  - a. Cancer patients
  - b. People over 65
  - c. Dog owners
  - d. Smokers and probably those who vape
  
3. Which group has the greatest ability to decrease their risk for serious COVID-19 complications?
  - a. People who smoke or vape
  - b. People over 65
  - c. Patients with kidney failure
  - d. Cancer patients
  
4. Tobacco smoke and vape emissions can affect the function of the lungs' natural defenses.
  - a. True
  - b. False

### **Webinar 2 The Teen Brain & Addiction**

5. Nicotine is as addictive as....
  - a. Insta
  - b. Girl Scout Thin Mints
  - c. Heroin
  - d. Tiger King
  - e. Caffeine
  
6. Staying away from nicotine, marijuana and alcohol until the age of 21...  
Choose one
  - a. Will make you the most popular student in school
  - b. Basically guarantees no acne outbreaks
  - c. Makes it likely that you will never have a problem with addiction- of any type- as an adult
  
7. Marijuana is addictive
  - a. True
  - b. False

8. Over 95% of e-liquids that are sold contain nicotine, whether in bottles or pods or disposable vapes.
- True
  - False

### **Webinar 3 There's A Target on Your Back**

9. Which of the following tactics were used to make vaping more appealing to younger people?
- Devices that look like regular items found in a student's room or backpack
  - Candy flavors
  - Marketing tie-ins with music festivals and sports events
  - Over \$100 million was spent in targeted advertising, for several years, beginning in 2014
  - All of the above
10. How did manufacturers know that teens would likely continue using e-cigarettes (vapes or Juuls) once they tried them?
- Teens can't resist a cool design
  - They packed them with nicotine
11. One reason that many students and adults were willing to try vaping was the claim that it was a safe alternative to cigarettes.
- True
  - False
12. Many of the large cigarette companies own, or own large shares of, e-cigarette companies. They make their money whether you vape or smoke.
- True
  - False

### **Webinar 4 Why Teens Are Ditching Their Devices and Speaking Up**

13. Some teens who vaped have ended up in the hospital, some placed on ventilators, some placed in medically-induced comas while their lungs recovered. Last year, thousands of cases like these proved that:
- Teens will do anything to get out of PE
  - Vaping can cause serious inflammation in the lungs, similar to a chemical burn
14. In which two ways could vaping (nicotine) derail an athlete, a dancer or a musician?
- They could lose their coordination and forget previously learned skills
  - They may have an impaired ability to perform and decreased motivation to practice or train
15. How much money could a person save if they stopped vaping a pod a day or more?
- \$150 - \$400 a year (\$3,000- \$8,000 over 20 years)
  - \$1,500 - \$4,000 a year (\$30,000-\$80,000 over 20 years)

16. The majority of high school students are not vaping.
- True
  - False

### Webinar 5 #QuitForCovid, Three Great Resources to Start Your Quit

17. Smoking and vaping can better equip your body to fight off COVID-19 and reduce the chance of the most severe symptoms.
- True
  - False
18. Which of the following does not offer techniques or tips that have been proven to help people quit?
- Apps
  - Magic 8 Ball
  - Daily text support
  - Websites
  - Call in quit lines- talk to a specialist
19. Some people may need nicotine replacement therapy to help them manage nicotine withdrawal in the initial phase of their quit.
- True
  - False
20. When a person is trying to quit, it is common for people to SLIP and temporarily go back to vaping or smoking. What does this tell you about that person?
- They are weak and will probably become a smoker for the rest of their lives
  - Even a SLIP is helping them to learn more about what works for their quit and what doesn't. They'll do better next time in the same situation.

### Answer Key:

- |       |       |
|-------|-------|
| 1. d  | 11. a |
| 2. c  | 12. a |
| 3. a  | 13. b |
| 4. a  | 14. b |
| 5. c  | 15. b |
| 6. c  | 16. a |
| 7. a  | 17. b |
| 8. a  | 18. b |
| 9. e  | 19. a |
| 10. b | 20. b |

## Suggested Discussion Prompts

### Webinar 1

- What types of chemicals are found in the aerosol that is inhaled when you vape?
- Do you think e-cigarettes should be allowed on the market?
- Do you believe that people who vape are at a greater risk for COVID-19 and more serious outcomes? Why?

### Webinar 2

- How do you think someone would know they are addicted to nicotine?
- What are student attitudes towards marijuana (pre-webinar)?
- Why do you think the vaping of marijuana went up slightly in the past year?
- Are you concerned about this? Why?

### Webinar 3

- How did it make you feel when you learned that e-cigarette companies went after younger customers?
- Do you feel they were truthful in their claims about e-cigarettes being a safer alternative to cigarettes? Does “Safer” always mean “Safe”?
- How will you look at emerging products now? Like CBD oils/vapes, vitamin vapes, essential oil vapes?

### Webinar 4

- How significant do you think it would be to have to spend \$1,500 to \$4,000, or more, on vaping your first few years in the workforce?
- Do you think there is an advantage for an entire team, dance group, cheer squad or marching band whose members are committed to not vaping or smoking?
- Let’s say you never smoked or vaped marijuana and another person smoked marijuana since 10<sup>th</sup> grade. If you both applied for the same job out of college, who do you think is more likely to get the job? Why? What might those two recent college grads look like?

### Webinar 5

- How easy is it to quit smoking or vaping?
- What are some steps that can increase your chances of successfully quitting?
- When are cravings and nicotine withdrawal likely to be the strongest?
- What would you do to handle a craving instead of hitting a Juul?
- How could you support a friend who is trying to quit?
- How would you handle being around friends who vape when you are trying to quit?
- What are activities that you love doing that don’t have to involve drugs or alcohol?
- If you quit or are going to quit- what are you most looking forward to about life after nicotine?

**Thank you for using our vaping information. Please help us improve our program by sending a quick email indicating the grade level and number of students using the webinars and a sentence or two of feedback, including both positive and areas for improvement, to: [tknoll@communityincrisis](mailto:tknoll@communityincrisis)**