



Name _____ Grade _____

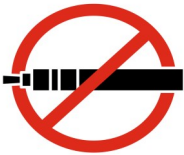
Email _____

Phone _____



NO VAPE NOVEMBER INSTRUCTIONS:

Complete all the squares on the NOCC's No Vape November Game Board (print answer, initial action taken, circle true/false, etc.). Use the back if you need more room. Return completed form to the LOHS main office by 9:00am on Friday, November 22nd to receive a free t-shirt! Wear your shirt on Monday, November 25th to be entered into our lunch gift card raffle.



V A P E

<p>1. Talk to a younger student about why vaping is dangerous.</p> <p>Date _____</p> <p>Student's Initials _____</p>	<p>2. "Popcorn lung" is another name of the damaging lung disease called...</p>	<p>3. What is nicotine? Write definition below.</p>	<p>4. Calculate the cost of vaping 1 Juul pod per day for one year.</p> <p>Juul pod cost:</p> <p>____ X 365 = \$ _____</p>	<p>5. What is one long-term goal you have for yourself?</p>
<p>6. Your brain does not fully develop until you are _____ years old.</p>	<p>7. Copy (handwrite) "I commit to quit or never start vaping." and initial.</p> <p>_____ (initial here)</p>	<p>8. When nicotine is heated in a vape, it is 4x more potent than a cigarette.</p> <p>True or False?</p>	<p>9. Tell a parent/guardian about your observations of vaping at school.</p> <p>Date _____</p> <p>Adult's Initials _____</p>	<p>10. What is the best way to encourage a friend to quit vaping?</p>
<p>11. What do you think is the biggest reason students vape?</p>	<p>12. Talk to a teacher about the distraction of vaping at school.</p> <p>Teacher's Signature:</p>	<p>13. Complete the LO360 module on vaping.</p> <p>Date Completed:</p> <p>_____</p>	<p>14. Name one of the harmful chemicals that is found in vape liquid.</p>	<p>15. What hobby, sport, or interest do you choose over vaping?</p>
<p>16. How could vaping interfere with the dreams you have for your life?</p>	<p>17. Find resources to help a friend quit vaping at www.mylifemyquit.com. Write their text hotline number below:</p>	<p>18. What is one thing you learned about vaping this month?</p>	<p>19. Vape devices omit a harmless water vapor.</p> <p>True or False?</p>	<p>20. Picture your 40-year-old self. Why are you grateful that you never vaped?</p>
<p>21. What are the 3 metals commonly found in vape liquid?</p> <p>1. 2. 3.</p>	<p>22. Name one reason why vaping in a vehicle can be dangerous.</p>	<p>23. Write down one phrase you would use to say NO to vaping.</p>	<p>24. Vape liquids contain carcinogens. What is a carcinogen?</p>	<p>25. Have a parent/guardian sign below.</p> <p>_____</p>