Unit 2: So, What’s Really in These E-Cigarettes and Vape Pens?

The discussion points below are designed for you to initiate an essential conversation with a trusted adult in your life. It does not matter if you know the factual answer; you can research that together at a later time. What is important is that you are able to communicate with a trusted adult, to broaden your perspective on this topic.

Research the origins of the e-cigarette and how it was first developed (Optional). Why do you think the terminology related to these devices has changed from “e-cigarettes” to “vape pens?”

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What do you know about the differences between the term “vapor” and “aerosol?” Do you think it is important to emphasize the differences between the terms when talking about e-cigarettes/vape pens?

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Pick 2 -4 of the chemicals found in e-cigarette and vape pen aerosol and research what those chemicals are known for and where they are commonly found.

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