

# Vaping: IS IT SAFE?



**VAPING** {verb}: the act of inhaling and exhaling the vapor produced by an e-cigarette or similar device. These devices produce vapor, rather than tobacco smoke.

**QUICK-WRITE:** in the space below, reflect on what you know about vaping:

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**PRE-RESEARCH:** in the space below, record the questions that you would need to have answered in order to make an informed decision about the safety of vaping.

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Usually an e-cigarette consists of the following parts:

Explain how the e-cigarette works:

The e-liquid usually contains the following ingredients:



What is the health risk in cigarette smoke?

Why are many e-cigarettes safer than cigarettes?

Why are the negative health effects of e-cigarettes?

What is a Juul?

How much nicotine is in a Juul pod?

Why are experts concerned with the popularity of the Juul among teens?

What is the effect of the Juul's combination of nicotine and salt and why is it a concern?