



Name \_\_\_\_\_ Grade \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone \_\_\_\_\_




**ENTER TO WIN A \$50 TARGET GIFT CARD & A "NO VAPE" DRAGON!** (one winner per grade)

1. 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.
2. Return completed form to your school's main office by November 22nd.



# V A P E

<p>1. Talk to another 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 understand the risks involved with vaping." and initial.</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. Talk with a parent/guardian about your observations of vaping.</p> <p>Date _____</p> <p>Adult's Initials _____</p>	<p>10. What is the best way to encourage a friend not to vape?</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. FREE SPACE</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 <a href="http://www.mylifemyquit.com">www.mylifemyquit.com</a>. 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>