Tobacco Prevention Toolkit

E-cigarette and Vape Pen Pen Module
Unit 3 Quiz

1. E-Cigs/Vapes _____ have nicotine.
   a. never
   b. sometimes
   c. always
   d. none of these

2. Nicotine...
   a. changes brain chemistry.
   b. is a stimulant.
   c. is highly addictive.
   d. all of these.

3. The brain can acquire the pleasure chemical, dopamine, via...
   a. snowboarding.
   b. cliff diving.
   c. smoking cigarettes.
   d. all of these

4. A drop in nicotine levels causes the body to have strong cravings for nicotine.
   a. True
   b. False

5. Nicotine causes increased heart rate, lung damage, acid reflux, inhibits your sex drive and...
   a. inhibits night vision
   b. more health problems for those with diabetes
   c. hair growth
   d. none of these

6. E-cigarette/Vape pen flavors are fruit based and therefore not harmful.
   a. True
   b. False

7. Some flavors can be more harmful than others such as...
   a. Whole Foods, Organic
   b. Pizza, Pie
   c. McDonald's
   d. Cinnamon, Cherry

8. Diacetyl is related to popcorn lungs and...
   a. is reversible.
   b. aids breathing.
   c. found in e-cigarettes/vape pen flavors.
   d. does not scar the lungs.

9. E-Cigs/Vapes cause aerosols to enter the lungs, may contain nicotine, ear/eye/throat irritation
   a. All of these
   b. None of these
10. We know there are no health risks associated with the use of e-cigarettes/vape pens.
   a. True
   b. False

11. We know there are no benefits to some people using E-Cigs/Vapes
   a. True
   b. False

12. Thirdhand smoke...
   a. are chemicals from smoking that stick to surfaces
   b. is smoke that comes from a hookah
   c. a mythical term invented by the Cancer Society
   d. None of these