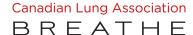
#### **Appendix: Additional resources**

## **Quiz - Lungs are for Life!**

- 1. Which advertising techniques have been used by vaping companies?
  - a. Well-known online influencers
  - b. Claims that vaping is healthier than smoking
  - c. "Big cloud" competitions
  - d. All of the above
- 2. Vapes are also referred to as:
  - a. E-cigs
  - b. E-hookahs
  - c. Mods
  - d. All of the above
- 3. The term "vaping" is inaccurate because:
  - a. Vaping devices actually produce smoke
  - b. E-cigarettes/vape pens produce a water vapour
  - c. Vapes produce an aerosol, not water vapour
  - d. Vaping is only a "hipster" term
- 4. Second-hand smoke:
  - a. Can affect young children and pets
  - b. Can affect an entire apartment building
  - c. Is smoke released by those smoking
  - d. All of the above
- 5. Small children are at risk of what when it comes to vaping?
  - a. Second-hand vape aerosols
  - b. Third-hand vape aerosols
  - c. Nicotine poisoning from e-liquid
  - d. All of the above

- Name
- 6. Nicotine is highly addictive. The easiest way to prevent an addiction to nicotine is:
  - a. Not to smoke or vape in the first place
  - b. Use nicotine only once a week
  - c. Switch from smoking cigarettes to vaping
  - d. None of the above
- 7. Eye, throat, and \_\_\_\_\_\_ irritations are common among vape users.
  - a. Skin
  - b. Hair
  - c. Ear
  - d. None of the above
- 8. Which of these substances is safe for your lungs?
  - a. Mould
  - b. Smoke
  - c. Oxygen
  - d. Nitrobenzene
- 9. Vaping can expose you to many cancer-causing, toxic substances from:
  - a. Ingredients in the flavouring
  - b. Materials used to make the device
  - c. By-products of heating
  - d. All of the above
- 10. What makes vape products so addictive?
  - a. Candy or fruit flavouring
  - b. Nicotine
  - c. Heavy metals
  - d. The design and dongs faneder or ife.



### **Appendix: Additional resources**

### **Quiz - Lungs are for Life!**

- 11. Nicotine:
  - a. Can be fatal in high doses
  - b. Can be addictive after only a few uses
  - c. Changes the chemistry of the brain
  - d. All of the above
- 12. What is third-hand smoke?
  - a. Smoke that comes from a chimney
  - b. Chemicals left in the environment after smoking
  - c. A term made up by healthcare providers
  - d. Occurs when people share cigarettes
- 13. Vapes \_\_\_\_\_ have nicotine.
  - a. Never
  - b. Sometimes
  - c. Very often
  - d. Always
- 14. In Ontario, vaping is permitted:
  - a. Outside of schools
  - b. In "Vaping" sections of restaurants
  - c. In cars with children
  - d. None of the above

- 15. When throw away a vaping device, you are throwing away:
  - a. Single-use plastic waste
  - b. Electronic waste
  - c. Hazardous waste
  - d. All of the above
- 16. Things that might help you deal with stress include:
  - a. Making time for fun
  - b. Not exercising
  - c. Eating a diet high in fat
  - d. None of the above
- 17. Smoking can cause:
  - a. lung cancer
  - b. chicken pox
  - c. bloating
  - d. freckles
- 18. People who vape are more likely to be \_\_\_\_\_ compared with people who have never vaped.
  - a. athletes
  - b. diagnosed with depression
  - c tal
  - d. Toronto Maple Leaf fans

### **Quiz - Lungs are for Life!**

### Answer key

- 1. Which advertising techniques have been used by vaping companies?
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  - a. Candy or fruit flavouring
  - b. Nicotine
  - c. Heavy metals
  - d. The design and colour of the device

# Appendix: Student quizzes

## Quiz - Lungs are for Life!

### Answer key

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