

Truth About Vaping, Smoking And Nicotine

OVERVIEW

Nicotine is a dangerous and highly addictive chemical. Nicotine in any form is a major risk factor for cardiovascular disease.

Adolescent and teen vaping increases are at epidemic levels. More than 1-in-4 high school students use e-cigarettes. For context, 1-in-4 have used e-cigarettes at least once in the past month while 1-in-5 use them daily.

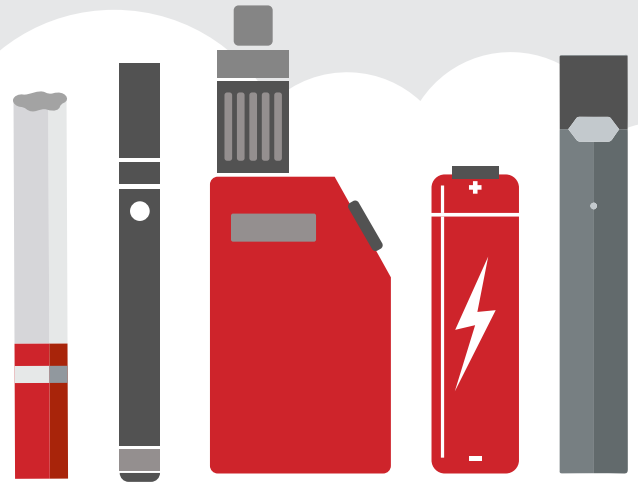
There are many unfounded beliefs that vaping is safer than combustible cigarettes. As with cigarettes, there is predatory marketing towards youth with e-cigarettes and flavored vape products.

Both vaping and smoking cigarettes are related to an increased susceptibility to and severity to COVID-19. Vaping and smoking increase the risk of transmitting COVID-19.

The American Heart Association is focused on the tobacco endgame -- putting an end to tobacco use and nicotine addiction in this country.

KEY LEARNING OBJECTIVES

1. Describe five harmful effects of nicotine.
2. Describe how nicotine consumption affects your heart.
3. List five facts and five falsehoods about vaping (fact vs fiction).
4. List three ways that smoking and vaping increase the risks of lung illness and COVID-19.



FACTS

Nicotine is a highly addictive substance that can reshape chemical patterns in your brain. ⁽¹⁾

Nicotine can cause an increase in blood pressure, heart rate, flow of blood to the heart and a narrowing of the arteries. Nicotine may also contribute to the hardening of the arterial walls, which in turn, may lead to a heart attack. ⁽²⁾

E-cigarette vaping was found to release various potentially dangerous chemicals. ⁽²⁾ E-cigarette and vape juice is known to contain lead, nickel and chromium. These are known as toxic, heavy metals. ⁽²⁾

Combustible products (cigarettes), smokeless tobacco and e-cigarettes all contain nicotine. ⁽³⁾

Nicotine, especially at such high doses, use is known to cause: irritability, mood swings, anxiety, impulsivity, learning difficulties. ⁽⁴⁾

One JUUL pod = Nicotine in one pack of cigarettes (typically 20 cigarettes). ^(5, 6)

"Juuling" is a common used term describing the use of e-cigarettes and vaping. ⁽⁶⁾ Altria (formerly Philip Morris) owns 35% of JUUL. ⁽⁷⁾

In addition to the direct threat to lung health, smoking and vaping increase the risk of transmitting COVID-19. Bringing fingers to the mouth, sharing e-cigarettes with others and emitting large aerosol clouds all increase the risk of transmission. ⁽⁸⁾

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OPENING QUESTIONS TO ASK YOUR CLASS

Show of hands how many of you know someone your age who vapes? (Do not ask if they themselves vape, yet).

Of those kids you know, how many of them used to smoke cigarettes and now switched to vaping in order to quit?

Optional follow up questions:

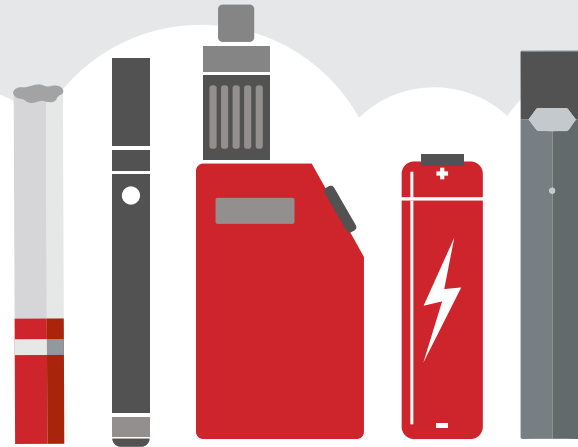
- Who knows what nicotine is?
- What are it's effects?
- Who thinks that vaping is healthier than smoking a tradition cigarette?
- How could vaping increase the risk of transmitting COVID-19?

STUDENT ACTIVITY OPTIONS

Create an awareness campaign at school and highlight what is fact/ fiction surrounding vaping. Utilize existing school forums (bulletin boards, newsletters, announcements, etc.).

Organize a social media awareness campaign using #TobaccoEndGame to the share with their peers the dangers with vaping.

Sign up for You're the Cure to tell your local legislators/officials to help push for tougher regulation and laws to protect youth from vaping.
yourethecure.org



TEACHING LESSON

Tobacco (cigarettes and chewing/dip) is now in a new form, vaping.

While vaping or “juuling” might seem safer or even healthier, the fact is that all of these products are largely unregulated. They have no standards and can say/claim almost anything to get you to buy them.

Nicotine is a neurotoxin (poison) that is highly addictive and causes mood issues and hampers learning in the brain.

Nicotine also has a physiological effect in the bloodstream. It is what contributes to heart disease and stroke.

Smoking and vaping can increase the risk of transmitting COVID-19. Bringing fingers to the mouth while vaping, sharing vaping devices with friends, and emitting large aerosol clouds with respiratory droplets are dangerous.

Candy and “fun” flavors are used to appeal to kids/ youth/teens to get you to try it. The flavors mask/hide the harshness of the smoke/vape which will allow you to inhale more deeply. If you inhale more deeply, you will ingest more nicotine which will addict you faster. Once addicted it is extremely hard to quit.⁽⁹⁾

Nicotine use, especially at such high doses, is known to cause:

- Irritability
- Mood Swings
- Anxiety
- Impulsivity
- Learning Difficulties

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PRINT & DIGITAL

1 - Tobacco, Nicotine, and E-Cigarettes: Is Nicotine Addictive? [\(link\)](#)

2 - Impact of Electronic Cigarettes on the Cardiovascular System [\(link\)](#)

3 - Youth & Tobacco: A New Crisis [\(link\)](#)

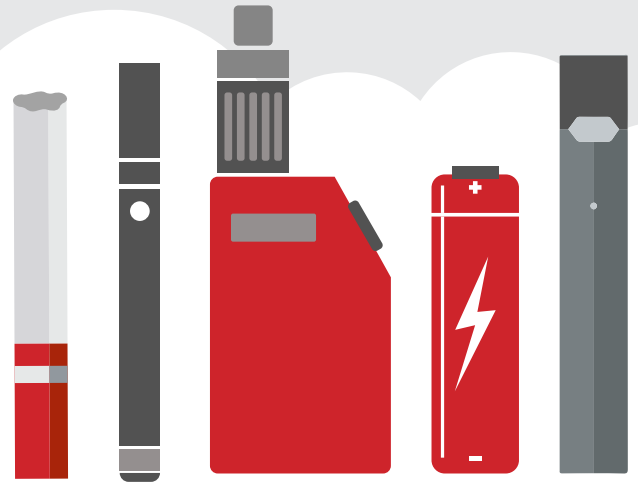
4 - Know the Risks: E-Cigarettes & Young People [\(link\)](#)

5 - E-cigarettes and Adolescents [\(link\)](#)

6 - 101 on e-cigarettes Poster [\(link\)](#)

7 - Altria buys 35% stake in JUUL [\(link\)](#)

8 - Q&A: Tobacco Use and COVID-19 [\(link\)](#)



DIGITAL ONLY

FlavorsHookKids.org [\(link\)](#)

You're the Cure [\(link\)](#)

Supplemental Students Activities from the AHA [\(link\)](#)