# What's the Verdict on Vaping?

# A Game for Two Players

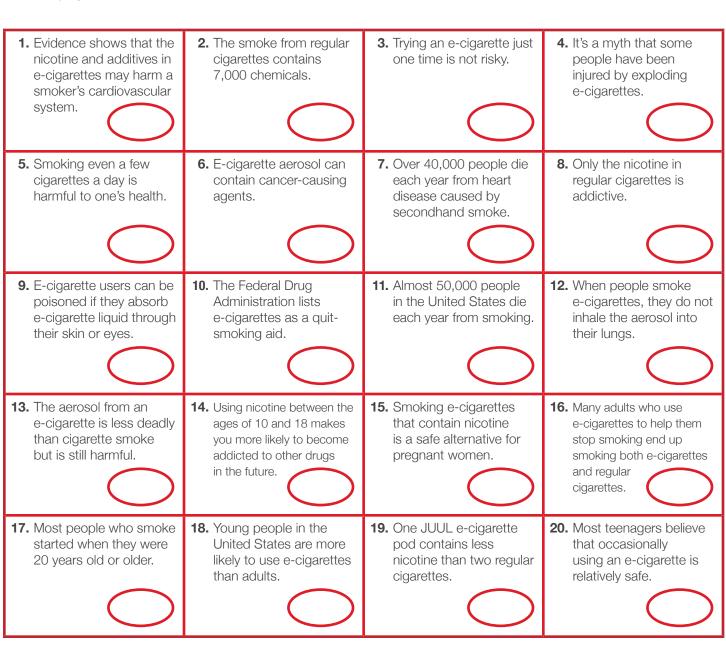
Think you're in the know about smoking, e-cigarettes, and vaping? Find out when you play this game.

### How to play:

- **1.** Choose a numbered statement. Tell whether the statement is true or false.
- 2. Have your partner check the answer key. If you are correct, write your initials in the oval. If you are incorrect, write your opponent's initials in the oval. Next your partner takes a turn.

Heart Association:

3. The player whose initials are written in more ovals after all the statements have been read is the winner.



# "What's the Verdict on Vaping?" Answer Key

- 1. true
- 2. true
- 3. false; Almost 20% of the people who try an e-cigarette one time become regular users.
- 4. false; Some e-cigarette users have been burned or injured by e-cigarettes that have exploded or caught fire due to faulty batteries.
- 5. true
- 6. true
- 7. true
- 8. false; The nicotine in all tobacco products—including e-cigarettes that deliver nicotine—is extremely addictive.
- 9. true
- 10. false; The Federal Drug Administration has not approved e-cigarettes as a quit-smoking aid.
- 11. false; The number is ten times that amount—almost 500,000 people die in the United States each year from smoking.
- 12. false; When people smoke e-cigarettes, they inhale the aerosol into their lungs.
- 13. true
- 14. true
- 15. false; Smoking e-cigarettes that contain nicotine is harmful to pregnant women and their fetuses.
- 16. true
- 17. false; Most tobacco use starts during adolescence (between the ages of 10 and 19).
- 18. true
- 19. false; One JUUL e-cigarette pod contains as much nicotine as a pack of 20 regular cigarettes.
- 20. true; While teens may believe this, they are wrong. Just one e-cigarette can lead to addiction.

## The Verdict Is In: Smoking Is Serious.

Using any tobacco product, including e-cigarettes, is unsafe. Not only is the nicotine in tobacco products extremely addictive, it negatively affects brain development in adolescents and puts a young person at risk of a lifetime of nicotine addiction. And that's not all. Because adolescent brains are developing and will continue to do so until about age 25, young people can get addicted more easily than adults. Don't vape, don't smoke, and don't let the people you care about do it either.