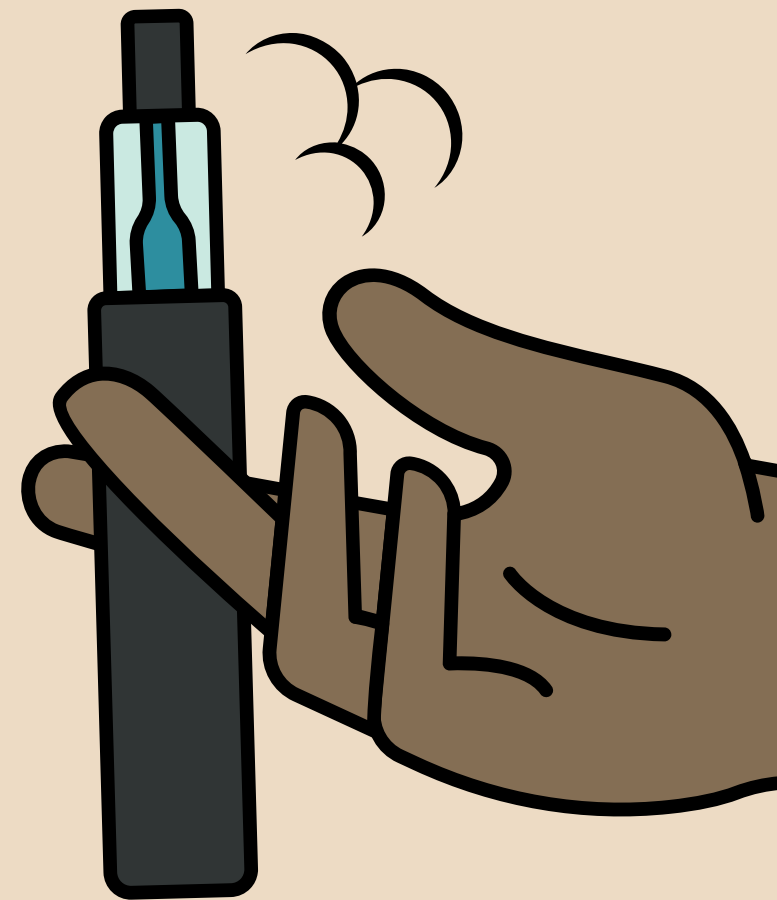




HEALTH RISKS OF SMOKING AND VAPING

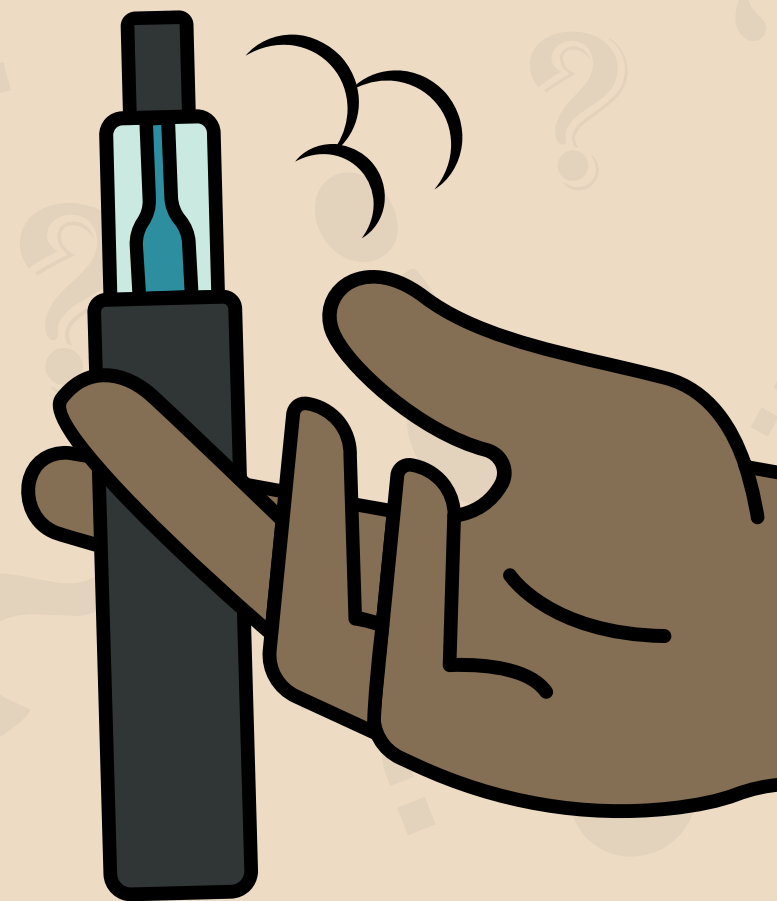


**WHAT DO
YOU KNOW?**





**WHAT'S THE
DIFFERENCE?**

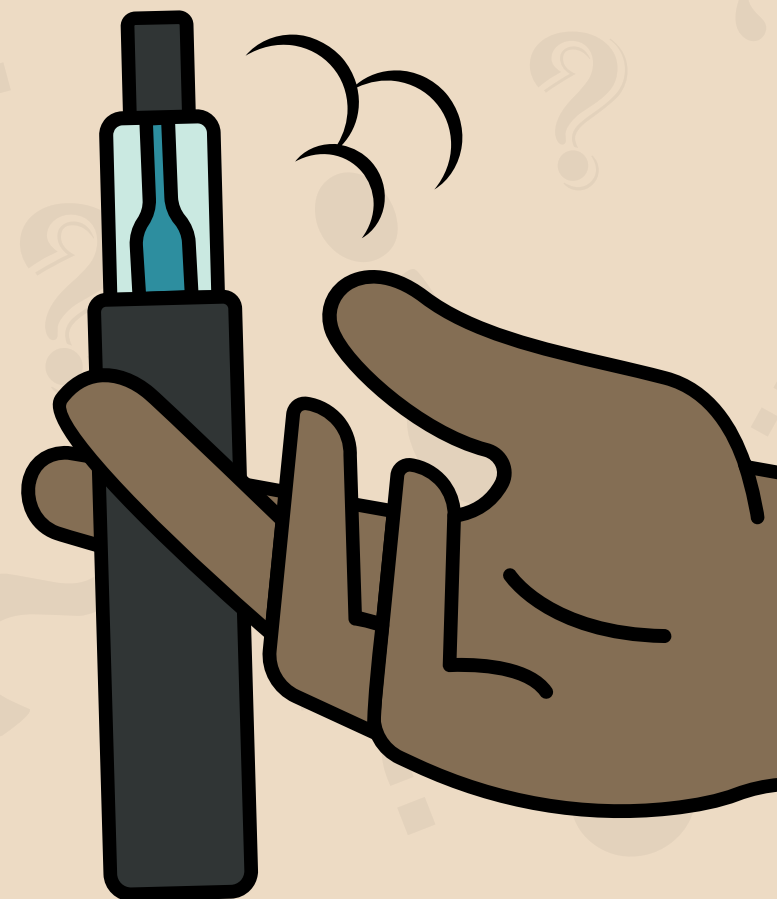


WHAT'S INSIDE?



Cigarettes contain over 7,000 toxic chemicals—many are poisonous, and 70+ can cause cancer

Vapes contain nicotine and harmful chemicals like formaldehyde and acetone



CIGARETTES

WHAT'S INSIDE?

Tar: A residue that accumulates in the lungs, leading to respiratory issues.

Carbon Monoxide: A poisonous gas that reduces oxygen delivery to the body.

7,000 chemicals: Including Arsenic which is a poison and Cadmium which is used in batteries.



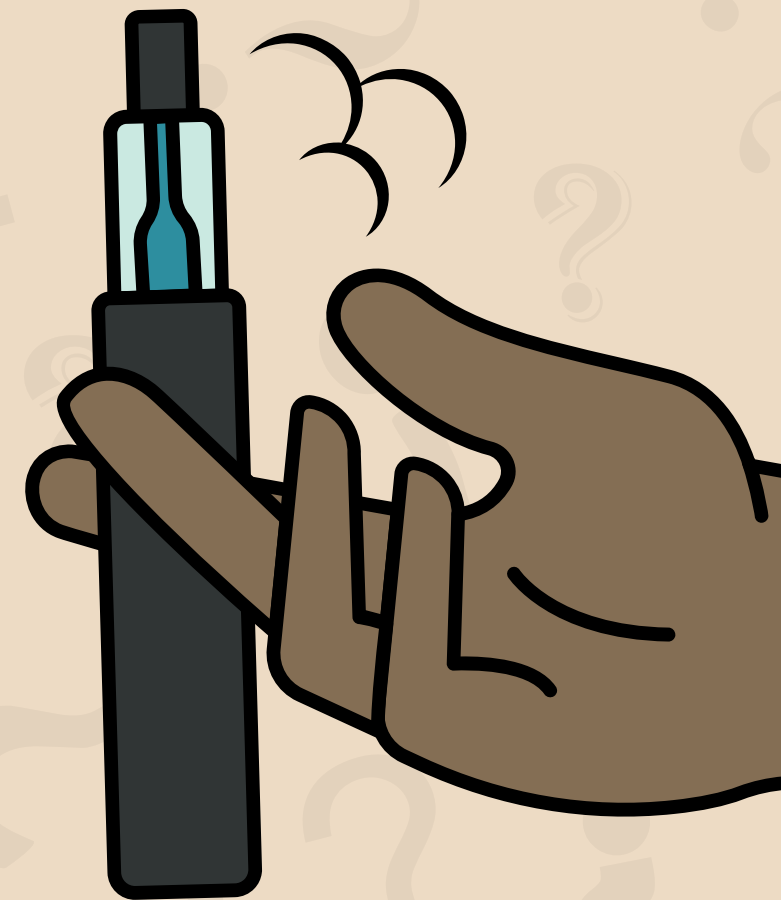
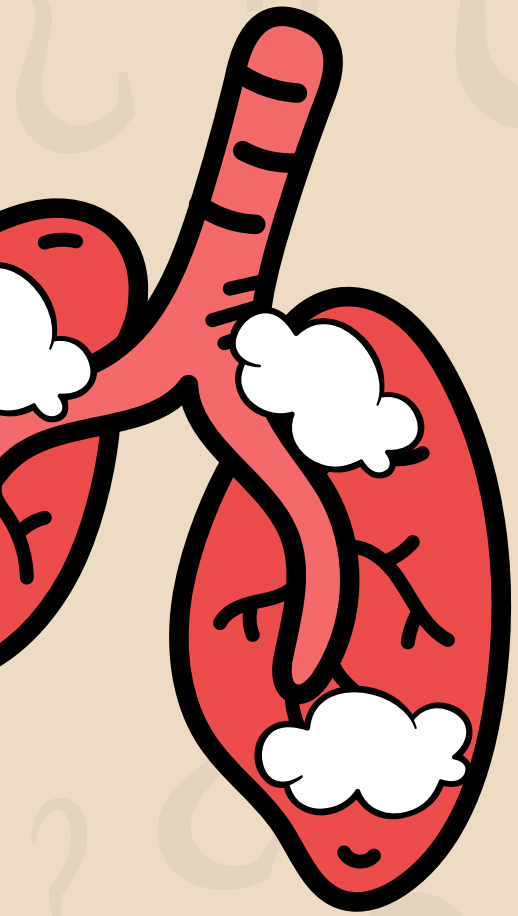
VAPES

WHAT'S INSIDE?

Formaldehyde: A chemical found in floor cleaner that can permanently damage the lungs and cause cancer

Diacetyl: Associated with "popcorn lung," a severe lung disease.

Heavy Metals: Such as lead and nickel, which can be toxic.

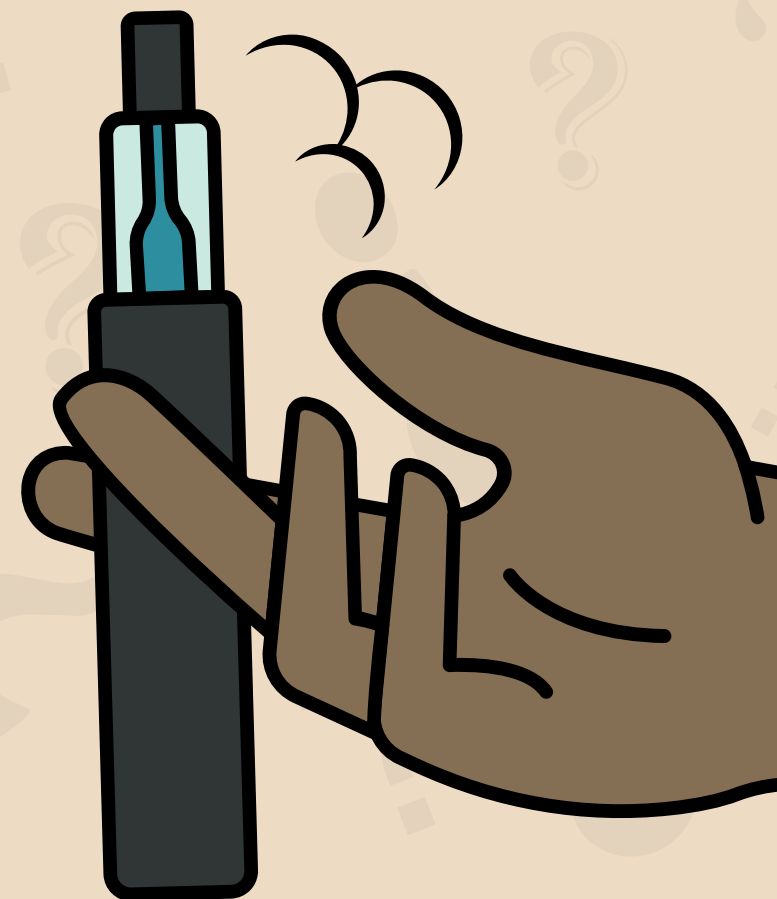


SHORT-TERM HEALTH RISKS



Addiction, increased heart rate, dizziness, nausea, shortness of breath and bad breath.

Addiction, dry mouth tickly cough, headaches, sore throat and dizziness

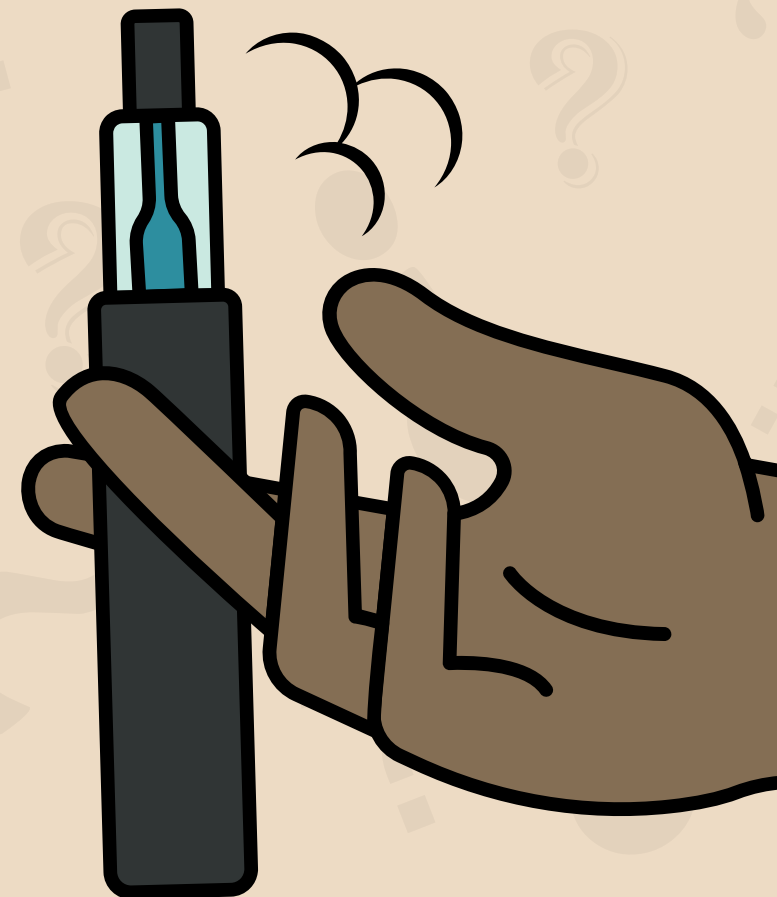


LONG-TERM HEALTH RISKS



Addiction, lung cancer,
heart disease, strokes,
breathing problems.

Addiction, lung
damage, unknown
long-term effects.



WHAT'S THE SAME?

**SMOKING AND VAPING BOTH DELIVER NICOTINE,
CAN BE ADDICTIVE, AND POSE HEALTH RISKS.**



BREAKING NEWS

You are investigative health reporters uncovering the truth about smoking & vaping!

YOUR MISSION

Each team will investigate how smoking & vaping affect different parts of the body.

You will prepare a short news bulletin to report your findings!



YOUR ASSIGNMENT:

Lungs & Breathing – How do cigarettes & vapes damage your lungs?

Heart & Blood – How does nicotine increase the risk of heart disease?

Brain & Addiction – Why does nicotine make quitting so hard?

Skin & Appearance – How does smoking/vaping change the way you look?



BE CREATIVE:

Use dramatic headlines

Pretend to be TV news reporters, doctors, or patients

Share facts, shocking statistics, or eyewitness accounts!

You have 10 minutes to prepare! Then, each group will present their news bulletin to the class!



A stylized, bubbly graphic of the words "quiz time!" in white. The letters have thick black outlines and are accented with pink lines. The text is set against a light beige background with a repeating pattern of faint, grey question marks.

quiz time!

GET INTO TEAMS AND THINK OF A TEAM NAME

1

TRUE OR FALSE?

Vaping is just
flavoured air—it's like
breathing in mist. 🧴

2

WHAT'S THE MOST ADDICTIVE INGREDIENT IN CIGARETTES AND VAPES?

- A) Tar
- B) Nicotine
- C) Carbon monoxide
- D) Caffeine

3

TRUE OR FALSE?

Nicotine isn't that
addictive—it's easy to
quit smoking or vaping

4

FILL-IN-THE-BLANK:

Cigarettes contain over ____ chemicals,
including ones found in rat poison and
nail polish remover

5

TRUE OR FALSE?

Vaping is safe because
it doesn't have tar like
cigarettes.

6

**WHAT PART OF THE BODY DOES NICOTINE
DAMAGE THE MOST?**

- A) Brain 
- B) Liver 
- C) Hair  
- D) Muscles 

7

TRUE OR FALSE?

Nicotine damages the part of your brain that helps with memory and learning. 

8

**HOW LONG DOES IT TAKE FOR NICOTINE
TO REACH YOUR BRAIN AFTER INHALING?**

A. 10 seconds 

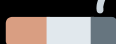
B. 1 minute 

C. 10 minutes 

D. 30 minutes  

9

WHICH OF THESE CONTAINS MORE NICOTINE?

- A) A regular cigarette 
- B) A disposable vape 
- C) About the same  

10

WHICH IS NOT AN INGREDIENT FOUND IN CIGARETTE SMOKE?

- A) Arsenic  (used in rat poison)
- B) Acetone  (found in nail polish remover)
- C) Salt  (found in food)
- D) Formaldehyde  (used to preserve dead bodies )

1

TRUE OR FALSE?

Vaping is just
flavoured air—it's like
breathing in mist. 🌫️

❌ False! Vape clouds aren't just mist—they have chemicals, nicotine & tiny bits of metal 🧪. These get into your lungs and can cause damage. ⚠️

2

WHAT'S THE MOST ADDICTIVE INGREDIENT IN CIGARETTES AND VAPES?

- A) Tar
- B) Nicotine**
- C) Carbon monoxide
- D) Caffeine

Nicotine hooks you in fast and makes you crave more—even when you don't want to.

3

TRUE OR FALSE?

Nicotine isn't that addictive—it's easy to quit smoking or vaping

✗ False! Nicotine is as addictive as heroin and cocaine 🧠! That's why quitting can cause cravings, mood swings & stress.

4

FILL-IN-THE-BLANK:

Cigarettes contain over **7,000** chemicals, including ones found in rat poison and nail polish remover

✓ 7,000! 🚬 70+ cause cancer—some are also found in paint, batteries & embalming fluid. Yuck!

5

TRUE OR FALSE?

Vaping is safe because it doesn't have tar like cigarettes.

✗ False. While vaping doesn't contain tar, it still exposes users to harmful substances which can irritate the lungs or affect breathing.

6

WHAT PART OF THE BODY DOES NICOTINE DAMAGE THE MOST?

- A) Brain 
- B) Liver 
- C) Hair  
- D) Muscles 

Brain!  Nicotine messes with memory, focus & learning—especially in young people.

7

TRUE OR FALSE?

Nicotine damages the part of your brain that helps with memory and learning. 🧠

✓ True! Nicotine rewires your brain, making it harder to focus, learn & make decisions.

8

HOW LONG DOES IT TAKE FOR NICOTINE TO REACH YOUR BRAIN AFTER INHALING?

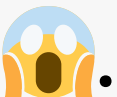
- A. 10 seconds 
- B. 1 minute 
- C. 10 minutes 
- D. 30 minutes  

✓ A) 10 seconds!  That's how fast nicotine hits your brain & gets you hooked.

9

WHICH OF THESE CONTAINS MORE NICOTINE?

- A) A regular cigarette 
- B) A disposable vape 
- C) About the same  

A disposable vape! Some have more nicotine than a whole pack of cigarettes .

10

WHICH IS NOT AN INGREDIENT FOUND IN CIGARETTE SMOKE?

- A) Arsenic 💀 (used in rat poison)
- B) Acetone 🔥 (found in nail polish remover)
- C) Glass 🪟 (used in windows)
- D) Formaldehyde 🪦 (used to preserve dead bodies 🤢)

✓ C) Glass! 🪟 The rest are real
poisons in cigarettes. 🚭 🤢



For more information on smoking or vaping visit: **ash.wales**