

## Appendix: Additional resources

# Quiz - Lungs are for Life!

Name \_\_\_\_\_

- Which advertising techniques have been used by vaping companies?
  - Well-known online influencers
  - Claims that vaping is healthier than smoking
  - "Big cloud" competitions
  - All of the above
- Vapes are also referred to as:
  - E-cigs
  - E-hookahs
  - Mods
  - All of the above
- The term "vaping" is inaccurate because:
  - Vaping devices actually produce smoke
  - E-cigarettes/vape pens produce a water vapour
  - Vapes produce an aerosol, not water vapour
  - Vaping is only a "hipster" term
- Second-hand smoke:
  - Can affect young children and pets
  - Can affect an entire apartment building
  - Is smoke released by those smoking
  - All of the above
- Small children are at risk of what when it comes to vaping?
  - Second-hand vape aerosols
  - Third-hand vape aerosols
  - Nicotine poisoning from e-liquid
  - All of the above
- Nicotine is highly addictive. The easiest way to prevent an addiction to nicotine is:
  - Not to smoke or vape in the first place
  - Use nicotine only once a week
  - Switch from smoking cigarettes to vaping
  - None of the above
- Eye, throat, and \_\_\_\_\_ irritations are common among vape users.
  - Skin
  - Hair
  - Ear
  - None of the above
- Which of these substances is safe for your lungs?
  - Mould
  - Smoke
  - Oxygen
  - Nitrobenzene
- Vaping can expose you to many cancer-causing, toxic substances from:
  - Ingredients in the flavouring
  - Materials used to make the device
  - By-products of heating
  - All of the above
- What makes vape products so addictive?
  - Candy or fruit flavouring
  - Nicotine
  - Heavy metals
  - The design and colour of the device

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11. Nicotine:
- Can be fatal in high doses
  - Can be addictive after only a few uses
  - Changes the chemistry of the brain
  - All of the above
12. What is third-hand smoke?
- Smoke that comes from a chimney
  - Chemicals left in the environment after smoking
  - A term made up by healthcare providers
  - Occurs when people share cigarettes
13. Vapes \_\_\_\_\_ have nicotine.
- Never
  - Sometimes
  - Very often
  - Always
14. In Ontario, vaping is permitted:
- Outside of schools
  - In "Vaping" sections of restaurants
  - In cars with children
  - None of the above
15. When throw away a vaping device, you are throwing away:
- Single-use plastic waste
  - Electronic waste
  - Hazardous waste
  - All of the above
16. Things that might help you deal with stress include:
- Making time for fun
  - Not exercising
  - Eating a diet high in fat
  - None of the above
17. Smoking can cause:
- lung cancer
  - chicken pox
  - bloating
  - freckles
18. People who vape are more likely to be \_\_\_\_\_ compared with people who have never vaped.
- athletes
  - diagnosed with depression
  - tall
  - Toronto Maple Leaf fans

1. Which advertising techniques have been used by vaping companies?
  - a. Well-known online influencers
  - b. Claims that vaping is healthier than smoking
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  - d. **All of the above**
  
2. Vapes are also referred to as:
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  - a. Can affect young children and pets
  - b. Can affect an entire apartment building
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  - b. Third-hand vape aerosols
  - c. Nicotine poisoning from e-liquid
  - d. **All of the above**
  
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:
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- b. **diagnosed with depression**
- c. tall
- d. Toronto Maple Leaf fans