

Vaping Education Assignment

1. Write a paragraph explain your history with vaping. Include the age and the reason you started, and your current level of use.
2. Research the health risks of vaping. Compare and Contrast to regular cigarette use. Include other chemicals found in the vaping aerosol. (Use 3 reputable sources)

Examples of sources: Stanford, CDC, NDA, CATCH my Breath, University of Michigan, etc.

3. Create a google slides presentation that contains the research above. (min. 5 slides) Share it with your administrator.
4. Write an action plan for yourself for quitting vaping. Include timelines, addiction resources, and ways that school staff can support you.
5. Sign and have your parents sign the West Jefferson Middle School Vaping Contract.