**Vaping – A Rapidly Growing Trend Among Teens is replacing Smoking!**

1. What is **Vaping**?
2. What is an **‘e-cigarette’** and how does it work?
3. **Health Effects of Vaping** are unknown for long term effects as vaping is still quite new but there are several facts we know about Nicotine and E-cigarettes – share FIVE FACTS.
4. What is the **dominant brand of ‘e-cigarette’** on the market today – what does it look like and how is it used?
5. Give FIVE REASONS why someone would want to **quit vaping** (or smoking.)
6. **Understanding Withdrawl from Nicotine**

The Cravings to use Nicotine can be seen through several symptoms – list five.

1. **Recognizing “Triggers”**

What are triggers that could lead someone to Vaping – even though they are trying to quit.

1. **Alternatives to Vaping**

List 5 Activities that can lead you away from the cravings to Vape.