E-Cigarette / Tobacco WebQuest

➔ Go to: Kidshealth.org
Click on:

➔ Teens
➔ Drugs & Alcohol
➔ Tobacco
➔ E-Cigarettes

Facts
1. E-cigarettes are just another way of __________________________________________.

2. Using e-cigs is known as ________________________________.

3. Anyone using an e-cig still gets ________________________________.

4. Pretend you are a doctor and one of your patients tells you that they use e-cigarettes. List three parts of the body that are directly impacted by e-cigs and list eight health hazards associated with vaping.

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________
7. ____________________________________________
8. ____________________________________________

Helping someone quit

5. List 6 tips you can give to someone that is trying to kick the habit. Give a brief explanation for each.

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
6. Pretend that you know an adult that vapes around children. Write a short email to them below explain why they should not do this. Make sure you list specific hazards for children.

To: Adult E-Cigarette User
From: __________________
Re: Vaping
_________________________________________________
_________________________________________________
_________________________________________________
_________________________________________________
_________________________________________________
_________________________________________________
_________________________________________________
_________________________________________________

7. List 4 signs of nicotine poisoning:

1. ____________________________  3. ____________________________
2. ____________________________  4. ____________________________

8. If someone suspects that a child has been exposed to an e-cigarette or liquid nicotine, what should they do immediately?

   CALL: ________________________________

   ➔ Go back to Tobacco
   ➔ Click on: Smoking
How Smoking Affects Your Health

9. There are ________ physical reasons to start smoking. The body doesn't need______________ the way it needs ________, ____________, ______________, and _________________. And many of the chemicals in cigarettes, like nicotine and ________________, are actually poisons that can ________________ in high enough doses.

10. Over the long term, smoking tobacco can lead to?
   1. 
   2. 
   3. 
   4. Cancer — including lung, throat, stomach, and bladder cancer
   5. 
   6. 
   7. 
   8. 

12. In the United States, smoking is responsible for about _______ out of ________ deaths.

13. Smoking can lead to decreased bones density which increases their risk of _________________.

14. *Teen smokers* have many of these problems:
   1. Bad Breath
   2. 
   3. 
   4. 
   5. 
Kicking Butts and Staying Smoke-Free

15. List 5 types of tobacco

1. __________________  2. __________________  3. __________________

4. __________________  5. __________________

16. What is the only thing that really helps a person avoid the problems associated with smoking?

_________________________________________________________________

17. According to the statistics, about how many teens currently smoke? ________________

→ Go back to: Tobacco
→ Click on: Smokeless tobacco

Smokeless Tobacco

18. According to the first paragraph, what does a person do with smokeless tobacco?

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

19. Is it better than regular tobacco? (Circle) Yes / No

Define:

20. Snuff:________________________________________________________.

21. Chewing Tobacco:______________________________________________.
22. How does nicotine get absorbed into the bloodstream with each of these?

________________________________________________________________________
________________________________________________________________________

Why Do People Do It?

23. Which sport has long been associated with smokeless tobacco?

________________________________________________________________________

24. What happens after the addictive quality of nicotine kicks in?

________________________________________________________________________

________________________________________________________________________

25. Which famous athlete died at age 52 of an oropharyngeal tumor, which is a cancerous tumor in the back part of the throat?

________________________________________________________________________

26. Did he chew tobacco? (Circle) Yes / No

27. Pretend that your older sibling starts to chew tobacco. He/She says, “What’s the big deal?” when you tell them they should stop. List 5 health hazards that you think will make them reconsider this terrible habit.

1. 
2. 
3. 
4. 
5. 

28. List 3 tips for breaking the habit (of using smokeless tobacco):

1. 
2. 
3. 

→ Go back to: Tobacco
→ Click on: Secondhand Smoke
Secondhand Smoke

29. What is secondhand smoke?

30. Breathing in secondhand smoke makes you more likely to have:
   1.
   2.
   3.
   4.
   5.

31. Which two things can you ask of a smoker as a way of protecting your own health?
   1.
   2.