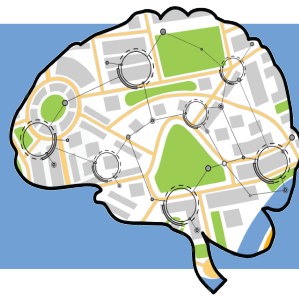


Nicotine & The Brain Activity Guide Grade 6-12



Know Your Neuro

Quiz Questions

- 1) What is the main purpose of tobacco and vaping companies?
 - a. To help people
 - b. To solve world hunger
 - c. To make money
 - d. To find a safe alternative to illicit drug use(Answer: C)
- 2) _____ is the most addictive substance on the face of the earth.
(Answer: Nicotine)
- 3) Nicotine takes _____ seconds to reach the brain and increases _____ different natural chemicals that the brain and body makes.
(Answer: 8, 7)

- 4) Why is Nicotine called 'a gateway drug?'
(Answer: Young people who use nicotine are 9x more likely to use and become addicted to alcohol and 13x more likely to use illicit drugs.)
- 5) What are the health outcomes of smoking and vaping? (Answers: Gum infection, dehydrated skin, low birth weight in babies whose mother's use tobacco, black lung, cancer, pneumonia, heart disease.)
- 6) True or false, nicotine slows down brain development?
(Answer: True)



Classroom Activities

Two Truths & a Lie

Play a class game of 'Two Truths and a Lie.' Ask students to identify the lie in each group of 5 statements.

Group 1:

- A) Tobacco and vaping companies are struggling to make money
- B) Tobacco and vaping companies do not prioritize public health
- C) Tobacco and vaping companies are a billion-dollar industry
(Answer: A is the lie)

Group 2:

- A) Heroin was once advertised as safe to use as a children's cough syrup.
- B) Marijuana is currently used by doctors in treating depression in children 5-8 years old.
- C) Cocaine was once an ingredient in Coca-Cola.
(Answer: B is the lie)

Group 3:

- E-liquid:
- A) Contains 20-50 harmful, toxic chemicals
 - B) Is used in vaping
 - C) Is deemed safe by the FDA for inhalation into the lungs
(Answer: C is the lie)

Group 4:

- A) One drop of pure nicotine can kill a person
- B) Nicotine is a high-risk behavior that does not arrest brain development
- C) Nicotine increases the heart rate by three times
(Answer: B is the lie)

Group 5:

- A) Research shows vaping is safe
- B) Research shows vaping is cool
- C) Research is stupid anyway
(Answer: A is the lie)

Discussion Questions

- Do you know someone who vapes? Do you think it looks cool? Why or why not?
- Does your family have a rule about e-cigs and vaping? Do you agree with it? Why?
- Why are more middle school-aged children trying e-cigs?
- What would you do if someone asked you to vape in the bathroom at school?
- What are your consequences at home and school if you vape or smoke at home or on campus?
- Do you know anyone who has gotten ill or addicted from their nicotine use? What were their symptoms? Did they quit vaping or smoking?