

Vaping Quiz

1. True or false. The tobacco industry makes around \$250 million each year selling cigarettes to minors, who have the lowest income.
 - a. True
2. What is the number one preventable cause of death?
 - a. Tobacco use
3. What is the chemical in vapes that has been found to be as addictive as heroin and cocaine?
 - a. Nicotine
4. True or false. Secondhand and thirdhand smoke does not affect pets.
 - a. False. It greatly affects your pet's health and can lead to costly vet appointments. When pets are around secondhand and thirdhand smoke, chances increase for eye infections, allergies, respiratory issues, lung cancer or nose cancer.
5. Flavored tobacco products that look like candy are made to attract which age group?
 - a. Kids
6. If you vape 2 pods a week and quit, how long would it take you to save enough money to buy one pair of yeezys?
 - a. 6 months (you'd save around \$312).
7. What can you do for a friend who is ready to quit vaping?
 - a. Support them, stay positive or tell them about My Life My Quit. It's a free program made for teens to help them quit. Text "start my quit" to 36072 to get started.
8. How can vaping negatively affect you?
 - a. It can affect school, sports, money, physical health, mental health or relationships.
9. Quitting vaping isn't easy. What's a helpful tip for someone wanting to quit?
 - a. Make a quit plan, stay busy, avoid triggers (things that make you want to vape), stay positive, ask for help or text My Life My Quit. My Life My Quit is a free confidential program for teens to help them quit. To begin, text "start my quit" to 36072.
10. True or False. Vaping decreases feelings of depression and anxiety.
 - a. False. Vaping leads to nicotine dependence. Nicotine withdrawal symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating and craving more nicotine.