

# Tobacco and Vaping Poster Activity



**Tobacco products, including vapes, contain nicotine, which harms not only your main organs including your brain, heart and lungs, but also your mental health.**

## OVERVIEW

As a class, students will learn and discuss the immediate and long-term effects and dangers of tobacco and vaping products to themselves, their friends and family. They will then express what they learned and how it made them feel by creating a poster.

## THOUGHT STARTERS

1. Have you, your family or friends been affected by tobacco use and vaping addiction?
2. How can you help your friends and family who struggle with tobacco use and vaping addiction?

## MATERIALS NEEDED

- Poster board/poster paper
- Markers, colored pencils or crayons
- Magazines – students can cut out phrases or photos
- Scissors
- Glue sticks to paste magazine clippings on poster board or paper

## ACTIVITY

1. Ask the Thought Starter questions.
2. Share the background facts (see page 2) about the harmful effects of tobacco and vaping with your students.
3. Have students create a poster to hang up in your classroom/in your hallways. The artwork on the poster should represent something they learned or how the information made them feel.
4. Provide quitting resources for the students: Do you want to quit vaping or using tobacco products? Do you want to help someone else quit?  
  
Text **HEART** to **88709** for an easy to use, anonymous, and free support system at your fingertips available 24/7.
5. Provide opportunity for students to get more facts and join the fight against tobacco and vaping!  
Text **ENDGAME** to **46839** to join the movement!

## BACKGROUND FACTS

Share these background facts and discuss as a class.

1. All tobacco products including cigarettes, chewing tobacco, hookah, cigars, and vapes contain nicotine.<sup>1</sup>
2. Nicotine harms the brain<sup>2</sup>, heart<sup>3</sup>, lungs<sup>4</sup>, and impacts mental health.<sup>5</sup>
3. One vape can contain as much nicotine as an entire pack of cigarettes.<sup>6</sup>
4. There are many chemicals found in cigarette smoke and e-cigarette aerosol.<sup>7,8</sup>
  - a. Arsenic is found in **rat poison**, cigarette smoke, and e-cigarette aerosol.
  - b. Benzene is found in **gasoline**, cigarette smoke, and e-cigarette aerosol.
  - c. Cadmium is found in **batteries**, cigarette smoke, and e-cigarette aerosol.
  - d. Formaldehyde is found in **embalming fluid**, a chemical that is used to preserve dead bodies or even the frog you dissected in biology class.
- e. Propylene glycol is found in **antifreeze** and e-cigarette aerosol.
5. Most teens and young adults who vape use flavored products.<sup>9</sup> Did you know tobacco companies use tasty flavors like bubble gum, watermelon, and mint to attract young people to their dangerous products? Then they hook them with high doses of extremely addictive nicotine.
6. The nicotine found in tobacco and vaping products can make you feel worse by increasing your symptoms of anxiety and depression.<sup>10</sup>
7. Cigarette butts are the second most common type of litter in the world after food wrappers.<sup>11</sup>
8. In 2019, 4.2 million cigarette butts were collected in beaches and waterways globally.<sup>12</sup>
9. E-cigarette waste does not biodegrade. It breaks down into microplastics and chemicals that pollute the water we drink and the soil our food grows in.<sup>13</sup>
10. In 2020, tobacco companies spent \$8.4 billion on marketing and advertising to target teens and young adults. That's \$23 million a day to get young people hooked on their deadly products.<sup>14</sup>

---

<sup>1</sup> U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

<sup>2</sup> U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

<sup>3</sup> [Impact of Electronic Cigarettes on the Cardiovascular System | Journal of the American Heart Association \(ahajournals.org\)](https://ahajournals.org)

<sup>4</sup> [Keep Your Air Clear: How Tobacco Can Harm Your Lungs | FDA](https://www.fda.gov)

<sup>5</sup> Truth Initiative. 2021. Colliding Crises: Youth Mental Health and Nicotine Use. [https://truthinitiative.org/sites/default/files/media/files/2021/10/Mental%20Health%20and%20Nicotine%20Report\\_10.7.2021.pdf](https://truthinitiative.org/sites/default/files/media/files/2021/10/Mental%20Health%20and%20Nicotine%20Report_10.7.2021.pdf)

<sup>6</sup> Willett JG, Bennett M, Hair EC, et al. Recognition, use and perceptions of JUUL among youth and young adults. *Tob Control*. 2018. Epub ahead of print. doi: 10.1136/tobaccocontrol-2018-054273.

<sup>7</sup> [What's in an E-Cigarette? | American Lung Association](https://www.lung.org)

<sup>8</sup> [How Smoking and Nicotine Damage Your Body | American Heart Association](https://www.heart.org)

<sup>9</sup> Park-Lee E, Ren C, Sawdey MD, et al. Notes from the Field: E-Cigarette Use Among Middle and High School Students — National Youth Tobacco Survey, United States, 2021. *MMWR Morb Mortal Wkly Rep* 2021;70:1387–1389. DOI: <http://dx.doi.org/10.15585/mmwr.mm7039a4>

<sup>10</sup> Truth Initiative. 2021. Colliding Crises: Youth Mental Health and Nicotine Use. [https://truthinitiative.org/sites/default/files/media/files/2021/10/Mental%20Health%20and%20Nicotine%20Report\\_10.7.2021.pdf](https://truthinitiative.org/sites/default/files/media/files/2021/10/Mental%20Health%20and%20Nicotine%20Report_10.7.2021.pdf)

<sup>11</sup> Truth Initiative. Tobacco and the Environment. 2021. [Truth\\_Environment FactSheet Update 2021\\_final\\_030821.pdf \(truthinitiative.org\)](https://truthinitiative.org)

<sup>12</sup> Truth Initiative. Tobacco and the Environment. 2021. [Truth\\_Environment FactSheet Update 2021\\_final\\_030821.pdf \(truthinitiative.org\)](https://truthinitiative.org)

<sup>13</sup> Truth Initiative. Tobacco and the Environment. 2021. [Truth\\_Environment FactSheet Update 2021\\_final\\_030821.pdf \(truthinitiative.org\)](https://truthinitiative.org)

<sup>14</sup> [FTC Report Finds Annual Cigarette Sales Increased for the First Time in 20 Years | Federal Trade Commission](https://www.ftc.gov)