

Nicotine & My Brain

Activity Guide Grade 3-5



Know Your Neuro



Video Quiz Questions

- 1) Why was the vaporizer created? **Answer:** The man who invented the vaporizer wanted to create a healthier way to use nicotine because his father died of lung cancer from smoking cigarettes.
- 2) What is in e-liquid? **Answer:** Chemicals like propylene glycol and vegetable glycerin. These chemicals are used in paints and household products.
- 3) What do tobacco cigarettes and e-cigarettes or e-liquid have in common? **Answer:** Nicotine.
- 4) Is nicotine addictive? **Answer:** Yes. Nicotine is the most addictive substance.
- 5) How can cigarettes and e-liquid affect your health? **Answer:** Cigarettes and e-liquid can slow down brain development, cause lung disease and cancer, damage skin, hurt unborn babies if their mother smoke while pregnant, and lead to addiction.
- 6) Do the companies that sell and market cigarettes and e-cigarettes always tell the truth about how their products could be harmful? **Answer:** No. They may leave this information out or try to make their products seem safe.

Classroom Activities

Discussion Questions

- 1) Do you know anyone who smokes or vapes? What is it like being around them? Do you think it looks cool? Why or why not?
- 2) Why do you think people try smoking or vaping even though they know how harmful it is to their health?
- 3) What will be your code or rule about smoking or vaping? Why?

Refusal Skills Practice

A friend of yours shows you a vape they got from their older brother. They ask you to go to the bathroom and try the vape with them. What do you do? What will you say? Use the refusal sentence below and add your own words.

I _____ smoke cigarettes or vape because _____

My Code

I will not use _____ or _____ because _____

Name These Objects








