

THE DANGERS OF YOUTH VAPING AND E-CIGARETTES

6TH, 7TH, 8TH GRADE READING

Improve students'
literacy skills

Sub Plan

Science Applicability



SCROLL
to take a look inside!

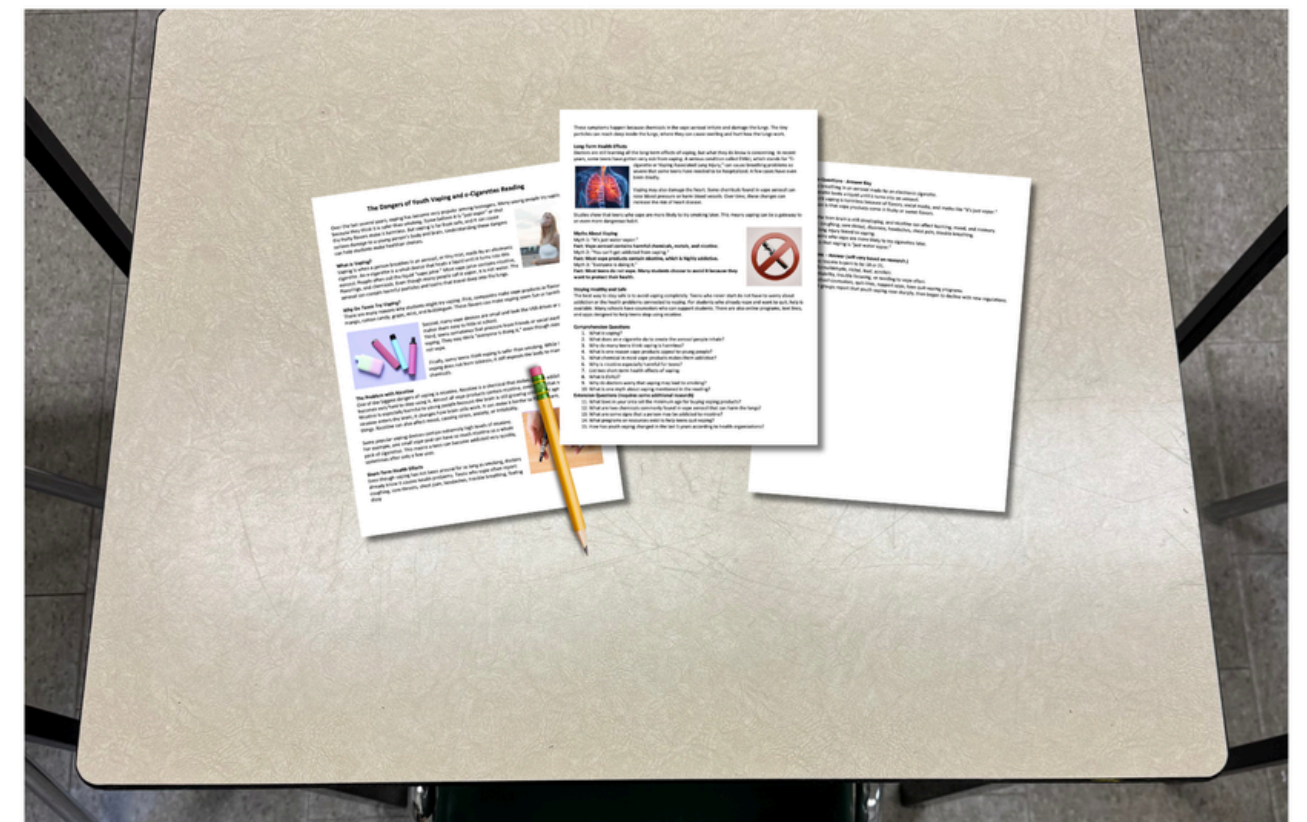


THE PROBLEMS YOU FACE

- Limited time to teach scientific literacy and strengthen students' reading and analysis skills.
- Need meaningful extension activities to engage fast-moving learners.
- Difficulty creating effective last-minute sub plans that still support student learning.

NO-PREP - PRINT/UPLOAD

- Questions and Answer Key
- **No Prep, Ready-to-Use:** Print or assign digitally with Google Docs, Microsoft Word, and PDF formats for flexible classroom use
- **Includes Varied Question Types:** Knowledge, thinking, connecting, application, and open-ended questions.



What Will Your Students Learn?

READING COMPREHENSION ARTICLE & QUESTIONS

- What Is Vaping?
- Why Do Teens Try Vaping?
- The Problem with Nicotine
- Short-Term Health Effects
- Long-Term Health Effects
- Myths About Vaping
- Staying Healthy and Safe

Comprehension Questions

1. What is vaping?
2. What does an e-cigarette do to create the aerosol people inhale?
3. Why do many teens think vaping is harmless?
4. What is the main reason vape products appeal to young people?
5. What is the main reason nicotine is addictive?
6. Why do many teens think vaping is safer than smoking?
7. List the health effects of vaping.
8. What are the long-term health effects of vaping?
9. Why do many teens think vaping is safer than smoking?
10. What are the myths about vaping?

Extension

11. What are the health effects of vaping?
12. What are the long-term health effects of vaping?
13. Why do many teens think vaping is safer than smoking?
14. What are the myths about vaping?
15. How can we stay healthy and safe?

The Dangers of Youth Vaping and e-Cigarettes Reading

Over the last several years, vaping has become very popular among teenagers. Many young people try vaping because they think it is safer than smoking. Some believe it is "just vapor" or that the fruity flavors make it harmless. But vaping is far from safe, and it can cause serious damage to a young person's body and brain. Understanding these dangers can help students make healthier choices.

What Is Vaping?
Vaping is when a person breathes in an aerosol, or tiny mist, made by an electronic cigarette. An e-cigarette is a small device that heats a liquid until it turns into this aerosol. People often call the liquid "vape juice." Most vape juice contains nicotine, flavorings, and chemicals. Even though many people call it vapor, it is not water. The aerosol can contain harmful particles and toxins that travel deep into the lungs.

Why Do Teens Try Vaping?

There are many reasons why students might try vaping. First, companies make vape products in flavors like mango, cotton candy, grape, mint, and bubblegum. These flavors can make vaping seem fun or harmless.



Second, many vape devices are small and look like USB drives or pens. This makes them easy to hide at school. Third, teens sometimes feel pressure from friends or social media to try not vape. They may think "everyone is doing it," even though most teens do not vape.

Finally, some teens think vaping is safer than smoking. While it is true that vaping does not burn tobacco, it still exposes the body to many dangerous chemicals.

The Problem with Nicotine

One of the biggest dangers of vaping is nicotine. Nicotine is a chemical that makes people addicted, meaning it becomes very hard to stop using it. Almost all vape products contain nicotine, even some that say they don't. Nicotine enters the brain, it changes how brain cells work. It can make it harder to focus, learn, or remember things. Nicotine can also affect mood, causing stress, anxiety, or irritability.

Some popular vaping devices contain extremely high levels of nicotine. For example, one small vape pod can have as much nicotine as a whole pack of cigarettes. This means a teen can become addicted very quickly, sometimes after only a few uses.

Short-Term Health Effects

Even though vaping is often marketed as being around for as long as smoking, it can cause immediate health problems. Teens who vape may experience coughing, wheezing, and dizziness.

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Article with
Comprehension
Questions

6th, 7th, 8th Grade

Print & Digital



Your Reading

The Dangers of Youth Vaping and e-Cigarettes Reading

Over the last several years, vaping has become very popular among teenagers. Many young people try vaping because they think it is safer than smoking. Some believe it is “just vapor” or that the fruity flavors make it harmless. But vaping is far from safe, and it can cause serious damage to a young person’s body and brain. Understanding these dangers can help students make healthier choices.

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Vaping is when a person breathes in an aerosol, or tiny mist, made by an electronic cigarette. An e-cigarette is a small device that heats a liquid until it turns into this aerosol. People often call the liquid “vape juice.” Most vape juice contains nicotine, flavorings, and chemicals. Even though many people call it vapor, it is not water. The aerosol can contain harmful particles and toxins that travel deep into the lungs.

Why Do Teens Try Vaping?

There are many reasons why students might try vaping. First, companies make vape products in flavors like mango, cotton candy, grape, mint, and bubblegum. These flavors can make vaping seem fun or harmless.



Second, many vape devices are small and look like USB drives or pens. This makes them easy to hide at school. Third, teens sometimes feel pressure from friends or social media to try vaping. They may think “everyone is doing it,” even though most teens do not vape.

Finally, some teens think vaping is safer than smoking. While it is true that vaping does not burn tobacco, it still exposes the body to many dangerous chemicals.

The Problem with Nicotine

One of the biggest dangers of vaping is nicotine. Nicotine is a chemical that makes people addicted, meaning it becomes very hard to stop using it. Almost all vape products contain nicotine, even some that say they don’t. Nicotine is especially harmful to young people because the brain is still growing until about age 25. When nicotine enters the brain, it changes how brain cells work. It can make it harder to focus, learn, or remember things. Nicotine can also affect mood, causing stress, anxiety, or irritability.

Some popular vaping devices contain extremely high levels of nicotine. For example, one small vape pod can have as much nicotine as a whole pack of cigarettes. This means a teen can become addicted very quickly, sometimes after only a few uses.

Short-Term Health Effects

Even though vaping has not been around for as long as smoking, doctors already know it causes health problems. Teens who vape often report: coughing, sore throats, chest pain, headaches, trouble breathing, feeling dizzy



These symptoms happen because chemicals in the vape aerosol irritate and damage the lungs. The tiny particles can reach deep inside the lungs, where they can cause swelling and hurt how the lungs work.

Long-Term Health Effects

Doctors are still learning all the long-term effects of vaping, but what they do know is concerning. In recent years, some teens have gotten very sick from vaping. A serious condition called EVALI, which stands for “E-cigarette or Vaping Associated Lung Injury,” can cause breathing problems so severe that some teens have needed to be hospitalized. A few cases have even been deadly.



Vaping may also damage the heart. Some chemicals found in vape aerosol can raise blood pressure or harm blood vessels. Over time, these changes can increase the risk of heart disease.

Studies show that teens who vape are more likely to try smoking later. This means vaping can be a gateway to an even more dangerous habit.

Myths About Vaping

Myth 1: “It’s just water vapor.”

Fact: Vape aerosol contains harmful chemicals, metals, and nicotine.

Myth 2: “You can’t get addicted from vaping.”

Fact: Most vape products contain nicotine, which is highly addictive.

Myth 3: “Everyone is doing it.”

Fact: Most teens do not vape. Many students choose to avoid it because they want to protect their health.



Staying Healthy and Safe

The best way to stay safe is to avoid vaping completely. Teens who never start do not have to worry about addiction or the health problems connected to vaping. For students who already vape and want to quit, help is available. Many schools have counselors who can support students. There are also online programs, text lines, and apps designed to help teens stop using nicotine.

Comprehension Questions

1. What is vaping?
2. What does an e-cigarette do to create the aerosol people inhale?
3. Why do many teens think vaping is harmless?
4. What is one reason vape products appeal to young people?
5. What chemical in most vape products makes them addictive?
6. Why is nicotine especially harmful for teens?
7. List two short-term health effects of vaping.
8. What is EVALI?
9. Why do doctors worry that vaping may lead to smoking?
10. What is one myth about vaping mentioned in the reading?

Extension Questions (requires some additional research)

11. What laws in your area set the minimum age for buying vaping products?
12. What are two chemicals commonly found in vape aerosol that can harm the lungs?
13. What are some signs that a person may be addicted to nicotine?
14. What programs or resources exist to help teens quit vaping?
15. How has youth vaping changed in the last 5 years according to health organizations?

Comprehension Questions - Answer Key

1. Vaping is breathing in an aerosol made by an electronic cigarette.
2. An e-cigarette heats a liquid until it turns into an aerosol.
3. Teens think vaping is harmless because of flavors, social media, and myths like “it’s just vapor.”
4. One reason is that vape products come in fruity or sweet flavors.
5. Nicotine.
6. Because the teen brain is still developing, and nicotine can affect learning, mood, and memory.
7. Examples: coughing, sore throat, dizziness, headaches, chest pain, trouble breathing.
8. A serious lung injury linked to vaping.
9. Because teens who vape are more likely to try cigarettes later.
10. One myth is that vaping is “just water vapor.”

Extension Questions - Answer (will vary based on research.)

11. Many places require buyers to be 18 or 21.
12. Examples: formaldehyde, nickel, lead, acrolein.
13. Cravings, irritability, trouble focusing, or needing to vape often.
14. Examples: school counselors, quit-lines, support apps, teen quit-vaping programs.
15. Many health groups report that youth vaping rose sharply, then began to decline with new regulations.

Answer Key Included

Office, Google, and PDF Versions

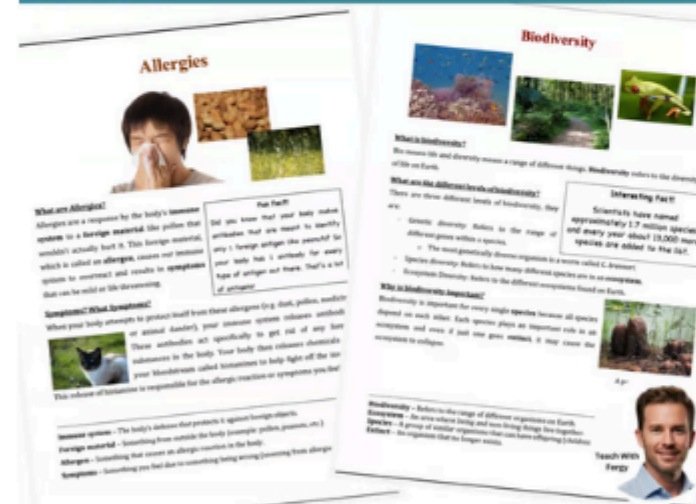


Comprehension and Extension Questions

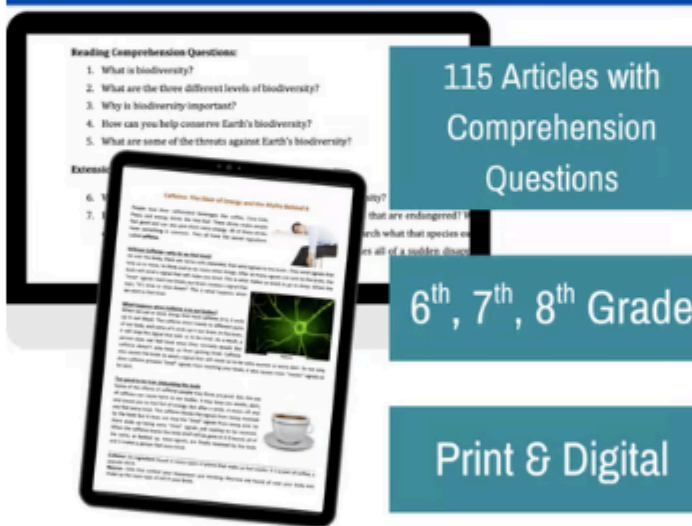
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Questions

6th, 7th, 8th Grade

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★★★★★ Extremely satisfied - So many comprehensive readings for all science fields. PDF and DOCX versions included so they can be edited if needed. Each one includes short answer questions at the end, the first set are easy to find the answers to in the readings, the second set require a bit more critical thinking. Includes an answer key. Great to use to fill in time or for sub plans.

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