

Print and cut out the quote cards below. There should be enough complete sets of the quote cards so that students can work in teams of 3 or four.

Not Addicted →	← Completely Nicotine Addicted
“My friend offered me an e-cigarette today. After I took a few puffs I started to cough and my throat and lungs felt really irritated.”	
“I feel like I’m really hooked on my pod-based vape. It’s more than just a habit at this point.”	
“My friends say that I’m not like myself lately. They say that I get grumpy and aggravated when I go too long without hitting my JUUL or Suorin.”	
“I don’t always enjoy vaping. I’ve actually tried to quit a few times but gave up because it was too hard.”	
“When I first started vaping I only did it occasionally with friends afterschool. But now I find it impossible to keep myself from vaping, even where I am not allowed to, like school.”	
“Even when I’m doing things I enjoy I can’t stop thinking about vaping. If I go too long without a vape the cravings get so strong it’s hard to think about anything else.”	
“I always have to think about how I’m going to fit in my next hit from my vape. I get anxious when I’m somewhere that I can’t have it.”	



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“My performance on the field has really gone down since I started vaping. Even my teammates have started to notice. I knew vaping caused health problems, but it seemed like they would never happen to me.”

“My best friend vapes all the time. I’ve tried it after she kept offering them to me but it gives me a headache. I can’t bring myself to take another hit.”

“I used to never vape and now I only vape socially. I’ve noticed I get strong cravings to use a pod-based vape when I’m out with friends lately. It’s getting harder to keep from vaping in social settings.”

“I hate vaping. I hate what it’s doing to my health and my relationships. But no matter how hard I try and how many times I try I just can’t kick the habit.”

“My parents would be so angry with me if they knew I was still vaping. I’ve gotten caught vaping inside my room before and I promised them I wouldn’t do it again but I can’t keep myself from doing it.”

“I’ve vaped a few times and I’ll probably do it again but only when I’m offered a pod-based vape. I would never spend my own money to buy one.”

“I spend so much on e-cigarettes it’s ridiculous. There have even been a few times where I was late on my phone bill because I had spent too much.”

