

Outsmart Smart Vapes - Quiz Questions

Slot #1

1. True or False: Smart vapes are a new and harmless trend among teens.
Answer: False
2. Multiple Choice: What is a smart vape?
 - A. A reusable face mask
 - B. A Bluetooth-enabled e-cigarette
 - C. A fitness tracker
 - D. A vape that only uses natural ingredientsAnswer: B
3. True or False: Smart vapes are completely safe for teens because they use advanced technology.
Answer: False (Smart vapes contain nicotine and other harmful ingredients)
4. Fill in the Blank: Smart vapes often contain higher doses of _____, making addiction more likely.
Answer: nicotine
5. Multiple Choice: Which of the following is the most common way teens use nicotine today?
 - A. Cigarettes
 - B. Chewing tobacco
 - C. Vaping
 - D. Nicotine patchesAnswer: C
6. Fill in the Blank: Smart vapes make addiction _____, faster and harder to detect.
Answer: easier
7. True or False: Smart vapes pose serious health risks to young users.
Answer: True (Plus, the long-term effects remain unknown)

Slot #2

1. Multiple Choice: In 2021, what percentage of Iowa high schoolers used an e-cigarette in the past 30 days?
 - A. 5.2%
 - B. 16.4%
 - C. 32.8%
 - D. 50%Answer: B (You may think most of your peers are vaping, but most of them actually aren't)
2. True or False: Smart vapes are Bluetooth-enabled e-cigarettes that connect to a smartphone app to help users track their usage.
Answer: True (This encourages unhealthy daily habits)
3. Fill in the Blank: Smart vapes send _____ to remind users to keep vaping.
Answer: notifications
4. Multiple Choice: What harmful substance might some smart vapes contain besides nicotine?
 - A. Synthetic nicotine and other unregulated chemicals
 - B. Vitamin C
 - C. Water vapor only
 - D. Pure oxygenAnswer: A
5. True or False: The long-term effects of using smart vapes are known and considered safe.
Answer: False (The long-term effects are unknown and dangerous)
6. Fill in the Blank: Many smart vapes contain _____ salts, which are absorbed quickly and increase cravings.
Answer: nicotine

Slot #3

1. True or False: Smart vapes have a “stealth mode” that makes them hard for schools to detect.
Answer: True (This is concerning since the school isn’t able to encourage students who are using these products to be vape free and get them free resources to help them quit)

2. Multiple Choice: What feature in smart vape apps increases vaping habits among teens?
 - A. Social sharing features
 - B. Weather updates
 - C. Music streaming
 - D. Homework remindersAnswer: A

3. True or False: Tech-savvy youth are less likely to develop habits related to smart vape use because of the app features.
Answer: False (The companies who developed smart vapes target tech-savvy youth by using game-like features)

4. Fill in the Blank: Smart vapes use _____-like features, such as streaks and goals, to encourage frequent use.
Answer: game

5. Multiple Choice: Why do smart vapes use game-like elements?
 - A. To make vaping more fun and encourage addiction
 - B. To help users quit vaping
 - C. To track fitness progress
 - D. To teach math skillsAnswer: A

6. Fill in the Blank: The social sharing and game-like elements in smart vape apps are designed to _____ vaping habits among youth.
Answer: normalize, spread or increase

Slot #4

1. Multiple Choice: Smart vapes encourage daily use by using streak features similar to which popular app?

- A. Instagram
- B. TikTok
- C. Snapchat
- D. Twitter

Answer: C

2. Fill in the Blank: Smart vapes include a goals feature on their app that is similar to _____ goals on a fitness tracker.

Answer: step

3. True or False: Smart vapes use game-like features similar to video games and social apps to hook young users.

Answer: True

4. Multiple Choice: Why do smart vapes appeal more to youth compared to traditional nicotine devices?

- A. They taste like candy
- B. They're marketed like gadgets or lifestyle accessories
- C. They are cheaper
- D. They are completely safe

Answer: B

5. True or False: Smart vapes have low-powered heating elements, producing fewer harmful byproducts than regular cigarettes.

Answer: False (They have high-powered heating elements that produce more harmful byproducts)

6. Fill in the Blank: Iowa schools are struggling to keep up with _____ vape technology.

Answer: evolving (You can help your school by educating adults, teachers and school board members about new vape products you've seen or heard of)

Slot #5

1. True or False: Smart vapes contain nicotine, which can affect brain development in youth.
Answer: True (Brain development continues until around the age of 25)

2. Multiple Choice: Nicotine use in youth can lead to which of the following brain development problems?
 - A. Improved memory
 - B. Better impulse control
 - C. Impulse control issues
 - D. Increased muscle strengthAnswer: C (Nicotine use can lead to memory and concentration issues, impulse control problems and an increased risk of future addiction)

3. Fill in the Blank: Nicotine exposure during youth increases the risk of future _____.
Answer: addiction

4. True or False: Nicotine can cause problems with memory and concentration in young people.
Answer: True

5. Multiple Choice: What is one of the harmful effects of using smart vapes on the lungs?
 - A. Lung damage from chemical exposure
 - B. Improved lung capacity
 - C. Protection against colds
 - D. None of the aboveAnswer: A

6. Fill in the Blank: Using smart vapes can negatively affect _____ health.
Answer: mental (Vaping can worsen anxiety and depression symptoms)

Slot #6

1. True or False: Using smart vapes can increase feelings of anxiety and depression.
Answer: True

2. Multiple Choice: Why do companies selling smart vapes make them seem “harmless”?
 - A. Because they contain only water
 - B. Because of appealing flavors and marketing tactics
 - C. Because they are prescribed by doctors
 - D. Because they don't contain nicotineAnswer: B

3. Fill in the Blank: Many youth don't realize they are addicted until they experience _____ symptoms.
Answer: withdrawal

4. True or False: Schools can help encourage students to be vape-free by updating their policies to include vaping devices.
Answer: True (You can encourage school board members to add vaping devices to the school policy)

5. Multiple Choice: What is the name of the free program teens can text for help quitting nicotine, including smart vapes?
 - A. Quit Now
 - B. My Life My Quit
 - C. Vape-Free Teens
 - D. Nicotine No MoreAnswer: B

6. Fill in the Blank: My Life My Quit is a free program designed to help teens quit all _____ products, including smart vapes.
Answer: nicotine

Slot #7

1. True or False: Starting an open, non-judgmental conversation is a good way to educate friends about the dangers of smart vapes.
Answer: True

2. Multiple Choice: Who can you talk to at your school to raise concerns about smart vapes?
 - A. School board members
 - B. Your friends
 - C. Teachers
 - D. All of the aboveAnswer: D

3. Fill in the Blank: You can encourage your school to add vaping devices like smart vapes to their _____ policy.
Answer: tobacco

4. True or False: If a friend is addicted to vaping, you should keep it a secret and not offer help.
Answer: False (Tell them about My Life My Quit – a free program to help teens quit)

5. Multiple Choice: What is one resource you can share with a friend who wants to quit vaping?
 - A. My Life My Quit
 - B. TikTok
 - C. Video games
 - D. Social media influencersAnswer: A

6. Fill in the Blank: Students can work with teachers and school board members to strengthen school policies on tobacco by adding _____ devices.
Answer: vaping

7. Multiple Choice: How can teens access the My Life My Quit program?
 - A. Texting, calling, or live chat on the website
 - B. By visiting a vape shop
 - C. Through SnapChat
 - D. By ignoring the problemAnswer: A