

Cons of Vaping

Non-Fiction Article

PDF & Digital Formats



2 Peas and a Dog

Middle School Teaching Resources

RESOURCE INCLUDES

- ☐ Lesson Plan
- ☐ Teacher Instructions
- ☐ Individual PDFs for Google Drive
- ☐ Google Slides for 1:1 Schools
- ☐ Audio file of the article
- ☐ Pre-reading K-W-L chart
- ☐ Non-fiction article (modified and regular levels)
- ☐ 3 Post reading activities
 - ✓ Comprehension questions
 - ✓ Grammar questions
 - ✓ Long response writing

EXAMPLE PAGES

CONS OF VAPING

What is Vaping?

Cigarettes themselves are becoming a thing of the past. Electronic cigarettes (e-cigarettes, or e-cigs) and vapes are becoming more popular among teenagers and adults. While they are not a true cigarette, these devices are battery-powered products that still deliver nicotine to their users. Vapes and e-cigs contain a liquid (often filled with nicotine) that is heated, changed to an aerosol, and then inhaled by the user. E-cigs and vapes come in all shapes, sizes, and colors and can look like real cigarettes, or even like pens or flash drives. However, despite their looks, they can be just as toxic as any traditional cigarette.

Research

Since 2014, e-cigarettes have been the most used tobacco products by youth. Youth indicate a few reasons for using e-cigarettes: friends or family use them, the taste and flavors, and the opinion that they are less harmful than an actual cigarette. According to the findings of the 2020 National Youth Tobacco Survey, 4.7% of U.S. middle school students and 19.6% of U.S. high school students indicated they currently use e-cigarettes. Almost 39% of high school students used e-cigs at least 20 days per month, while 22.5% used e-cigs every day. This indicates that U.S. youth



A person holding a vape pen and cigarettes.

still have a dependence on nicotine, with 3.6 million total youth still using e-cigarettes.

Nicotine Dependence

Nicotine is the addictive chemical found in tobacco and tobacco products. It creates a sense of pleasure in your brain, but that feeling doesn't last long. That's why users struggle to stop. Nicotine dependence occurs when you need nicotine and find it difficult to stop using products that contain it. Stopping results in withdrawals, or emotional and physical changes that are not enjoyable, such as cravings, irritability, difficulty focusing, sadness, and increased hunger.

Signs of nicotine dependence include making several attempts to stop without success, withdrawal symptoms, continuing to smoke even though you have developed related health problems, and choosing to give

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K-W-L CHART

Topic:

K	W	L
What do I already know about this topic?	What do I want to know about this topic?	What new things did I learn about this topic from the article?

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SAMPLE ANSWERS

1. Explain electronic cigarettes. (2 marks)

While they are not a true cigarette, these devices are battery-powered products that still deliver nicotine to their users. Vapes and e-cigs contain a liquid (often filled with nicotine) that is heated, changed to an aerosol, and then inhaled by the user. E-cigs and vapes come in all shapes, sizes, and colors and can look like real cigarettes, or even like pens or flash drives.

2. How many total U.S. youth are still using e-cigarettes?

This indicates that U.S. youth still have a dependence on nicotine, with 3.6 million total youth still using e-cigarettes.

3. Identify at least one of the withdrawal symptoms that you may experience when you try to quit using nicotine/e-cigarettes.

Stopping results in withdrawals, or emotional and physical changes that are not enjoyable, such as cravings, irritability, difficulty focusing, sadness, and increased hunger.

4. What can happen to your brain if you smoke before the age of 25?

A human's brain continues to develop from birth until about the age of 25. The use of nicotine, or any other drug, especially during this time, can cause serious damage to the brain. It makes it easier to become addicted, but it also creates long-term problems with attention, learning, and memory.

5. What is benzene?

This gas (aerosol) often contains chemicals besides just nicotine. It also contains things such as benzene (a chemical which is usually found in car exhaust) and a flavoring called diacetyl, which is known to cause lung disease and "popcorn lung".

6. What is the best thing anyone can do to avoid the harmful effects of nicotine-containing products?

The best thing anyone can do to avoid the harmful effects of tobacco and nicotine-containing products is to never use them.

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PREVIEW

CONS OF VAPING

What is Vaping?

Cigarettes themselves are becoming a thing of the past. Electronic cigarettes (e-cigarettes, or e-cigs) and vapes are becoming more popular among teenagers and adults. While they are not a true cigarette, these devices are battery-powered products that still deliver nicotine to their users. Vapes and e-cigs contain a liquid (often filled with nicotine) that is heated, changed to an aerosol, and then inhaled by the user. E-cigs and vapes come in all shapes, sizes, and colors and can look like real cigarettes, or even like pens or flash drives. However, despite their looks, they can be just as toxic as any traditional cigarette.

Research

Since e-cigarettes have been the most used tobacco product by youth, Youth indicators a few reasons for using e-cigarettes: friends, family use them, the taste and flavors, and the opinion that they are less harmful than an actual cigarette. According to the findings of the 2020 National Youth Tobacco Survey, 4.7% of U.S. middle school students and 19.6% of U.S. high school students indicated they currently use e-cigarettes. Almost 39% of high school students used e-cigs at least 20 days per month, while 22.5% used e-cigs every day. This indicates that U.S. youth



A person holding a vape pen and cigarettes. still have a dependence on nicotine with 3 million total youth still using cigarettes.

Nicotine Dependence

Nicotine is the addictive chemical found in tobacco and many e-cig products. It creates a sense of pleasure in your brain, but that feeling doesn't last long. This is why users struggle to stop. Nicotine dependence occurs when you need nicotine and find it difficult to stop using products that contain it. Stopping results in withdrawals, or emotional and physical changes that are not enjoyable, such as cravings, irritability, difficulty focusing, sadness, and increased hunger.

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SAMPLE ANSWERS

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2. How many total U.S. youth are still using e-cigarettes?

This indicates that U.S. youth still have a dependence on nicotine, with 1.1 million total youth still using e-cigarettes.

3. Identify at least one of the withdrawal symptoms that you may experience when you try to quit using nicotine/e-cigarettes.

Stopping results in withdrawals, or emotions and physical changes that are not enjoyable, such as cravings, irritability, difficulty focusing, sadness, and increased hunger.

4. What can happen to your brain if you smoke before the age of 25?

A brain that continues to develop from birth until about the age of 25. The use of nicotine, or any other substance, especially during this time, can cause serious damage to the brain. It may not appear to be harmful at first, but it also creates long-term problems with attention, learning, and memory.

5. What is benzene?

This gas [aerosol] often contains chemicals besides just nicotine. It also contains things such as benzene (a chemical which is usually found in car exhaust) and a flavoring called diacetyl, which is known to cause lung disease and "popcorn lung".

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The best thing anyone can do to avoid the harmful effects of tobacco and nicotine-containing products is to never use them.

THINKING QUESTION

Assessment	Below Expectations	Meets Expectations	Above Expectations
	✓-	✓	✓+

Do you know anyone who smokes or vapes? After what you learned today, what would you tell them about their habit? Explain your thinking.

PREVIEW