

## Vaping Prevention Discussion Questions

It is important that teens are provided with tools to begin to make smart, healthy decisions on their own. All discussions should be conducted with this in mind.

Discuss the following questions:

1. Why do teens start vaping? *(ANSWER: peer pressure, looks fun, flavors, mods, tobacco industry tactics)*
2. How safe is vaping? *(ANSWER: NOT safe. It is NOT water vapor)*
3. What are the potential risks of vaping? *(ANSWER: nicotine addiction, lung issues, we don't know long term effects, etc.)*
4. How is nicotine bad for you? *(ANSWER: brain development, addiction, etc.)*
5. How does nicotine addiction start? *(ANSWER: feels good, starts to change the brain)*
6. Vaping ads and packaging often include images of candy, bright colors, and images of "cool" people. Do you think these features are designed to attract the attention of teens or adults? *(ANSWER: teens)*
7. Some vaping companies such as Juul have partnered with social media influencers who have large numbers of followers on apps like Instagram. Some influencers were paid to promote vaping by talking positively about them in their posts. How do you think this might impact the number of teens who try vaping? *(ANSWER: teens more likely to try it, teens look up to influencers, etc.)*
8. How might the images and methods used by vaping companies to market their products mislead people into thinking they are safe? *(ANSWER; makes people believe vaping is safe(r), makes vaping look cool, makes vaping look healthy, etc.)*
9. How can you initiate a discussion about vaping prevention with friends and other peers? *(ANSWER: individual responses may vary)*
10. What are some activities/projects we, as a group, can do to focus on vaping prevention? *(ANSWER: individual responses may vary)*